



# Why should you get involved?

- Opportunity to make a positive impact on the lives of fellow workers
- Develop valuable skills in negotiation, communication, and advocacy
- Increased knowledge of workplace legislation and best practices
- Leadership development and increased confidence
- Access to training courses and conferences
- Building relationships with other trade union activists
- Sense of community and belonging within the trade union

# Becoming a Trade Union Steward

Find out how you can get more involved in your trade union, and the benefits to you and others that brings.

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Becoming a trade union steward is one of the most rewarding experiences you can have as a union member. Not only does it provide an opportunity to make a positive impact on the lives of your fellow workers, but it also gives you the chance to develop valuable skills and gain a deeper understanding of your rights as a worker.

As a steward, you'll be the first point of contact for your colleagues when they need help or advice on workplace issues. You'll be able to represent them in negotiations with management, advocate for their rights, and support them through any workplace disputes.

But being a steward is about more than just helping others. It's also about empowering yourself. You'll be fully trained and have the opportunity to attend other training courses and conferences, where you'll learn about new legislation, best practices for negotiations, and ways to build stronger relationships with colleagues.

Additionally, serving as a steward can enhance your leadership skills, increase your confidence, and provide a sense of purpose. You'll be making a real difference in the lives of your colleagues, and you'll be part of a larger community of trade union activists who are working together to improve working conditions and protect the rights of workers. You'll also get paid time off to undertake training and carry out union duties.

Becoming a trade union steward is a unique and fulfilling opportunity that provides both personal and professional benefits. Whether you're looking to make a difference in your workplace, build your skills, or be part of a larger community, serving as a steward is an excellent choice.

### Self Organised Groups

Black, LGBTQ+, women and disabled workers face unique challenges in the workplace, including discrimination, unequal pay, and limited opportunities for advancement. Joining and becoming active in a trade union can help address these issues and provide support and advocacy for these groups. We also encourage young members to get involved at all levels of UNISON.

If you're a member of one of these groups we'd love you to get more involved to provide representation in the branch and with the employer, and give you the opportunity to share your experiences.

## What does a steward do?

### Interested in finding out more?

Get in touch with your local branch representatives if you'd like to find out more. We'd be happy to chat with you about what's involved and answer any questions you might have. We also understand how busy people are, so any time at all you can spare is appreciated – how much time you give is up to you!

Email [branch@aub-unison.org.uk](mailto:branch@aub-unison.org.uk) or speak to one of your local stewards [aub-unison.org.uk/contact](http://aub-unison.org.uk/contact)