

## Learning at Work Week 16th to 22nd May 2022

As part of Learning at Work Week 2022 we are celebrating all things learning. Inside you will find details of free courses, learning grants and support for members.

If you aren't already a member why not join now to access hundreds of free courses:

<https://join.unison.org.uk/>

### Courses



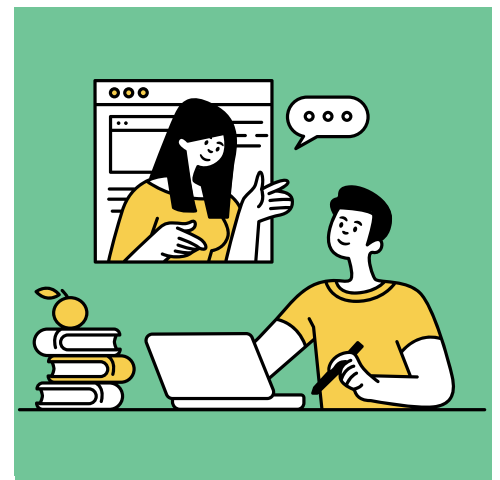
Free courses for UNISON members

### Learning Grants



Financial support for members undertaking their own learning

### Online Learning



Over 600 Online courses. Free for UNISON members

Please read through for details of courses and support available

Not a member? Join here:  
<https://join.unison.org.uk/>

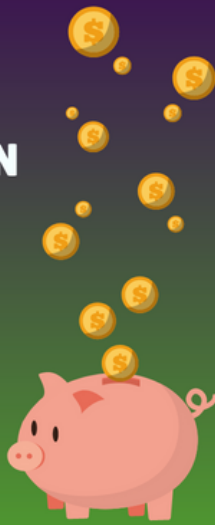
Course & Provider	Details	Date/Time	Code
Bereaved by Suicide (Cruse)	Delivered by Cruse (the UK's leading bereavement charity) this short course is designed to help understand the grieving process and develop confidence when talking about this difficult and sensitive topic	7 June 10.15 - 12.45	0027
Dementia Awareness (OU)	This workshop is aimed at members working in care or other settings where they may encounter individuals who have dementia. The session outlines what dementia is, how it affects people and support available	14 June 9.30 - 12.00	0024
Dyslexia Awareness (Adjust)	Delivered by Adjust Services, specialists in Neurodiversity. This session will give an overview of Dyslexia, how it affects people and ways to support people with Dyslexia	23 June 9.30 - 12.30	0031
Effective Communication Skills	Run over two afternoons this course looks at our present communication styles, the skills we need in order to listen, respond and reflect effectively, and the relevance of body language	11 & 18 July 1.30 - 4.30	0039
Excel Improvers	Aimed at existing Excel users who want to learn more advanced features, e.g. conditional formatting, an introduction to using IF statements, creating a VLookup table, linking workbooks and using/creating complex formulas	13 & 14 July 10.00 - 1.00	0045
Living with & Managing Anxiety	Run over two afternoons the course aims to help understand anxiety and why we experience it, provide the tools and understanding to live with your anxiety in a more positive way	12 & 19 Sept 1.30 - 4.30	0040
Making the Most of Excel	For members who have used Excel before but lack confidence to make the most of spreadsheets. This course will refresh your knowledge and boost confidence when creating spreadsheets	13 & 14 Sept 10.00 - 1.00	0044
Attachment in the Early Years (OU)	Aimed at support staff in early years settings. Will examine different attachment classifications, how these are assessed, and the significance across the lifespan	22 Sept 9.30 - 12.30	0028
Build & Design a Website using Wordpress	Using the free web-based WordPress tool this session will guide you through the steps needed to design, create and maintain your first website	4 & 5 Oct 10.00 - 1.00	0042
Loss and Bereavement (Cruse)	Delivered by Cruse the session will reflect on the grieving process and raise awareness of the impact of loss on families as well improve confidence communicating with bereaved people	13 Oct 10.15 - 12.45	0026
Excel Improvers	Aimed at existing Excel users who want to learn more advanced features, e.g. conditional formatting, an introduction to using IF statements, creating a VLookup table, linking workbooks and using/creating complex formulas	8 & 9 Nov 10.00 - 1.00	0046
Neurodiversity Understood (Adjust)	This in-depth workshop will give you a good introduction to neurodiversity and enable you to recognise and celebrate the positives of thinking differently	22 Nov 9.30 - 12.30	0032

For details, and to apply, please see  
<https://eastmidlands.unison.org.uk/members>

Open University & general learning grants

## DID YOU KNOW UNISON OFFERED LEARNING GRANTS TO MEMBERS?

To find out more visit:  
[learning.unison.org.uk/financial-support](https://learning.unison.org.uk/financial-support)



UNISON wants to help members realise their potential. We offer financial support to members taking part in various educational and learning opportunities, as well as learning discounts from a number of providers. Grants are awarded on a first-come, first served basis. We offer three kinds of grants to members:

- Open University Grants
- Trade Union and Labour Movement or Women's Studies grants
- Learning Grants

<https://learning.unison.org.uk/financial-support>

Course	Details	Date/Time
Attachment in the Early Years (OU)	Aimed at support staff in early years settings. Will examine different attachment classifications, how these are assessed, and the significance across the lifespan	15 June 2022 1.30 - 5.00
Bereaved By Suicide (Cruse)	This short course is designed to help understand the grieving process and develop confidence when talking about this difficult and sensitive topic	22 June 2022 10.15 - 12.45
Mental Health Awareness (OU)	The workshop looks to develop a greater awareness of mental health as well as understand the problems people face and the strategies for promoting good mental health	28 June 9.30 - 1.00
Autism Awareness (OU)	Delivered by The Open University the workshop will consider, what autism is, the symptoms and how to supporting colleagues with autism	29 September 13.30 - 17.00

More courses are added throughout the year. For details see:  
<https://learning.unison.org.uk/events/>



Did you know that ULRs in your county organise free courses for members? To find out more see:

<https://eastmidlands.unison.org.uk/county-forums/>

## 600+ online Courses with The Staff Skills Academy - free to unison members



Handling Conflict, ADHD Awareness, Building Self-Esteem, Managing Classroom Behaviour, Mental Health First-Aid, Anger Management, Basic Maths, Food Safety, Speech Therapist, Data Analysis, Events Management, Managing People, Understanding PAYE, Bipolar Awareness, Medical Secretary Certification, Sign Language, Self-Harm Awareness, Mindfulness For Children, Meal Planning, Digital Art For Photoshop, COSHH Awareness, Myers-Briggs Theory And Certification, Proofreading Basics, Child Psychology Level 3, Garden Design, Presentation skills, Child Protection.....



all courses are CPD and ROSPA accredited

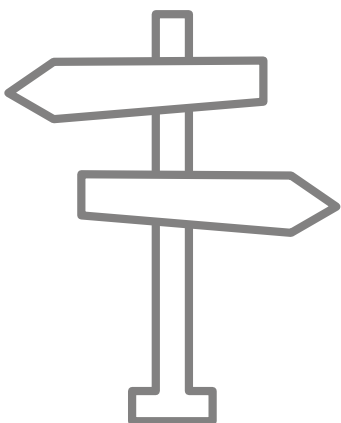
for details visit:

<https://learning.unison.org.uk/skills-academy/>

## Love learning? Why not join us?

A ULR is somebody who loves learning and helping people. They tell friends about the courses and give encouragement and support. As you can see above there are so many workplaces without a ULR so we need your help. For more info see:

<https://eastmidlands.unison.org.uk/learning-reps/>



- ✓ ADVERTISE COURSES
- ✓ SUPPORT COLLEAGUES
- ✓ IDENTIFY LEARNING NEEDS
- ✓ ORGANISE COURSES

ULRs should get paid time-off to train and to do their duties