



UNISON has been running the Women's Lives course for over 25 years – it's a really popular choice with UNISON members

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It has developed my confidence, writing ability and widened my horizons.

What is Women's Lives?

Women's Lives is a course designed for women who may have been away from learning for some time. It will help you gain the skills and confidence to study, learn or do something new.

It is particularly suitable for women who have been out of education for a long time and have had few educational opportunities in the past.

Women members from all walks of life and work backgrounds have benefited from the course. With your increasing confidence and skills you'll find it not only helps you in your job but also outside work with things like taking part in group activities, helping the kids with homework, making yourself heard and finding new opportunities.

The course is run in a welcoming and supportive environment. It's not like going back to school! There are no exams to take. You will work at your own pace and level. When you complete the course, you will receive a certificate from the Workers' Educational Association (WEA) who run the course for us.



What's in the course?

You will work through four units which have lots of short activities and assignments including understanding issues relating to women, studying women's experiences, note taking and presentation skills.

It will give you vital skills in areas such as:

- Developing new study skills and brushing up on rusty ones
- Looking at experiences at work, family and in the community
- Investigating a topic of your own choice which is relevant to women
- Taking the opportunity to think about your future plans

With the support of your tutor and the rest of the group, you will ease back into learning, improve your confidence and have fun and be able to think about and decide what to do next.

How is the course run?

The course is delivered on behalf of UNISON by a tutor from the Workers' Education Association. The tutor specialises in working with adult learners and will help and advise you throughout the course. We invite you to a very informal information session, to find out more, before the course starts.

You will join a regular study group, with other women UNISON members. The group will meet every two weeks or so for four months. This is usually in the evening at a local venue and at times to suit your group. Each group session will last about two hours and you'll want to spend time between sessions working on the topics.

The groups are very informal with opportunities to swop ideas, experiences, develop your study skills and to help you prepare for working on your own. It is exciting and fun as well as challenging!



Who is it for?

Women's Lives is for women with busy lives, family and other commitments. Many women are used to looking after other people's needs. This is an opportunity to set time aside for you!

All costs are paid for by UNISON.

What will it cost?

Women's Lives is free to any UNISON woman member.

UNISON pays the cost of all materials and out of pocket expenses.

UNISON can also help with childcare or dependant costs.

I'm interested. What do I do next?

As the course will be starting soon in your area, all you have to do is complete the form to let us know you are interested.

You can also let us know by email: a.gerrard@unison.co.uk or by telephoning the Regional Education Team on 0115 847 5457

Prior to any course starting, we always hold an informal information session where you can meet the tutor and look at the course materials before deciding whether or not you want to take up a place on Women's Lives. If you return and complete the Enquiry Form in this leaflet, we will contact you when an Information Session is running in your area

Complete the Enquiry Form now

would like to find out more about the Free UNISON Women's Lives course	
n the East Midlands 🔲	
Name:	
Address:	
Postcode:	
Tel:	
Email:	
JNISON membership number (if known):	
A friend is also interested:	
Name:	
Address:	
Postcode:	
Tel:	
Email:	
JNISON membership number (if known):	

Please return this form in an envelope to:

L&MD Team, Freepost RTKL-TZHC-BBUE, UNISON East Midlands Vivian Avenue, Nottingham, NG5 1AF

No stamp required.

We will contact you with further information once your form is received

"I did not realise that you could have so much fun and support whilst learning"



Joining UNISON

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If you are not yet a member of UNISON and want to join to take up this exclusive member only benefit, it's simple.

You can join online at

join.unison.org or call 0800 171 2193



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Tel: 0800 0 857 857 www.unison.org.uk



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