

BFAWU Learning Services

Volume 1, Issue 4

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wranx

Effective, Measurable Learning

Unionlearn are working with Wranx to *support members* by providing free bite-sized Functional Skills and GCSE maths & English revision online.

The content for each module has been written in conjunction with Gateshead College; rated as 'outstanding' by Ofsted.

The maths and English revision modules have been developed to reinforce and underpin members existing knowledge through a continuous learning experience delivered on the Wranx platform.

To sign up, visit: <https://unionlearn.ulp.wranx.com/>

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Community learning at Sunshine House, Wigan.

George McGuinness first walked into Sunshine House soon after the computer drop in had first been set up there. Aged 71yrs then he was a member of the Wigan ukulele band and hungry to learn new things, bought a tablet and wanted to know how to find his way around it, so that he could access music to help him. He was also asking where he could get Basic English lessons as he wasn't very confident. On sign-posting George to Wigan Life Centre library where they did basic courses for adults he started to attend. Unfortunately the lessons were on a Tuesday. George, not to be put off, would attend Sunshine House first, then go early to do his English. George started at Entry level 2, gaining that qualification and over the years has carried on going doing other qualifications.

Fast forward five years, now aged 76yrs, George still attends the Sunshine House Drop in. He has not had the best of health but he is an avid music lover and dancer. He still plays the ukulele and guitar and

has been doing jive lessons for some time. He is now accessing his music through the internet, regularly downloading tab music to help him play the guitar and looking up different dances to learn. His English has come on leaps and bounds and he uses his tablet to help him with his spelling and maths. George's confidence with the tablet is growing and growing and every time we see him he has something new to ask or do. This keeps us on our toes and helps with our own self development.



A big thank you to the FTO's

In order for the Learning Services to gain access onto your work sites we need the support and involvement of the BFAWU Full Time Officials. We have an great relationships with many of the FTO's and look forward to being invited on to more sites so that we can showcase the amazing services we can offer.

George Atwell incorporates a Learning Agenda on any agreements with companies.

Sarah Woolley has not only taken advantage of our services personally completing a number of courses but actively promotes us to all her sites.

Pauline Nazir has opened the door to sites for our project worker Kamran Ali and without her support this would not be possible.

Steve Finn has taken our project worker Carol

Hillaby onto numerous sites helping her to build up the learning agenda.

There are many more stories of the FTO's helping and supporting us and we just wanted to thank them for their contributions.



Viorica Secrier, ULR, Northampton

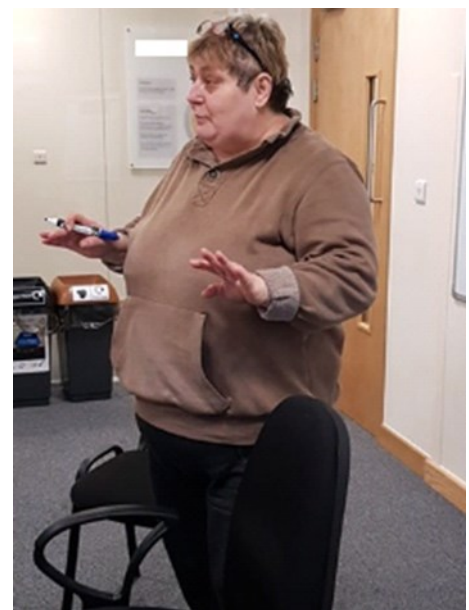
Vicky was born and educated in Moldova, achieving a Diploma in Teaching at university. She was a member of the executive board of the Moldovan English Training Association in 2000 and remained until 2006, writing a book about grammar, nouns and verbs along the way! She became a citizen of Romania and an executive member of the ETRC, English Teaching Resource Centre; an American, Jane Miller, organised this committee to give better training to its teachers from Moldova, Romania and Ukraine. International conferences were also held there. It is now sponsored by the US Embassy in Chisinau and you can read more at www.etr.md

In 2007, Vicky decided to travel and came to England in 2014. Her daughter had already been here a year and Vicky decided she would support her with the English language skills she has and joined her here. Her daughter had been at the same company for a year when Vicky joined the workforce but left shortly after to pursue another career. Vicky stayed at the company and we're so pleased she did! Vicky has fantastic knowledge of her subject and coupled with language skills made a good

tutor as her English class attendees keep coming back. The taster course has now finished but we will be in discussions to further the courses.

Well done Vicky for using your skills to help your fellow work colleagues!!

Karen Plasom BFAWU Learning Services
project worker



Lorraine Fox - BFAWU Learning Services volunteer

We are extremely blessed within the BFAWU Learning Services to have the most amazing volunteer working along side of us!

Lorraine Fox has been a member of the Bakers Food and Allied Workers Union for many years and trained as a ULR to help people within her local community. I don't think she ever thought she would be using her skills to a wider audience.

John, her husband has been a project worker for the union for a number of years and, unfortunately, due to illness, has had to surrender his driving licence. At first he was travelling to the sites he covers in the North West via public transport but this was making his days longer so Lorraine suggested she drove

him to make things a little easier. Now, Lorraine is a familiar face at the sites and she is actively promoting learning and encouraging people to believe that they can achieve anything. She has the most infectious personality which makes people feel at ease.

She organised community learning within Wigan which helps people with their digital skills as well as offering other courses on an array of subjects.

I see Lorraine as part of the team and I know I can speak for the rest, we are extremely grateful for all she has done and continues to do for the project.

Thank you Lorraine!



The BFAWU Learning Services has moved the Distance Learning Courses to Learning Curve Group. They are able to offer the courses nationwide and are also the only Training Provider listed in the Radio Times top 100 employers to work for.

Some key changes:

- We are now able to offer the courses online or paper based.
- Your Certificates will be issued to you within 3 months of your successful completion of the course.
- You will no longer have to fill out paper based enrolment forms and will be able to do this all online.
- There are now even more courses for you to choose from.

> Adult Social Care	> Customer Service	> Mental Health Awareness
> Behaviour that Challenges	> Data Protection & Security	> Nutrition & Health
> Business Administration	> Dementia Care	> Personal Exercise, Health & Nutrition
> Business Start-Up	> Diabetes	> Retail Knowledge
> Business Improvement Techniques	> Dignity & Safeguarding	> Safeguarding & Prevent
> Care Planning	> End of Life Care	> Safe Handling of Medication
> Caring for Children & Young People	> English / Mathematics	> Specific Learning Difficulties
> Children & Young People's Mental Health	> Equality & Diversity	> Team Leading
> Cleaning Principles	> Falls Prevention Awareness	> Tenant Support in Housing
> Common Childhood Illnesses	> Infection Control	> Understanding Autism
> Common Health Conditions	> Information, Advice or Guidance	> Warehousing & Storage
> Customer Service in Care	> Lean Organisation Management	> Workplace Violence & Harassment
> Customer Service for Hospitality	> Learning Disabilities	

FULLY FUNDED LEVEL 2 COURSES

Mental Health Awareness.

The Learning Services do a lot of work around Mental Health awareness and trying to end the stigma attached to it.

We offer various learning opportunities for individuals and employers, ranging from distance learning courses to face to face courses.

If you are interested in finding out more information please get in touch today by emailing julie.oakley@bfawu.org for more details.

MENTAL HEALTH IS MISUNDERSTOOD IN THE WORKPLACE:



1 in 5 people have taken a day off due to stress but 90% feel unable to tell their employer that mental health is the reason for their absence¹



Over half of UK employers would like to do more to improve staff wellbeing but don't feel they have the right training or guidance.²

A MENTALLY HEALTHY ORGANISATION IS GOOD FOR BUSINESS:



Mental health issues (such as depression or anxiety) account for almost 70 million days off sick per year, the most of any health condition¹



Almost a third of employees said they would consider leaving their current role in the next year if stress levels in their organisation did not improve²



Mental ill health costs UK employers an estimated £26 billion, which equates to an average of over £1,000 per employee³

At work



Increased errors, missing deadlines or forgetting tasks



Taking on too much work and volunteering for every new project



An employee who is normally punctual arriving late



Working too many hours: first in, last out, sending emails out of hours or while on leave



Increased sickness absence



Negative changes to ways of working or socialising with colleagues

Look out for these signs that an employee may need more support in the workplace

We all use unhelpful coping strategies sometimes, but as with any skill we can learn new, helpful coping strategies.

Here's some **self-care tips** to help **protect against stress**:

#ADDRESS YOUR STRESS

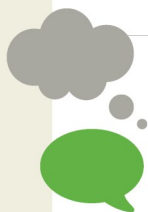
Try

Get moving! Physical and mental health are connected — so eat well and exercise to release endorphins. Find a fun activity that suits you and your schedule.



Setting aside time to have fun or indulge yourself — positive emotions can help build a buffer against stress.

Learning a new skill — whether painting, playing guitar or a new language.



Sharing how you're feeling — it's OK to ask for help and support.

Switching off from distractions — make time for yourself as a regular part of your routine. Schedule a reminder if you need to.

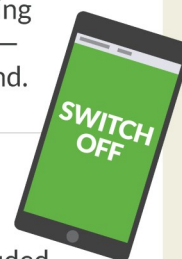


Avoid

Overdoing it on sugar, caffeine or alcohol — they're a quick fix which can increase stress in the long term.



Overworking and checking your emails out of hours — we all need time to unwind.



Spending **too much of your free time** in front of a screen — phone included. Don't feel pressured to always be 'doing' something.



Chasing perfection — it can create unrealistic expectations. Accept that mistakes will happen.



Bottling up your feelings and assuming they will go away — this can make things worse in the long run.



There are simple steps you can take to **#AddressYourStress**. Check out our resources at mhfaengland.org



**BFAWU LEARNING
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Twitter: @BFAWULSI

www.data2day.co.uk

"Learning is a lifelong journey!"

Upcoming events:



We need some more Union Learning Rep's (ULR's) on site.

If you are passionate about learning and supporting others in their learning journey please contact your Branch Secretary or Project Worker for more info.

GFTU Union
Learning Reps

• 18-22 May 2020

GFTU Developing
Adult Learners
(ULR Stage 2)

• 10-14 Feb 2020



Redundancy Support at Pennine Foods

The BFAWU Learning Services will be on site the following dates to offer support and guidance;

29th & 31st October

5th, 7th, 12th, 14th, 19th & 21st November.

