

# REGIONAL WOMEN'S NETWORK

## UNISON: EMPOWERING WOMEN

15TH OF MARCH 2022

9.00 AM - 16.00PM

Double Tree Hilton - Nottingham Gateway  
Nuthall Road, Nottingham, NG16 6AZ

**A day of workshops and  
inspirational speakers including:**

**Stress, mindfulness  
and suicide awareness**

**Self Defence**

From **UNISON** Steward  
to National Officer

**Women in the  
Labour party**

**The power to be you!**

**And much more.....**

**Period Poverty Stand - if you can  
please bring along a pack of pads or  
tampons. We will donate them to local  
charities.**

**FREE to all Women in UNISON!**

**Lunch and refreshments are included.**

**Please let us know if you have any  
dietary requirements when booking.**

**FREE parking & easy access to Phoenix  
Park tram and bus services.**

**To book email: [c.johnson@unison.co.uk](mailto:c.johnson@unison.co.uk)**

