



Local One Day Workshops
Whatever your interests
We have a course for you

Member Learning
UNISON North East Care Campaign



Learning for Members



UNISON have developed a range of free courses to assist members who would like to improve their skills and confidence in their work and personal life, these include:

- SVQ Preparation
- SSSC survival
- Understanding Dementia
- Mental Health Awareness
- Understanding Sight & Hearing Loss
- Assertiveness Training

These can be held Locally at a venue and time to suit you. You may be entitled to paid time off work to attend. Some courses may count towards your Post Registration Training and Learning



SVQ Preparation

Introduction to the SVQ process within the Health & Social Care settings.

- ◆ Gain an understanding of what is involved in the Health & Social Care SVQ
- ◆ Gain an understanding of how qualification is achieved
- ◆ Understand paperwork used in SVQ process
- ◆ Identify support needed during SVQ process
- ◆ Build confidence in undertaking SVQ process
- ◆ How to convert qualifications



Interested ?

Contact

Karen Davidson

Area Organiser

Karen.davidson@unison.co.uk

Or call 07534282044



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SSSC Survival



Course Objectives

- ♦ Understand what the Scottish Social Service Council is
- ♦ Gain insight into their regulatory powers
- ♦ Understand what Fitness to Practice is
- ♦ Understand the Code of Practice set by the SSSC
- ♦ Understand Post Registration Training & Learning
- ♦ Find out what help and support UNISON can give you



We can provide practical advice in your workplace, to book a session/s contact:

Susan Kennedy Local Organiser S.Kennedy2@unison.co.uk 07976636131

Karen Davidson Area Organiser Karen.davidson@unison.co.uk 07534282044

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Dealing with paperwork

Course Objectives

1. Learn how to organise paperwork effectively
2. Develop strategies to priorities and deal with stress
3. Learn Skimming & Scanning techniques
4. Look at common problems & tips for writing reports
5. Identify your own preferred learning style
6. Learn time management skills



For further information contact:
Susan Kennedy Local Organiser
S.Kennedy2@unison.co.uk

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Assertiveness Skills

Assertiveness is the quality of being self-assured and confident without being aggressive and it is a skill you can learn.

With a bit of practice and training, most people can learn how to become more assertive.

This course will focus on behaviour types and body language and you will practice using assertive behaviour during the course.



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Your skills Your Future

If you want to develop these life skills :

- ◆ Verbal Communication
- ◆ Written communication
- ◆ Team working
- ◆ Listening skills
- ◆ Negotiating
- ◆ Problem solving
- ◆ Time Management
- ◆ Creativity



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Understanding Sight & Hearing Loss

1 in 15 people in Scotland have some degree of hearing loss

1 in 30 people have an untreatable eye condition

- ♦ Interactive 1 day training course
- ♦ Experience what its like to be deaf or blind/ partially sighted
- ♦ how to support and care for people with a sight or hearing loss
- ♦ Find out how to communicate well
- ♦ Learn how to be a 'sighted guide'
- ♦ Discover how technology can help

Contact

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Mental Health Awareness

Course Objectives

- ♦ Understand the main mental health problems that people face
- ♦ Gain insight into the experience of having mental distress
- ♦ Explore some strategies for promoting good mental health
- ♦ Be able to take a revised awareness to the workplace

The day will cover

1. Mental health issues
2. Perception of mental health
3. Experiencing mental health problems
4. Anxiety, Depression, Suicide and self harm, Bipolar disorder, Schizophrenia, Personality and Eating disorders explained



To arrange a course near you contact:

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S.Kennedy2@unison.co.uk

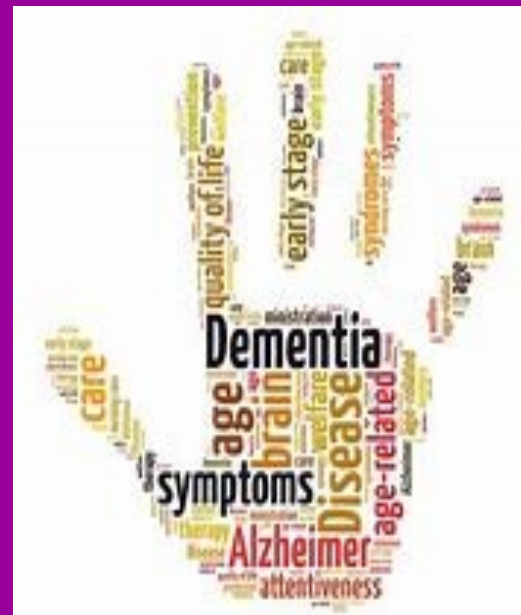
07976636131

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Dementia Awareness

This course will provide learners with information about dementia and it's impact.

- ◆ It will help learners identify some strategies employed and raise awareness of support mechanisms available for people with dementia.
- ◆ Gain an understanding of issues relating to dementia.
- ◆ Gain an understanding of how people with dementia and their families can be supported.
- ◆ The session will be interactive and practical.
- ◆ Learners will have increased confidence in utilising support mechanisms and supporting strategies for people with dementia.
- ◆ Learners will know where to find and signpost further support.



To access a course near you please

CONTACT

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We are able to source and provide training on a wide variety of topics.

If you have a particular interest in a topic

Need to get up to speed on an issue for work or to help with your personal life.

Confidence Building , Dealing with paperwork,
Return to learn , Women's Lives , Pathways or
palliative care.

If you are interested in any of these courses or have suggestions for additional courses please contact :

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Susan Kennedy Local Organiser S.Kennedy@unison.co.uk 07976636131



UNISON join TODAY from

only £1.30 a month

www.unison-scotland.org



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Please take a few moments to complete this survey

We want to put on training for **you**

Below is a list of a few popular courses, please list in order or 1-6 or 'yes/no' to which you would be interested in attending and preferred venue.

- | | | |
|--|--------|-------|
| SVQ Preparation | yes/no | |
| SSSC Survival | yes/no | |
| Mental Health Awareness | yes/no | |
| Understanding sight & hearing loss | yes/no | |
| Understanding Dementia | yes/no | |
| Your Skills Your Future | yes/no | |
| Assertiveness Training | yes/no | |

Alternatively if you have a suggestion for another course you would be interested in let us know and we can try and arrange it.

I would be interested in

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