

# BITE SIZE BRIEFINGS

January to  
March  
2014

You can register  
direct via email to  
the designated  
contact or for general  
enquiries/to register  
by telephone please  
call 0191 232 3175

unionlearn  
with the Northern TUC



## Alcohol Awareness

Monday 27 January 13:00-16:00

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. This interactive session will cover the effects of alcohol on the body, understanding alcohol units and measures, associated side effects of alcohol and drinking in moderation.

### 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

## Getting the most from your iPad

Wednesday 5 February 13:00-15:00

New to using an iPad? Attend this session and learn some useful tips and shortcuts and find out about the apps that will help you get the most out of your device.

This interactive session will be delivered by a Digital Champion from Lloyds Bank as part of the GoON North East Pathfinder.

A limited number of iPads will be available for use. If you are able to bring your own please let us know when registering (please note this briefing covers iPad devices only).

## Social Media and Digital Campaigning Skills

Tuesday 11 February 13:00-16:00

### This bitesize briefing will:

- Introduce the different new and digital media tools and outline their value to union reps
- Showcase the range of different tools and opportunities while reflecting on any potential pitfalls
- Provide examples of how they can be successfully used to support existing initiatives
- Share tips and good practice
- Demonstrate the different digital approaches to creating stronger and smarter unions

## Energy Best Deals

Tuesday 25 February 13:00-15:00

The briefing will be delivered by Graham Brewis of Clean Slate. As with insurance for products or mobile phone packages, consumers should (at least once a year) check that they are on the best energy deal for their circumstances.

### They should ask themselves these questions:

- would switching supplier(s) save me money?
- am I eligible for welfare benefits?
- am I eligible for a grant to improve the insulation and energy efficiency of my home?
- am I on the best energy tariff (dependent on your needs)?
- am I on the best payment option?

## Early Conciliation

Tuesday 11 March 13:00-16:00

From 6 April next year before a claim can be lodged at an Employment Tribunal the parties involved will have to go through Acas first to see

if matters can be resolved without the need for a Tribunal application.

This briefing will help reps and their members to understand the Early Conciliation process and will be delivered by Chris Peel, Acas Senior Advisor.

### As well as a general overview the briefing will cover:

- access to EC
- role of Early Conciliation Support Officer
- role of the conciliator
- stop the clock (the impact of Early Conciliation on Tribunal time limits)
- issuing certificates
- treatment of multiples
- insolvencies

## Tax Justice

Wednesday 26 March 13:00-16:00

Every year the UK loses tens of billions of pounds of revenue to tax dodging by big business and rich individuals while the rest of us are left paying more and relying on a welfare state facing massive spending cuts. Meanwhile the world's poorer countries lose hundreds of billions to the same abuse by multinational companies. Tax dodging doesn't just cut government revenue, it increases the wealth and power of multinational companies, taking power away from workers and voters.

This interactive workshop delivered by War on Want will cover why tax matters, how much we lose to tax dodging, how this affects our public services and our society, how companies actually dodge tax and what tax justice is.

Participants will develop a full understanding of tax dodging, and how they can take action to tackle its negative impacts.

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	Date	Venue	Time	Registration Contact
<b>Alcohol Awareness</b>	Monday 27 January	Northern TUC Newcastle	1.00pm to 4.00pm	<b>Anne Cairns</b> acairns@tuc.org.uk
<b>Getting the most from your iPad</b>	Wednesday 5 February	Northern TUC Newcastle	1.00pm to 3.00pm	<b>Ananthi Parkin</b> aparkin@tuc.org.uk
<b>Social Media and Digital Campaigning Skills</b>	Tuesday 11 February	Unison Regional Office <small>Computer Suite 140-150 Pilgrim Street Newcastle</small>	1.00pm to 4.00pm	<b>Ananthi Parkin</b> aparkin@tuc.org.uk
<b>Energy Best Deals</b>	Tuesday 25 February	Northern TUC Newcastle	1.00pm to 3.00pm	<b>Anne Cairns</b> acairns@tuc.org.uk
<b>Early Conciliation</b>	Tuesday 11 March	Northern TUC Newcastle	1.00pm to 4.00pm	<b>Melanie Lowden</b> mlowden@tuc.org.uk
<b>Tax Justice</b>	Wednesday 26 March	Northern TUC Newcastle	1.00pm to 4.00pm	<b>Melanie Lowden</b> mlowden@tuc.org.uk