



Building Confidence and Self Esteem

**16 & 23 May 1.30pm -
4.30pm**

Delivered online via Zoom

Free workshop for UNISON East Midlands members

Personal Safety

25 May 9.30 - 12.30 Via Zoom

Delivered by 2Resolve, specialists in managing conflict, the workshop will help you:

- understand how to prevent and manage challenging and violent behaviour
- understand how to recognise and respond effectively to people presenting challenging or violent behaviour

To apply please visit: <https://eastmidlands.unison.org.uk/members/>

FREE ONLINE COURSE FOR UNISON
MEMBERS DELIVERED BY CRUSE
BEREAVEMENT CARE

BEREAVED BY SUICIDE

UNISON
East Midlands

7 June 10.15am - 12.45pm via Zoom

There is no single or right way to respond to a suicide. Recognising the individual circumstances is an important part of any support given to those bereaved. The content of this session is relevant to all UNISON workplaces and it guides you through the features and strategies to enable you to deliver timely and appropriate care to those you are supporting.

UNISON
East Midlands

Dementia Awareness

**The Open
University**

TUESDAY 14TH JUNE 9:30 - 12:00
HOSTED BY THE OPEN UNIVERSITY

This workshop is aimed at people working in care or other settings where they might encounter individuals who have dementia. The workshop aims to help you understand:

- what is meant by the term 'dementia'
- causes and types of dementia and how having dementia affects the way a person behaves and functions
- that there is more to a person than the dementia and that it is possible to live well with dementia

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