

**“”UNISON Birmingham Branch  
for  
Mental Health Awareness Week and Learning  
at Work Week**

**Friday 18<sup>th</sup> May 2018**

**10.00am – 12.30pm**

**A workshop on**

# **Managing Personal Stress**

The workshop will be held at the :-

**UNISON Birmingham Branch Office,  
19<sup>th</sup> Floor, McLaren Building,  
46 Priory Queensway,  
Birmingham B4 7LF**

These workshops are open to all. You may need to arrange time off to attend if appropriate.

If you wish to attend any of the above workshops please complete the form overleaf and return to :-

**Donald McCombie Union Learning Fund Co-ordinator or Charlie Friel Branch Education Officer or**

**Philippa Hands Disabled Members Officer**

at the above address.

You may wish to call **Donald McCombie** on **07584707253**

**Or Philippa Hands** on **07584707254**

for further details.

# **UNISON Birmingham Branch**

## **Learning Workshop**

Name.....

Workplace.....

Telephone No.....

Email (if available).....

Workshop Requested.....

Access Requirements.....

return to :-

**Donald McCombie, Union Learning Fund Co-ordinator - [donald.mccombie@birminghamunison.co.uk](mailto:donald.mccombie@birminghamunison.co.uk)**

or

**Charlie Friel Branch Education Officer – [charlie.friel@birminghamunison.co.uk](mailto:charlie.friel@birminghamunison.co.uk)**

or

**Philippa Hands – [Philippa.hands@birminghamunison.co.uk](mailto:Philippa.hands@birminghamunison.co.uk)**

Or by post to

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