

FREE COURSES

FOR UNISON MEMBERS

	Date	Course	Time	Location	Application deadline
Jan	Wed 22nd	Car Maintenance	18:30 - 20:30	Derby	08 Jan
	Wed 29th	Basic Life Support	10:30 - 13:00	Alfreton	15 Jan
Feb	Sat 1st	Buying & Selling online	10.00 - 16.00	Alfreton	17 Jan
	Tues 4th	Makaton	18:30 - 20:30	Chesterfield	21 Jan
	Wed 12th	Menopause	14:00 - 16:00	Alfreton	29 Jan
	Wed 19th	Mindfulness	10:00 - 16:00	Alfreton	05 Feb
	Wed 26th	Dementia Awareness	10:00 - 12:00	Derby	12 Feb
March	Thu 12th	Web Design *	10.00 - 16.00	Alfreton	11 Feb
	Mon 2nd	Men's Health (Men Talk)	18.30 - 20.30	Chesterfield (Proact Stadium)	17 Feb
	Sat 21st	Poetry & Print Wellbeing Workshop	12:00 - 16:00	North Wingfield	06 Mar

See reverse for course descriptions

How to apply

For an application form contact us at unisonderbyshirelearning@gmail.com or your local Union Learning Rep or branch office. Not sure which branch you are in? Contact UNISON on 08000 857 857.



* This course is organised by UNISON East Midlands. We will forward your application to the UNISON Regional Office



Course descriptions

Web Design: For anyone who would like to build and design a website for free using the web based tool WordPress. To attend this introductory one-day course, you need to be familiar with the basic functions of a computer e.g. using a mouse/keyboard, starting applications, copying/pasting, accessing the Internet etc. You will be guided through the basic steps needed to design and maintain your first website. During the course, you will;

- Create your own individual website using Wordpress.com
- Learn how to personalise your website by choosing a "theme"
- Learn how to add "pages", web page content and "posts"
- Add a menu to your website
- Learn how to use "categories and tags"

Car Maintenance: This will be held at Derby Kwik Fit garage and they will run through everything you need to know about your car to enable you to keep it safe on the road.

Basic Life Support: A short workshop designed to give you the basics of how to deal with a critical situation/illness, including resuscitation. Run by East Midlands Ambulance Service.

Buying and Selling Online: Don't throw away your unwanted presents and household items; sell them for cash. Recycling, vintage, retro and "upcycling" are popular pastimes and your clutter or unwanted gifts could be worth money. This course will show you how you can SAFELY access popular online buying and selling websites, upload pictures, write accurate descriptions, and manage your account. We will be using GUMTREE on the day.

Mindfulness: the basics. We will explore common misconceptions about Mindfulness, what it is, and isn't! How to use Mindfulness in a very practical way, to enhance our health, happiness and wellbeing. Using a variety of teaching techniques and exercises, we will gently be guided through principles and practices which we will be able to take away and use in our everyday lives straight away!

Menopause: Do you know what to expect? Are you already there? Are you feeling not quite yourself? Do you have questions? This informative, led, discussion will help you find answers to your questions.

Makaton: A two hour course for people new to Makaton, taught by a licensed trainer. The basic signs will be covered. You will receive an official manual and a certificate.

Dementia Awareness: A rare opportunity, in this two hour session, to hear from a leading consultant psychiatrist to explore various aspects of Dementia, including early onset signs and symptoms.

Men's Health (Men Talk): An informal chat for our male members about men's mental health. We will talk about pathways to help, and include an introduction to our new group Hobby Talk; a hobby group just for men which provides companionship, support and time out.

Poetry and Print Wellbeing Workshop: Have fun and de-stress with a bit of poetry, a bit of art work or both! Using unique printing presses create personalised cards, a piece of artwork ready to frame, illustrate a poem or short story you create on the day.