



Southampton District Branch

Issue 19—April 2017

Women's Assertiveness Skills Training

19 July 2017

10am to 4.30pm

Room TS008 Southampton Solent University,
East Park Terrace

With a bit of practice and training, most people can learn how to be more assertive—it's a communication skill that we can all improve. This course will help to improve confidence through participative group work and will focus on:

- Behaviour types
- Body language
- Practice in using assertive behaviour

This training is open to women members, branch women's officer and women stewards. Contact the branch office for an application form.

Closing date: 5 July 2017



Star Steward

Is there a woman in your workplace who is the model UNISON activist? Is your steward a star? Does your health and safety rep keep you safe? Is your workplace contact keeping you in the loop? Star Steward is an award for Southampton District UNISON's brightest and most dedicated activists.

If you would like to nominate a colleague, head to bit.ly/2nJ2E1N



Woman's conference through the eyes of a first time attendee

When Cathy my rep asked if I would like to attend the National Woman's conference in Brighton I immediately said "yes".

I have been a member of UNISON for over ten years and in the past three years received and am still receiving the support of the union in a situation which has had a huge negative effect on my life. I felt that by attending this conference I would be able to see the other facets of UNISON, not just fighting injustice in the work place.

From the moment I agreed everything started to roll along, train tickets arrived, accommodation, conference pack arrived and most importantly for me the delegates briefing took place in Guildford. I am not a group person and suffer from anxiety and meeting new people can be really stressful but I did not need to worry as everyone was friendly and I wasn't the only "newbie". Everything was explained well and by the time it came to attend conference I had no worries, except the large groups and new people.

Cathy travelled with me and other members joined us on the train at later stops and the journey passed quickly with lots of chatter.

The accommodation was excellent, I dropped off my case and met delegates from other regions and we walked to the Brighton Centre as a group.

The centre was full of the energy and voices of women (also some men) and everyone was so welcoming and friendly. Over the course of the weekend I attended our regional meeting, service meeting, disabled members caucus, visited stands, collected information, listened to inspirational speakers, attended fringe meetings (I even spoke at one), listened to motions and voted, talked to women from all over the country, went out for a meal in the evening and immersed myself in the whole experience.

So what did I come away with from my first National Woman's Conference? A sense of pride in being a woman and a feeling of empowerment; I can do things that are out of my comfort zone and my voice on my own and, with my UNISON sisters, can and, I believe, will make a difference. I found out that UNISON is about so much more than just being there when you have problems at work or marching at rally's but it is also about educating, supporting and leading the way for positive change in the world. Thank you Cathy for inviting me, to my branch for making it happen and to all the wonderful UNISON sisters I met who were so friendly and warm.

Thank you

2017 Training Courses for Women

UNISON has a range of exciting women only courses which women members can attend. Expenses are paid by the Branch. Courses include Assertiveness Skills, Women's History and Pregnancy and Maternity. Full details of the courses and how to apply are available on our web site—www.unisonsouthamptondistrict.org.uk.

Women's History Part 1 (3 days) - 12,19,26 September, Guildford
Sex Discrimination in the Workplace (2 days) - 9-10 May, Guildford
Women, Work and Health (2 days) - 27-28 June, Guildford
Assertiveness Skills (3 day) - 17-19 October, Guildford
Women's History Part 2 (3 days) - TBC, The View Hotel, Eastbourne



Saturday 26 August 2017

Put the date in your diary and come along on the day and join in the street party and parade. The parade will set off from the Stage Door at 3pm and move along West Marlands Road, around Guildhall Square, down Above Bar Street to the Bargate monument and then back up Above Bar Street to Guildhall Square and back along West Marlands Road. The branch will be having a stall in the Guildhall area so if you can donate us an hour or two of your time we would welcome seeing you.

Last year's event raised just over £3000 for local charities and this year's target is to raise £5000.

General Election—Thursday 8 June—Cut off is Monday 22 May 2017

Register to vote in 8 June General Election by Monday 22 May at gov.uk/register-to-vote. There is a statutory fee of £85 for failing to register which may be imposed.

Tolpuddle Martyrs' Festival, Sunday 16 July

We only have a few seats left on our minibus. To book your place contact the branch office on 023 8083 2740.

Branch members and their children travel free, friends and other family members £5 each.

Free Will Service

UNISON members can have a will drawn up free of charge by Thompsons Solicitors. This service is based upon the completion of a simple questionnaire which is then sent to Thompsons Solicitors who will draw up the will on your behalf.

Contact the UNISON office on 023 8083 2740 or e-mail branchsecretary@unisonsouthampton.org.uk.

Check out the UNISON Southampton District website at www.unisonsouthamptondistrict.org.uk



Find us on Facebook—
Southampton District Unison

UNISON is looking for Stewards in your workplace!

When UNISON members face a problem at work, the first person they can turn to is their UNISON Steward. Our Stewards offer advice and support to members within their place of work and are fully supported by their local office. Although we have full time officers within the Branch, our Stewards provide essential information and support within individual workplaces.

As a UNISON Steward you are provided with free training and paid facilities time (through your normal job and at the same rate) to undertake this vital role. **The next Organising Stewards course is being held on 6-8 & 14-15 September in Havant.**

Some employers, including Capita, are encouraging UNISON members to consider taking on the role of Steward or Health & Safety representative to work together to improve working conditions for members.

If you are interested or would like to find out more information please contact Hayley Garner, Branch Secretary, on 023 8083 2740 or email branchsecretary@unisonsouthampton.org.uk.

Worried about back to school costs?

Are you:

- struggling to cope with the rising cost of living?
- finding that you're having to economise in every area of expenditure?

Help is on hand

UNISONs There For You has a limited fund to help UNISON members on low income with school uniform costs by way of a one-off payment. To apply or find out more about other help that is available visit unison.org.uk/thereforyou. The application form will be available to download in May 2017. Alternatively you can contact your UNISON branch.

The closing date for receipt of applications will be early July 2017.

there
for you
supporting UNISON members
when life gets tough

Recruit a new member and get a £25 reward

For every new member recruited, you will get a £25 reward. Application forms and further information are available from the UNISON office.

New members need to have paid their first subscription before any advice can be given but, in any case, cannot be advised on pre-existing issues.