

inclusivelearning

e-bulletin/April 2018

Hello.

This edition clearly highlights how learning new skills in stress management can improve the quality of your life. And congratulations to Priscilla Maramba for highlighting how learning can change lives for the better.

Spring is here and opportunities abound with Learning at Work Week, KickStart funding for taster workshops, publicity material, networking and lots more learning activities to enjoy. Please contact **Jon** and **Oreleo** for help on getting learning sprung into action.



JESS HURD/REPORTDIGITAL.CO.UK

Martin Russo, Inclusive Learning Project Manager

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WE CAN HELP YOU MAKE THE MOST OF LEARNING AT WORK WEEK

It's not too late to plan activities for Learning at Work Week (LaWW) next month, especially if you start promoting them to potential participants now. This year, LaWW runs from Monday 14 to Sunday 20 May.

As this year's theme is 'Networked for Learning', it would make sense to organise some activity to promote improving digital skills, which is also a key theme for this year's ULF project, too.

That means you could run a session on the safe use of social media; signpost people to the LAOS stress management webinar; or encourage people to take an initial assessment of their IT skills through unionlearn's SkillCheck tool, which is available via the web or via the app on both Apple and Android smartphones.

You can call on the support of UNISON's

partners to help deliver sessions your learners would be interested in. For example, the Workers' Educational Association (WEA) would be happy to run tasters on a wide range of subjects. Get in touch with your Regional Learning and Development Organiser (RLDO) – the sooner the better!

Whatever you do, remember that LAOS can help you run a more attractive event with the help of one of our Kickstart grants.

And don't forget that National Numeracy Day 2018, which falls in the middle of LaWW, has been launched by National Numeracy to promote sharpening our skills and building our confidence so we can use numbers to help save money and progress at work.

For further information contact: 020 7121 5116



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Busting stress

Members of the Four Seasons Huntercombe West Midlands Branch have found new ways to deal with workplace stress, thanks to a short webinar produced by Learning and Organising Services (LAOS).

Branch activists Jean Brown, Mark Turner and Steve Tunstall (the branch secretary) had asked LAOS for help with stress management last year. But as the branch includes 26 different sites over a wide geographical spread, online delivery made most sense.

The 10-minute webinar covers the physical, emotional and behavioural symptoms of stress; the key triggers, including major deadlines or lack of time; and proven techniques for combatting stress, such as time management, de-cluttering and deep breathing.

Steve says feedback has been incredibly positive whenever he has signposted members to the webinar to help them face workloads, change or disciplinaries.

"It's an incredibly useful tool," he says. "People often ask me for the link so they can watch it again and after a stressful day at work, I often re-watch it myself!"



Scottish award

Priscilla Maramba, who is taking a Masters degree in social work to help her develop her career, been named union learner of the year by Scottish Union Learning, the learning arm of the Scottish TUC.

Priscilla and her three children have been making new lives in the UK since 2001, when they left their native Zimbabwe, where Priscilla had been working as a solicitor.

After a series of factory jobs and volunteering opportunities, Priscilla moved to Scotland in 2005, when she joined UNISON. In addition to undertaking qualifications in law, management and now social work, Priscilla has also completed UNISON's Black Workers into Management Course.

"When I joined UNISON, I felt like all the pieces of the jigsaw had finally come together," Priscilla says.

"Through the union, there were even more learning opportunities, more networking opportunities and a lot more work to do in promoting social justice, which is something that I have always been passionate about from a young age."



Staying strong

UNISON has been running a successful series of stress management workshops at the Cambridgeshire and Peterborough Clinical Commissioning Group (CCG), which covers more than 100 GP practices.

When stress levels were discussed at a meeting of the CCG Joint Negotiation and Consultation Committee, Regional Organiser Jo Rust suggested running UNISON's Staying Strong workshop to help staff.

Since then, UNISON Local Organiser Joe Beastall has run four sessions and the feedback has been very positive. Participants say they have put into action what they have learned to help deal with their own stress levels and each other's.

As well as giving participants the tools to tackle stress at work, the workshops have helped recruit both new members and a health and safety rep so far.

"Overall, these workshops have hit the nail on the head, by not only reducing stress in the workplace, but organising in the process," says Joe, who has been invited back to run more workshops in future.

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