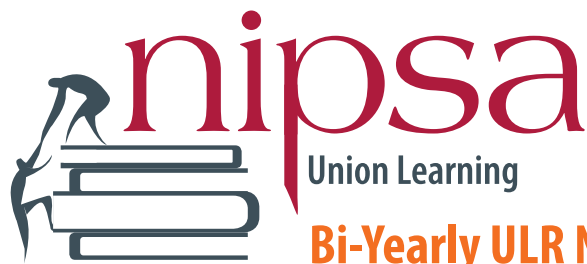


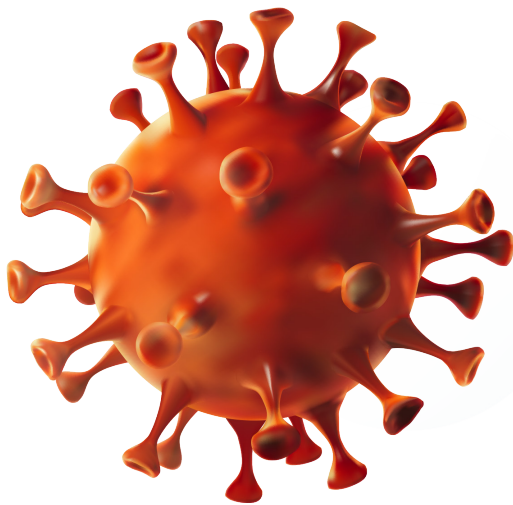
Bright Ideas



Bi-Yearly ULR Newsletter October 2020



ULR Work... What's Been Happening

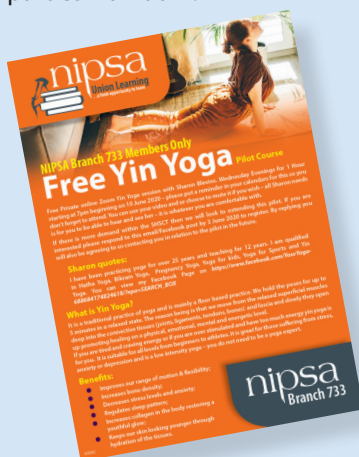


During these strange times with the current Covid-19 pandemic, and members being advised to work from home where possible, the work of the Union Learning Representative (ULR) was 'paused'. This was also the case for any 'Guests' that the ULR Network would have had during this period. There were several reasons why this was:

- The communication network was essentially 'broken' as staff were unable to communicate on a daily basis with each other as they would if they were in the workplace.
- Everyone was advised to 'Work from Home' meaning that any gatherings such as the ULR Network Meetings could not take place.
- There were little or no facilities/framework for organisations being able to allow staff to 'Work from Home' e.g. computer, printer, telephone and broadband access, facilities including desks, chairs, paper etc. therefore making it more difficult to do their own job never mind the work of the ULR.
- It had become evident that there were a number of areas that the ULRs could use to the advantage of staff and to assist the organisations during this pandemic e.g. upskilling and ensuring Health & Safety & Welfare were paramount for everyone. It became clear that the area of Mental Health and Well-Being were at the forefront of everyone's mind.

ULR Guests – More About Them

Although ULRs were unable to communicate in person with members, a new way of communicating became the 'new norm' and Zoom became a way of life both in our workplaces and in our home lives with many people holding Zoom Meetings, training and even Zoom entertainment in the form of family quizzes, virtual parties with even some holding their hen parties via Zoom.



Yin Yoga

As a result the ULRs and their branch committee in the Southern Health & Social Care Trust – Branch 733, thought that due to their members being 'front-line' and 'key' staff during the pandemic that their Mental Health as well as their physical health would need to be looked after. This led to the pilot course of 6 Yin Yoga sessions being organised for NIPSA only members in the Southern Health & Social Care Trust. Over 100 members registered to attend this course that would take place via Zoom with a fully qualified Yin Yoga practitioner. The Trust saw the benefit of this for their staff and commissioned the instructor to hold more sessions for all Trust staff.

Super Charge Your Health

The other opportunity that this then presented was the chance to hold a one hour Zoom Workshop on Steps to Super Charge Your Health facilitated by a qualified nutritionist. The topics that were covered were Nutrition, Sleep and Mental Health. Again over 100 members registered for this workshop which received great feedback and calls for more of this type of workshop.

The Public Health Agency has also been an advocate to looking after yourself. Most of us know when we are mentally and physically well, but sometimes we need a little extra help to keep well. This leaflet and poster below outline five simple ways in which people can maintain and improve their mental wellbeing. Translations into 11 languages are now available. As you will see one of the 5 steps is something that ULRs can use in promoting their work as well as the benefits that learning can bring.

Visit the website below for more information:

<https://www.publichealth.hscni.net/publications/take-5-steps-wellbeing-english-and-11-translations>



QUIZ Numbers/Literacy/General

Questions:

1. How many novels did Roald Dahl write?
2. What are the four Little Women sisters called?
3. Which two countries provide the setting for Charles Dickens' A Tale of Two Cities?
4. What was the first name of Agatha Christie's Miss Marple?
5. Which British Prime Minister was awarded the Nobel Prize in Literature?
6. Which nuts are used in marzipan?
7. What is Japanese sake made from?
8. Which vitamin is the only one that you will not find in an egg?
9. What is the chemical formula for Table Salt?
10. What is tofu made from?

Answers:
1. 19 2. Margaret/Meg, Josephine/Jo, Elizabeth/Beth and Amy 3. London and Paris 4. Jane Austen 5. Sir Winston Churchill 6. Almonds 7. Rice 8. Vitamin C 9. NaCl 10. Bean Curd

Days of Interest

October

- 1 ADHD Awareness Month
- 1 Breast Cancer Awareness Month
- 1 Black History Month
- 1 National Poetry Day
- 4 World Dyslexia Awareness Day
- 6 Dyspraxia Awareness Week
- 7 Dyslexia Awareness Week
- 7 National Arthritis Week
- 31 Museums at Night

November

- 1 Men's Health Awareness Month
- 1 World Vegan Day
- 4 International Stress Awareness Week
- 6 National Stress Awareness Day
- 11 Alcohol Awareness Week
- 11 Anti-Bullying Week
- 12 Financial Capability Week
- 16 Road Safety Week
- 25 White Ribbon Day - Stop Family violence
- 26 Carers Rights Day

December

- 2 National Grief Awareness Week
- 14 Christmas Jumper Day
- 20 Festival of Winter Walks

January

- 1 National Mentoring Month
- 1 National Slavery & Human Trafficking Prevention Month
- 4 World Braille Day
- 6 Big Schools Birdwatch
- 20 Brew Monday - Take time for a cuppa & a chat
- 20 Cervical Cancer Prevention Week
- 23 National Reading Day
- 29 National Puzzle Day

February

- 1 LGBT History Month
- 1 National Story Telling Week
- 1 Black History Month
- 6 Time to Talk Day
- 7 NSPCC Number Day
- 11 Safer Internet Day
- 14 International Book Giving Day
- 17 Random Acts of Kindness Day
- 22 World Thinking Day
- 24 Fair Trade Fortnight