



January-March 2012 Briefing Summaries

25th January: Coping with and avoiding stress

The TUC's 2010 survey of safety reps found stress is by far the most common health and safety problem at work. Nearly two thirds (62 per cent) of reps say that stress is in the top five problems faced by the workers they represent. More than a quarter of reps (27 per cent) pick out stress as the hazard at work that most concerns them.

This practical workshop provides tips and advice on developing personal strategies to cope with tough times. Learn how to successfully improve your wellbeing and create your own action plan to prevent stress and cope more effectively at work and at home.

Participants will also be given their very own Personal Stress Monitor for use in the workplace to help identify and manage stress levels, for themselves, members and colleagues.

6th February: Update on Equalities - Middlesbrough

5th March: Update on Equalities - Newcastle

This session will provide an overview of the 2010 Equality Act from the perspective of trade unions.

It will include:

- Practical workshop exercises using real world workplace scenarios
- New updates to the law following changes subsequently made by the Coalition Government
- Awareness of employers' obligations in this area

This important session will provide reps with latest information to inform and represent their members and ensure their rights under the Equality Act are not overlooked.

15th February: ULRs and Redundancy Support

This briefing will look at priorities for ULRs during any redundancy situation; helping ULRs understand the roles of support services and how they can support those at risk, preparing them for all scenarios around identifying skills needs for members and themselves.

The briefing will provide information and material from useful contacts and initiatives to support them in their role in providing workplace workshops to look at re-skilling, jobs markets and the challenges ULRs, members and colleagues could potentially face during a redundancy situation.

As part of the briefing the money advice service will brief participants on their role and how they can provide 1:1s in the workplace on managing budgets, dealing with debt and additional redundancy support.

29th February: Macmillan Cancer Support in the Workplace

Each year over 100,000 people of working age are diagnosed with cancer. From its early beginnings, founded in 1911 by Douglas Macmillan, Macmillan Cancer Support has grown to become the largest cancer care and support charity in the UK.

This briefing will help reps gain an understanding of the support services Macmillan can provide for both cancer sufferers and those around them – in and out of the workplace.

16th March: Alcohol Awareness

Alcohol misuse is having a devastating impact on our region. We have the highest rate of alcohol related hospital admissions in England and half of all violent crime is linked to alcohol.

Did you know?

60+ is the number of medical conditions linked to alcohol

50% of all violent crime is alcohol related

1.3bn is around the annual cost of alcohol misuse in the region

1 in 5 of North East drinkers 'binge' drink on a regular basis

49% of men in the North East are drinking too much

1/3 of women in the North East are drinking too much

This session is all about educating reps to share the dangers and implications of excessive drinking with members and colleagues as part of the broader health and wellbeing framework to make workplaces – and workers healthier.

30th March: Maths Messenger Training

This half day training session, in conjunction with Niace and the Maths 4 Us initiative will help participants to feel positively about maths. It will provide you with the tools and confidence to encourage others to take up maths learning too.

The taster sessions will introduce a range of engaging maths activities, including tips and quizzes and provide ULRs with an enjoyable, stimulating mathematical experience as well as the ability to take both the resources and what you have learned back to the workplace. It's a very practical and grounded half day but fun too!



Jan-Mar 2012 Timetable and contact details

Briefing	Date	Venue	Time	Registration Contact
Stress Awareness – Coping with and avoiding stress	25 th January	Northern TUC, Newcastle	1pm-4pm	Melanie Lowden mlowden@tuc.org.uk
Equalities – Update on the Equality Act	6 th February	MIMA, Middlesbrough Institute of Modern Art Centre Square, Middlesbrough TS1 2AZ	1pm-4pm	Charlotte Farrar cfarrar@tuc.org.uk
ULRs and Redundancy Support	15 th February	Northern TUC, Newcastle	1pm-4pm	Helen Parry hparry@tuc.org.uk
Macmillan Cancer Support in the Workplace	29 th February	Northern TUC, Newcastle	1pm-4pm	Melanie Lowden mlowden@tuc.org.uk
Equalities – Update on the Equality Act	5 th March	Northern TUC, Newcastle	1pm-4pm	Charlotte Farrar cfarrar@tuc.org.uk
Alcohol Awareness	16 th March	Northern TUC, Newcastle	1pm-4pm	Helen Parry hparry@tuc.org.uk
Maths Messenger Training	30 th March	Northern TUC, Newcastle	1pm-4pm	Anne Cairns acairns@tuc.org.uk

For general enquiries or to register via telephone, please call 0191 232 3175 and ask for the designated Bitesize Briefing contact.