

ONE UNISON *weekend*

Educate..Agitate..Organise..Celebrate!

**18 & 19
May 2019**

**At the FIVE LAKE RESORT
(Formerly the Crowne Plaza)
Colchester**

**EVENT
PROGRAMME**



ONE **UNISON** *weekend*

Welcome to our ONE UNISON 2019 weekend.

We hope you will enjoy the programme we have put together. There is an exciting mix of workshops and courses all designed to help develop your skills, knowledge and confidence.

Join us on Saturday night when we will be hosting our second annual gala dinner and awards ceremony where we celebrate all of the achievements branches and activists have helped to deliver across the Eastern Region.

This year we are pleased to welcome Gordon McKay, UNISON President, who will be joining us for the weekend.

The weekend is all about making new friends, and catching-up with colleagues you may not have seen for a while, whilst sharing ideas and learning from the experience of others. Feel free to share your thoughts but remember to also listen to others. Our weekend is a safe space so even if we disagree we must do so by treating people with dignity and respect – we are all UNISON.

Kind Regards

Becky Tye
Regional Convenor

Chris Jenkinson
Regional Secretary

at a glance...

The 'ONE UNISON' event outline programme

SATURDAY 18 MAY	What's happening?
08:45 – 09:55	Delegate and crèche registration Take the opportunity to browse around our UNISON Service Provider information stalls
10:00 – 13:00	Courses/workshops running Please check with the registration desk as to where the courses/workshops are being held
13:00 – 13:45	Lunch Take the opportunity to browse around our UNISON Service Provider information stalls Crèche closes at 13:10 and reopens at 13:40
13:45 – 17:00	Courses/workshops running Crèche closes at 17:30
19:30 - late	<ul style="list-style-type: none">• Gala Dinner• Guest Speakers• Branch Awards Ceremony• Grand UNISON Raffle• Entertainment
SUNDAY 19 MAY	What's happening?
09:00 – 13:00 (for courses)	Courses/workshops running
09:30 – 12:30 (for workshops)	Crèche open from 08:30
13:00 onwards END OF EVENT	Sunday lunch available or a packed lunch for those that want to set off straight away Crèche closes at 13:15

BRANCH OFFICER COURSES

The following Branch Officer Courses, unless indicated otherwise, are available to newly or recently elected Branch Officers at this event.

Please apply by no later than Monday 15 April 2019 using the event application form – please note you can only opt to do a Branch Officers course **OR** the workshop sessions, not both.

Aims of the courses

These courses are designed to help UNISON Branch Officers, especially those new or recently elected to the position, to carry out their roles effectively. By the end of the course it is intended that participants will know and understand the following:

Branch Chair	<ul style="list-style-type: none">• Understand the role and responsibilities of the Branch Chair• Finding the balance between chairing formal and informal meetings• As a Branch Chair developing a quality of skill, sensitivity and commitment to encouraging membership/activist involvement and development
Branch Communications Officer	<ul style="list-style-type: none">• Knowledge about the range of possible Branch communications• Increase confidence of Branch Communication Officers• To debate the pros and cons of different communication methods for different purposes• Develop a Branch communications plan to use after the course

Branch Education Coordinator	<ul style="list-style-type: none"> • Develop knowledge, skills and confidence that Branch Education Coordinators need to successfully carry out their role • Understand the pivotal role of UNISON education in supporting and developing workplace and Branch organisation. • Understanding the team approach to Branch education • Explore effective ways of buddying and mentoring workplace representatives • Knowledge of the roles of the Lifelong Learning Co-ordinator and UL Reps
Branch Health and Safety Officer	<ul style="list-style-type: none"> • Develop a practical understanding of the role of Branch H&S Officers • Look at how H&S can be used to organise within the Branch and how it fits into the Branch organising plan • Provide information needed to carry out the role, and knowledge of where to get further information
Branch Secretary	<ul style="list-style-type: none"> • The role and function of a UNISON Branch • The role of the Branch Secretary in ensuring that the functions of the Branch are carried out effectively • The annual timetable of tasks and deadlines relating to that role • The relationship of the Branch Secretary to the Branch committee and Branch members • The relationship of the Branch Secretary to the region and appropriate service group • Their own development needs with a personal action plan to meet these



2018 UNISON President Margaret McKee actively involved at last years ONE UNISON event.

BRANCH OFFICER COURSES continued

<p>Branch Self Organised Group Officers</p>	<ul style="list-style-type: none"> • To define the role of a Black\Disabled\LGBT\ Women's Branch Officer or Contact • To understand the vital role of self-organisation within UNISON • To establish how to access resources, makes useful links and develop strategies for supporting Black\Disabled\LGBT\Women in their Branches • To identify how to establish and maintain a Branch self organised group and understand how members can get involved in regional and national self organisation • To consider how to campaign and get equality issues on the recruitment and bargaining agenda
<p>Branch Treasurer</p>	<ul style="list-style-type: none"> • Understanding of Branch finances • Work with the Branch to establish transparency in financial transactions • Develop protocols for budget setting and procurement • Develop a budgeting framework • Understand the role of budgeting and organising within a framework of UNISON's objectives • To enable Branch Treasurers to promote an organising union through Branch budgeting
<p>***NEW*** Presentation & Media Skills course</p> <p><i>Delivered by Steve Calveley, this course is highly interactive which will help you to develop the skills you need to speak in public, whether you are delivering a presentation/speech or being interviewed for Television or Radio.</i></p>	<ul style="list-style-type: none"> • Understand your audience and how to manage them effectively • Learn how to fully prepare for your presentations and media interviews • Learn how to get your key messages across clearly • Speaking with greater confidence and influence when talking to your audience • Dealing with awkward questions and thinking on your feet • Conveying a more professional style when presenting

WORKSHOPS

The following workshops are available to both new and experienced Activists. **Please apply by no later than Monday 15 April 2019 using the event application form** – please note you can only opt to do a Branch Officers course OR the workshop sessions, not both.

Workshops	Saturday	Sunday	Aims of the workshop
Tackling Racism and Fascism - a fight never won	10:00 – 13:00		<p>A re-run of a very popular workshop that we ran last year delivered by Hope not Hate which aims to give you knowledge and skills around:</p> <ul style="list-style-type: none"> • the three key techniques to shift people's prejudices • cutting edge research on public attitudes to immigration, multiculturalism, Islam and identity • learning together the power of our own personal experiences in challenging hate and inspiring others to take action for themselves
Capitalism, Socialism and Democracy	10:00 – 13:00		<p>A whistle stop tour of political and economic theory that shaped the world - a workshop that will:</p> <ul style="list-style-type: none"> • Explore the relationship between money and power • Consider fundamental issues in philosophy, politics, and economics • Analyse political influence on the provision of public services

Workshops	Saturday	Sunday	Aims of the workshop
A race to the bottom?	13:45 – 17:00		<p>Rethinking workers rights in post-Brexit Britain – a workshop that will:</p> <ul style="list-style-type: none"> • Reflect on the impact of EU Directives on UK law • Exploring Government Policy and the risk to workers rights • Plan a route to a gold standard protections
Developing YOUR confidence in a creative way	13:45 – 17:00		<p>Sometimes you just need the space to reflect on and recognise the wealth of skills you already have but weren't aware of to enable you to feel and behave more confidently – this workshop in a creative way will:</p> <ul style="list-style-type: none"> • Enable you to get an insight into your learning biography and existing competencies • Look at what you have achieved already in your life • Facilitate you to feel more confident about your competencies •and much, much more!



UNISON Regional Education & Training Committee members and staff getting delegate packs ready

Workshops	Saturday	Sunday	Aims of the workshop
Same, same... but different		09:30 – 12:30	<p>Can new models of participation strengthen union democracy? - a workshop that will:</p> <ul style="list-style-type: none"> • Understand the challenges of membership participation • Explore if technology can be used to increase engagement • Analyse the member to activist journey
Engagement Organising		09:30 – 12:30	<p>Old art meets new science of winning campaigns - a workshop that will:</p> <ul style="list-style-type: none"> • Explore how digital can support union activists • Consider the benefits and limitations of on-line campaigns • Understand how to generate quality digital content



Regional Council showing its support for our ONE UNISON events

Branch and Award V



Communication Award
Herts County
 Sponsored by TC branding group



Learning Award
West Suffolk Local Go
 Sponsored by UNISON's C



Activist Of The Year
Amanda Chenery Howes (UEA Branch)
 Sponsored by Lighthouse Financial



Campaigning A
North West An
 Sponsored by UN

18

d activists Winners



Government
royde Bay



H&S Award and overall Branch of the Year Award
Suffolk Police

Sponsored by Thompsons Solicitors and UIA



Award
Anglia Hospitals NHS
UNISON Protect



Eric the Rainbow Bear, a hugely popular mascot for ONE UNISON 2018

ONE UNISON Branch and Activist Awards



Closing date for nominations is 5pm on the 18 April 2019

*Following the success of the inaugural Branch Awards in 2018 and continuing the recognition of the dedicated work that our Branches and activists carry out we are very pleased once again to encourage nominations for our Branch and activists awards. These cover a number of key areas such as organising, recruitment, learning and for 2019 there is a brand new award in recognition of the **'Year of the Young Worker'**. The awards are now open for nominations and will be awarded on the Saturday night of this event. Information about the different awards, how to nominate and the closing date is as follows:*

Learning Award

UNISON is all about members becoming active to help other members in the workplace. Our learning opportunities make this possible, and our members get the most from their membership when they have trained reps in the workplace and the opportunity to improve their own skills through lifelong learning. Our learning Branch of the year will be the one that has put the largest percentage of its reps through training in 2018 **AND** has participated in some form of workplace or work-based learning during the year. **The top 3 Branches will be shortlisted based on RMS and Education/Learning data, so no nominations will be needed for this award.**

Recruitment Award

New members are our life-blood. They keep our Branches growing, keep them focussed on what's relevant in changing times and maintain the union's ability to support everyone. We want to celebrate the Branches that have recruited the largest percentage of new members in the last 12 months. We recognise that smaller Branches have different challenges a factor that will be fully considered in the judging. **The top 3 Branches will be shortlisted based on RMS data, so no nominations will be needed for this award.**

Campaigning Award

Campaigning is what we do, it helps maintain our visibility and keeps us engaged with issues in the workplace and in the community. Campaigning takes a number of forms - externally in the media, with politicians and opinion-formers, or directly with our members helping to push forward on their interests. Whatever we do it helps to give members confidence that UNISON is there for them. It keeps the employers on their toes too! We want to showcase the fantastic work that Branches in this region have been doing in the last year and so nominations are being sought from Branches, activists and members for Campaigning Branch of 2018 (self-nomination is OK).

Communications Award

Our most effective Branches have great two-way communication networks and keep members up to date with what's happening, but also crucially are able to represent their members better because they really know what members are thinking and feeling about issues.

Communication can be in many forms, from the 'old school' workplace meetings and flyers to email, Facebook, Twitter, websites and surveys. We want to celebrate the excellent communications work that may Branches in this region have been doing in the last year, and so nominations are being sought from Branches, activists and members for Communications Branch of 2018 (self-nomination is OK).

Health and Safety Award (Thompsons Award)

One of the areas we can make a real, tangible difference for our members is in improving their health, safety and welfare at work. Physical hazards at work and personal injuries have been, and unfortunately always will be with us but effective engagement with employers will bring these down to a minimum. Increasingly the mental risks to our members of delivering scarcer services to a more stressed public are becoming a more serious hazard. Our Health and Safety Branch of the Year will be the one that has done the best work for our members during 2018, and so are calling for nominations from Branches, activists and members (self-nomination is OK).

Activist of the Year Award

We are nothing without our activists, and we have some truly amazing, skilled,

dedicated and relentless representatives out there. We want to highlight some of these individuals, and we're not just talking about the more visible ones who have stepped up to Branch or regional leadership roles (although we welcome nominations for these) - there are scores of workplace stewards, health and safety reps, learning reps and more out there who regularly go the extra mile for their members and deserve recognition.

*****NEW FOR 2019*** Young Worker of the Year Award**

Bringing more young workers into the trade union movement to help maintain and improve bargaining power and to ensure the building of sustainable union organisation is a key priority. This award recognises the achievement of a young member who through their contribution has made an outstanding contribution to UNISON.

Overall Branch of the Year Award

This award will be made from the shortlists of all the other Branch awards, and will be made to the Branch that is judged to have made the best overall contribution to the union's objectives during the course of 2018, so no nominations will be needed for this award.

How to enter the Awards

Unless stated otherwise to nominate a Branch or an individual for an award, **please email Ruth Adlam r.adlam@unison.co.uk by 5pm on the 18 April 2019 at the latest** stating that you want to nominate them, and including up to 250 words explaining why you think the Branch or individual deserves to win. Shortlisting will be overseen by the Regional Convenor Team and judging of awards done by the Regional Finance, Development and Organisation Committee. It will be a fair process, no brown envelopes!

All of the Awards will be presented at the 'ONE UNISON' Gala Dinner.

OUR THANKS GO TO THE FOLLOWING MEMBERSHIP SERVICE PROVIDERS WHO HAVE SPONSORED THIS EVENT AND THE AWARDS



Saturday night is Celebration time....

Our celebration Gala Dinner and awards ceremony will take place on Saturday evening.

Once you have spent the day participating on one of the Branch Officer courses or engaging in the workshops we welcome you to our celebration Gala Dinner, which will then be followed by our Regional Branch and Activist Awards Ceremony sponsored by UNISON Membership Services Providers.

In addition we look forward to meeting special guests and key note speakers, including the UNISON President Gordon McKay (pictured right).



DJ Karl Buzby, one of Essex's top DJ's will once again be playing all those top dance tunes for you to dance to throughout evening.

In between the dinner, speeches, award presentations and dancing, we will find the time to draw out those winning tickets for our UNISON Grand Raffle with proceeds being donated to UNISON Welfare 'There for you' charity and this year's Presidential Charity 'Supporting Mothers and Babies in Malawi'.

With many prizes ranging from high street shopping vouchers to an overnight stay for two and pamper session at the Five Lakes Resort this really is a raffle to be in it to win it!

Saturday night kicks off at 7.30pm in the Mersea Suite - don't be late!



Herts County Branch
with Dave Prentis

‘Nipperbout’ our crèche providers for the ONE UNISON weekend....

Once again UNISON Eastern Region will be using the services of Nipperbout for crèche facilities at this residential event. With their proven track record of over 26 years delivering childcare at events such as this, your children will not only be safe in their hands, allowing you the time and space to enjoy the event, but we can guarantee you that they will have an absolutely fabulous time and will not want to leave!



If you need childcare in order to enable you to attend and participate in this event then you must discuss this with your Branch in the first instance for agreement, as charges will be made to the Branch for this facility.

Please note that Nipperbout crèche facilities are only available when courses and workshops are running, not during any of the breaks or in the evening.



2018 ONE UNISON delegates children celebrate 25 Years of UNISON with Dave Prentis and President Margaret McKee.

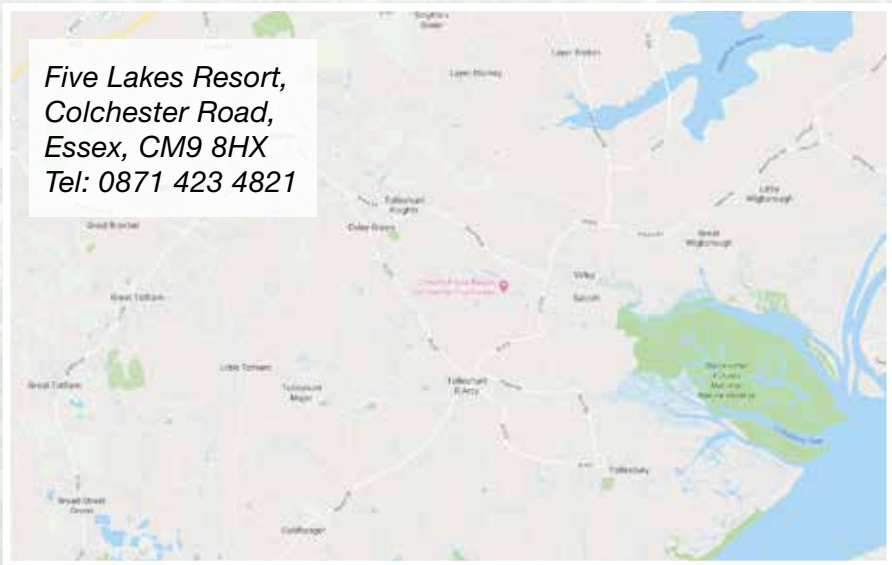
Five Lakes Resort

Surrounded by 320 acres of **picturesque Essex parkland**, the Five Lakes Resort, Tiptree has hosted UNISON Eastern Regions' residential events for some years now and warmly welcomes us back again in 2019.



This is a perfect venue for our regional ONE UNISON Weekend, ensuring a good mix of training facilities, great food, professional service, well equipped comfortable bedrooms, as well as excellent on-site leisure facilities. The resort has once again donated a substantial prize for our UNISON Grand Raffle helping to raise funds for UNISON There for You charity.

*Five Lakes Resort,
Colchester Road,
Essex, CM9 8HX
Tel: 0871 423 4821*



2019 Delegate fees and other costs: If you wish to attend this event please discuss with your UNISON Branch in the first instance. The costs to Branches for delegates unless indicated otherwise, excluding any other associated costs such as delegate travel expenses and the crèche, are:

Delegate type	What's included?	Cost	How to book
Full Delegate	<ul style="list-style-type: none"> • Full board Saturday to Sunday including the ONE UNISON Gala Dinner and Sunday lunch • Admittance to Branch Officer training OR workshop sessions and inclusive of refreshments • Access to much of the venues' facilities such as the pool, saunas etc 	£195	Complete the application form specific for this event
Day Delegate	<ul style="list-style-type: none"> • Refreshments during the course/workshop sessions, Saturday lunch and Sunday lunch • Admittance to Branch Officer training OR workshop sessions 	£90	Complete the application form specific for this event
Accommodation and the ONE UNISON Gala Dinner only <i>NB: full delegate applications will be given accommodation priority in the event of oversubscription</i>	<ul style="list-style-type: none"> • Full board including the Gala Dinner • Access to much of the venues' facilities such as the pool, saunas etc • Does NOT include Sunday lunch 	£110	Contact us at the email address here >
ONE UNISON Gala Dinner only	<ul style="list-style-type: none"> • Access to the ONE UNISON Gala Dinner event on the Saturday night from 7:30pm 	£30	Contact us at the email address here >
Partner rate <i>Available where you wish to bring your partner and you are sharing a room. Delegate is responsible for this cost not UNISON</i>	<ul style="list-style-type: none"> • BBEM Saturday to Sunday, including the ONE UNISON Gala Dinner • Access to much of the venues' facilities such as the pool, saunas etc • Does NOT include Sunday lunch 	Must be paid prior to the event £35	Contact us at the email address here >

eastereducation@unison.co.uk



REMINDER!

DON'T FORGET ABOUT OUR FORTHCOMING...

ACTIVISTS SUMMER SCHOOL 12th – 15th August 2019

Venue:

**Cambridge Professional Development Centre,
Cambridge CB2 9NL**

Where there will be something for everybody with:

- ✓ **Many different courses to choose from**
- ✓ **The ability to pick and mix as you like with many of the courses over the week of the Summer School**
- ✓ **Crèche facilities available to enable access for those with childcare needs (subject to overall demand)**
- ✓ **Lunch provided on site every day**

Information about this event, how to apply and what courses are on offer will be with Branches shortly. So if you are interested to know more about this event then please contact your Branch Secretary or Branch Education Co-ordinator.

**WE LOOK FORWARD TO
WELCOMING YOU TO OUR 2019
ACTIVISTS SUMMER SCHOOL**



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