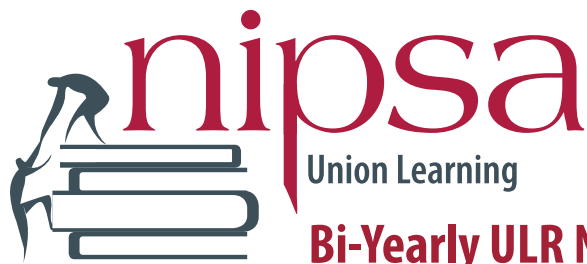


Bright Ideas



Bi-Yearly ULR Newsletter March 2020

ULR Work... What's Been Happening

ULR- Department for Infrastructure

Earlier in the year, the Departmental Secretary, John Rooney, met with the Union Learning Project Co-ordinator, Róisín Graham to discuss the possibility of working on interview skills, communication skills and public speaking with members in the Roads and Rivers Service in the Department for Infrastructure in the Western area. This group of approximately 16 staff were based in the Omagh Depot in Arvalee and were going up for an external promotional board interview competing against people outside of the civil service. Both John and Róisín met with these members to deliver the presentation which was in relation to public speaking, interview skills, tips and techniques

as well as confidence building. It enabled all of these staff to pass the interview stage and to be placed on a promotional 'list'. Several of the staff got immediate promotion to the PTO grade and we are hopeful that others may get promotion as well, if and when vacancies arise. It was a fantastic result for this group of members and as a result the Departmental Committee felt that it was important that Róisín's work on Union learning was recognised and commended and it is acknowledged that this has made a real difference to our members lives. This is a success story that can be attributed to the work of the Union Learning Initiative within NIPSA. If anyone wants to find out any more details on this or wants to contact Róisín Graham, her email address is roisin.graham@nipsa.org.uk

ULR Guests – More About Them



Men's Shed – Guest Speaker to ULR Network and Committee Meeting – Joe McCusker and Geraldine Nelson As Mental Health is a very important issue, our ULRs wanted to know more and we invited a group that addresses that very issue – North Belfast Men's Shed. They specifically

address Men's health and below is an extract as to their aims and objectives: North Belfast Mens Shed is a Cross community project where men come along to work on projects, learn and share skills or just have a cuppa and a chat. Every man needs a shed and we at North Belfast Men's Shed welcome men aged 18+ to come along and enjoy practical activities alongside other men. Supported by the Big Lottery Fund "People and Communities" project and managed by Ashton Community Trust we welcome men from any area throughout the community. The Men's Shed grew from an idea that began in Australia and Ireland is now the second largest group in the

world of Men's Sheds. They are not always in a Shed either as you may think – they have premises and our group that visited are based in North Belfast – Edenderry Mill Industrial Estate, 326 Crumlin Road, Belfast, Antrim, BT14 7EE Men's Shed is a project for men aged 50+ to share skills, socialise and connect with their wider community and membership is free. Men's Shed brings together men to share their skills, have a laugh and a cup of tea while working on practical activities of their choice. A place for members to be themselves, a place to work at your own pace, a place to exchange ideas and learn, a place for members to support each other and build friendships. Men's Shed is an important setting for challenging men's stereotypical beliefs about masculinity and healthcare.

Shed Activities Include: Horticulture, Joinery & Woodwork, Arts & Crafts, IT, Men's Health groups and Healthy Cooking. If Shedders have a particular skill they would like to share, they are more than welcome to do so. Every shed is different depending on the needs and skills of the shedders. Members of North Belfast Men's shed produce a variety of items including wooden products, (pens, bird boxes, bowels etc.) garden furniture and one off bespoke items as requested. We also produce craft items using pyrography, copper work and a wide span of products using our newly acquired laser cutter. Members also generate income for the project by sharing their skills with local community groups and members of the public

Bright ideas

including classes in calligraphy, copper work and glass etching. Social Purpose It is the aim of North Belfast Men's Shed to work towards tackling social isolation and promoting health and well-being among men. We hope to achieve this by providing a place for men to come together to socialise and to work on meaning project that will benefit themselves and the wider community. We also produce bespoke items that are sold with all proceeds generated going directly back into supporting the activities of the North Belfast Men's Shed project. One initiative that Joe McCusker spoke about was

in relation to the Men's Shed working with schools in their community to provide a 'Buddy Bench'. This bench was to enable children who were wanting to talk, or felt sad or had no-one to play with or were being bullied etc. to have a safe space to sit and for others to be encouraged to talk to them and help if they could. This was another way of encouraging you to talk about your mental health in a safe and productive way. If you would like to become a member or would like to find out more about what the Men's Shed do, then google if there's a Men's Shed in your area!

Quiz - Numbers/Literacy/General

Questions:

- How many lines are traditionally in a sonnet?
- The age that Brian Jones, Janis Joplin, Jimmy Hendrix, Jim Morrison and Kurt Cobain all died?
- The first Apollo moon landing?
- Square root of 576?
- Traditionally (UK/US) the years of a pearl wedding anniversary?
- Red balls on a snooker table at the start of a frame (traditional full game version)?
- Legs of the largest group of species on earth?
- The dog Timmy made how many in Enid Blyton's 'Famous...' series of children's adventure books?
- Can you name them all?
- The average age of a US combat soldier in the Vietnam war (also a 1985 Paul Hardcastle No1 hit song)?

Days of Interest

March 1	Ovarian Cancer Awareness Month
	Walk all over Cancer
2	National Careers Week
3	World Hearing Day
5	World Book Day
8	International Women's Day
16	Disabled Access Day
20	National Skipping Day
April 6	Bee Active, Bee Healthy, Bee Happy Week
7	World Health Day
22	The Big Pedal
23	World Book Night
23	English Language Day
May 1	National Walking Month
1	National Share a story Month
6	Deaf Awareness Week
12	National Limerick Day
13	Dying Matters Week
15	Museums at Night Weekend

18	Mental Health Awareness Week
18	Learning at Work Week
June 1	Volunteers Week
1	Wear it Beat it' -Wear red to beat Heart disease
8	Bike Week
8	Careers Week
10	Diabetes Awareness Week
14	World Blood Donor Day
15	Loneliness Awareness Week
16	March For Men
17	Learning Disability Week
26	National Writing Day
July 1	Talk to Us - Samaritans
12	Love Parks Week
24	24/7 Samaritans Awareness Day
August 13	International Left Handers Awareness Day
19	World Photo Day

For further information or if you have any ideas you can contact the NIPSA Union Learning Co-ordinator: Róisín Graham – NIPSA: roisin.graham@nipso.org.uk | 07738 995 040