



UNISON LEARNING

what's available for members at East
Midlands Gas (Southern)?

NATIONAL



The Skills Academy

600+ COURSES WITH THE STAFF SKILLS ACADEMY - FREE TO UNISON MEMBERS



MANAGING CLASSROOM BEHAVIOUR, BUILDING SELF-ESTEEM, MARKETING, MENTAL HEALTH FIRST-AID, ANGER MANAGEMENT, BASIC MATHS, FOOD SAFETY, DIABETES AWARENESS, SELF-HARM AWARENESS, SPEECH THERAPIST, BUDGETING, C++, DATA ANALYSIS, EVENTS MANAGEMENT, MANAGING PEOPLE, UNDERSTANDING PAYE, BIPOLAR AWARENESS, SEPSIS AWARENESS, SIGN LANGUAGE, CREATING A MARKETING PLAN, MINDFULNESS FOR CHILDREN, MEDICAL RECEPTIONIST ADMINISTRATION, DIGITAL ART FOR PHOTOSHOP, COSHH AWARENESS, MYERS-BRIGGS THEORY AND CERTIFICATION, PROOFREADING BASICS, ART THERAPY, BULLYING IN SCHOOLS, GARDEN DESIGN, TEACHING PHONICS.....

FOR DETAILS VISIT:

WWW.LEARNING.UNISON.ORG.UK/SKILLS-ACADEMY



Courses



GAMBLING AND GAMING RELATED HARM IN YOUNG PEOPLE

Free online workshop for UNISON members that support young people

3 online workshops (150 minutes) delivered by the Young Gamblers and Gamers Education Trust

- choice of sessions:
- 12 Nov - 3.30pm
- 28 Nov - 10am
- 8 December - 10am

For full details and to apply - learning.unison.org.uk/training-with-ygam/

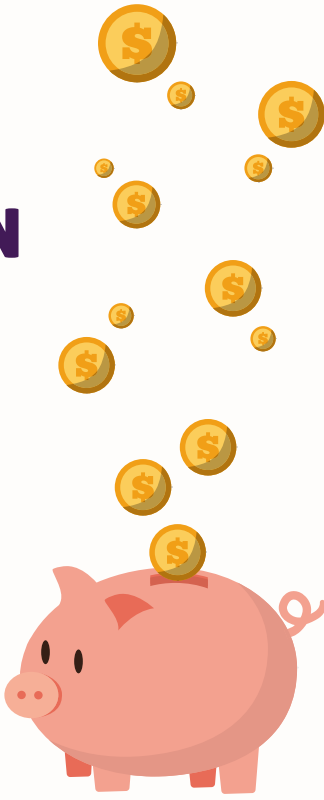


Learning Grants

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/skills-academy/>

<https://learning.unison.org.uk/events/>

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

BUILDING CONFIDENCE AND SELF-ESTEEM
6 February 2023
1.00pm - 5pm VIA Zoom

EXCEL BEGINNERS
22 & 23 Feb
10am - 1pm via MS Teams

- creating a worksheet
- creating tables using borders and colour
- using filters & AutoSum

TEAM MEMBER TO TEAM LEADER
The Aspiring Manager
6, 13 & 27 March
9.30am - 12pm via Teams

Deaf Awareness and Intro to British Sign Language
8 March 9:30am - 12:30pm. Via Zoom
Run by Nottinghamshire Deaf Society

This introductory session will help you support deaf and hard of hearing people by:

- exploring effective ways of communicating
- providing an awareness of needs. And
- looking at some basic sign language

ADHD AWARENESS
For UNISON members who work with young people with Attention Deficit Hyperactivity Disorder and would like to increase their understanding
15 March 2023
10am - 12.30pm Via Zoom

FREE FOR UNISON EAST MIDLANDS MEMBERS

Dementia Awareness
23 MARCH 2023
9:30AM - 1PM VIA MS TEAMS
HOSTED BY THE OPEN UNIVERSITY

Neurodiversity Understood
28 March 9.30am - 1pm
Delivered via MS Teams

Gain an introductory understanding of neurodiversity and learn to recognise and celebrate the positives of thinking differently

Special Educational Needs (SEN) Training
For members who work with children and adults who have Special Educational Needs and would like to increase their understanding of SEN
18 April 2023
10am - 12.30pm Via Zoom

EXCEL IMPROVERS
18 & 19 APRIL 2023
(10.00AM - 1.00PM)
VIA MS TEAMS

For existing Excel users who want to learn more advanced features e.g. Conditional Formatting, IF statements and complex formulas

Living with and Managing Anxiety
24 April 1.00pm - 5.00pm
Via Zoom

EAST MIDLANDS

BEREAVED BY SUICIDE
27 April 2023
10.15am - 12.45pm via Zoom
Delivered by Cruse Bereavement Care

MENTAL HEALTH AWARENESS
9 MAY
1.30PM - 5.00PM
VIA MS TEAMS

Delivered by The Open University

BUILDING A WEBSITE USING WORDPRESS
16 & 17 MAY
10AM - 1PM
VIA MS TEAMS

An introductory course to guide you through the basic steps to design, create and maintain your first webpage

Supporting Children With Challenging Behaviour
17 May
10am - 12.30pm
Via Zoom

Explore strategies and practical solutions

Excel Dashboard
7 & 8 JUNE
10AM - 1PM VIA MS TEAMS

NEURODIVERSITY FOR MANAGERS
12 JUNE
9.30AM - 1PM
VIA MS TEAMS

Delivered by Adjust Services, specialists in Neurodiversity

Effective Communication Skills
12 June 2023 1pm - 5pm
via Zoom

Conflict Management
12 July 10am - 12.30pm
Via Zoom
Delivered by 2Resolve

Loss and Bereavement
5 JULY 2023
2.15pm- 4.45pm via Zoom
Delivered by Cruse Bereavement Care

Free course for UNISON members who may need to support colleagues and service users who are coping with bereavement

Caring for Adults
SUITABLE FOR THOSE WORKING IN ENVIRONMENTS GIVING CARE TO ADULTS AND ELDERLY

OPEN UNIVERSITY | 20 JULY 2023 | 9:30AM - 1PM | MS TEAMS


At the end of the session attendees will receive a certificate of completion from The Open University

UNISON Cymru Wales Learning

Share



Print / Translate



UNISON
College

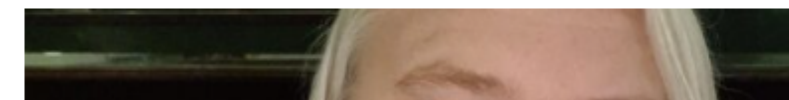
UNISON College brings together
lifelong learning and activist education in

Latest news



Care workers in Wales must get decent sick pay before winter hits

Posted on **August 26, 2022**



<https://cymru-wales.unison.org.uk/learning/>



Promoting Independence

Tue, 28 Feb 2023 09:15 GMT

Free



Time Management

Mon, 6 Mar 2023 09:45 GMT

Free



Supporting Children's Mental Health and Wellbeing (Secondary school and up)

Mon, 6 Mar 2023 18:00 GMT

Free



Ageing and Disability

Thu, 9 Mar 2023 14:30 GMT

Free



Lego Based Therapy

Thu, 9 Mar 2023 16:00 GMT

Free



Climate & Just Transition Awareness for Public Services (1/2 day course)



Green Social Prescribing - Hybrid Event

Mon, Mar 13, 14:30



Dyspraxia Awareness

Tue, 14 Mar 2023 09:15 GMT

Free



Mental Health Awareness (UNISON Member Only)

Thu, 23 Mar 2023 09:15 GMT

Free



Menopause in the Workplace - Awareness

Thu, 23 Mar 2023 12:00 GMT

Free



Sing, Sign & Storytime

Fri, 24 Mar 2023 09:15 GMT

Free



Disinformation, Misinformation and the Climate Crisis

Fri, 24 Mar 2023 10:00 GMT

Free



Understanding Climate Anxiety

Wed, 29 Mar 2023 09:45 BST

Free



Caring for Adults (UNISON Member Only)

Thu, 30 Mar 2023 13:15 BST



Dementia Awareness (UNISON Member Only)

Tue, 4 Apr 2023 09:15 BST



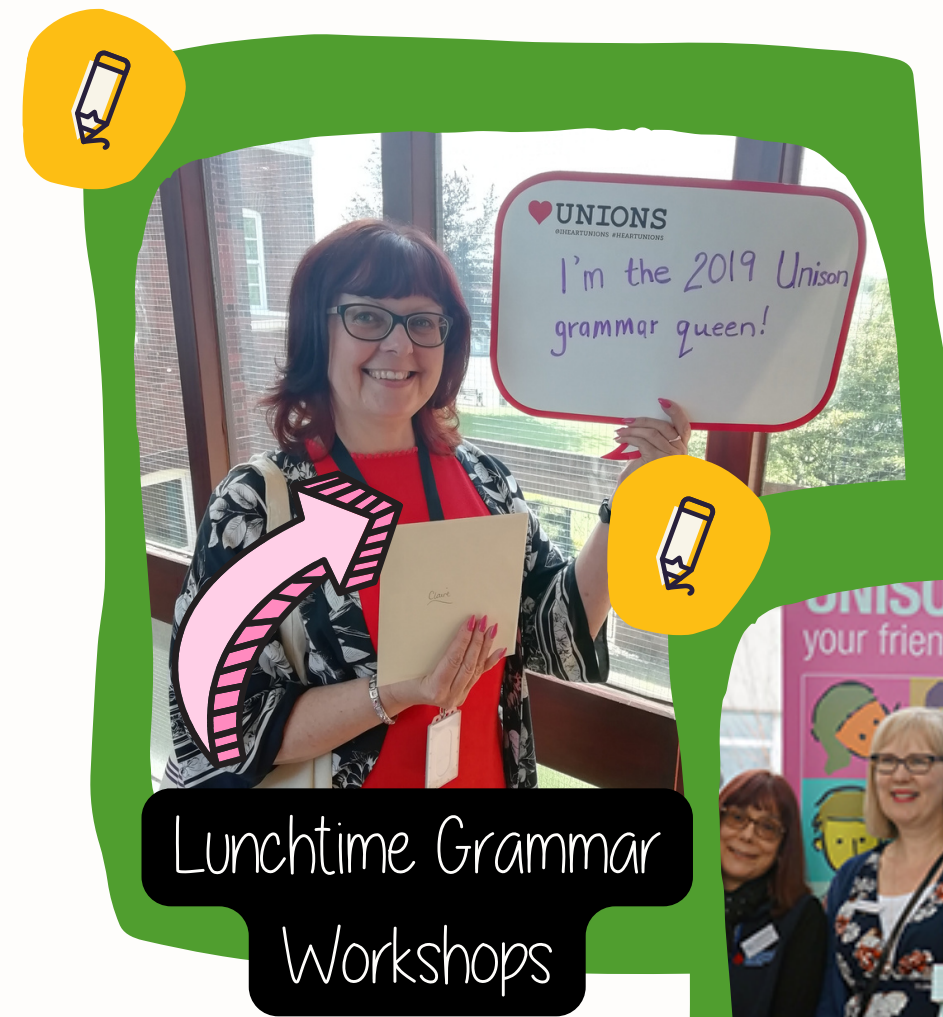
Lego Based Therapy

Thu, 18 May 2023 16:00 BST

Free

BRANCH ORGANISED

Learning Organised by your branch, usually by a Union Learning Rep (ULR)



Lunchtime Grammar Workshops



Distance Learning



Lunchtime crafting



Author talks



Book Swaps

THE UNION LEARNING REP (ULR)

Promote
learning

Identify
needs

Give support

Organise
learning

Work with
the employer

legal right to paid
time off

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

ARE YOU PASSIONATE ABOUT LEARNING?

Become a **UNISON** Union Learning Rep (ULR)!

Location	Dates
Northampton	23 Feb, 2 & 9 March
Nottingham	7, 14 & 21 March
Lincoln	27 April, 4 & 11 May

-
- ✓ Advertise Courses
 - ✓ Identify Needs
 - ✓ Support Colleagues
 - ✓ Organise Courses
-

COUNTY LEARNING



FREE COURSES FOR UNISON MEMBERS



UNISON Learning
Leicestershire & Rutland



For members.
Organised by
members.

All courses organised by UNISON
Learning Reps

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

Suggested by
ULRs

Agreed by
ULRs

Organised by
ULRs

LEARNING ORGANISED BY ULRS

[HTTPS://EASTMIDLANDS.UNISON.ORG.UK/COUNTY-FORUMS/](https://eastmidlands.unison.org.uk/county-forums/)

UNISON IN PARTNERSHIP WITH NORTHAMPTONSHIRE ADULT LEARNING

REFLECTIVE JOURNALING

A chance to explore creative ways of self-reflection

BOOK NOW

Friday 23rd July 2021 | 10.30am - 12 noon
Free - Online via Zoom

FOR MORE INFORMATION ABOUT LEARNING FOR YOUR WELLBEING VISIT:
WWW.NORTHAMPTONSHIRE.GOV.UK/LEARN2

FREE ONLINE COURSE FOR UNISON MEMBERS DELIVERED BY MAGGIES NOTTINGHAM

Q&A WITH CAROL LEEMING MBE FRSA

Free for UNISON members of a Leicestershire based branch

FRIDAY 3RD MARCH 12PM - 1.30PM COUNTY HALL LEICESTERSHIRE

With free lunch!
Sandwich, crisps + drink

An important safe space for attendees to explore:

- First Steps to begin to address #BLM Equality
- The intersectionality of other equality issues and racism
- A Brief Overview of Post Colonial Scenario/Equality
- White Privilege
- Anti-Racist Practice

Apply Here

Or email: unisonlandrlearning@gmail.com

Free to UNISON members in a Nottinghamshire branch

CHRISTMAS WREATH MAKING WORKSHOP

8 DECEMBER

UNISON NOTTS LEARNING

Autism in Girls and Women

Free course for UNISON members in a Northamptonshire branch

8 July 09:30 - 12:45
Delivered via Zoom

The course is aimed at: Anyone looking to enhance their knowledge and explore areas around diagnosis and support for women and girls. This day will be of particular interest to those who want to learn more about the issues surrounding the diagnosis of and support for women and girls who are on the autism spectrum.

Participants will gain: An awareness of the autism spectrum condition in women and girls. Providing participants with key areas of knowledge and understanding whilst exploring important themes such as the diagnosis of women and girls, social skills and communication, anxiety and useful coping strategies.

To apply: <https://eastmidlands.unison.org.uk/northantslearning/>

DOG TRACKING

Free course for UNISON members in a Nottinghamshire branch

August 11am - 5pm
14th, Nottingham

Dogs own natural desires to follow their amazing sense of smell. They will follow scents of lost items such as keys, purses etc.

By Paws and Feet Dog class will help you and your dog find lost items or even work with fun scent detection work.

Pet First Aid

A free course for members of a Derbyshire Branch

Delivered by Dani Hickman from www.dog-first-aid.com the course will look at key ways we can support our dogs and other pets as well as deal with problems that may arise

North Wingfield
4th March 2023
9.30am - 1.45pm

A free session for UNISON members of a Derbyshire branch

Menopause Awareness

THURSDAY 14TH APRIL 6.30PM - 7.30PM VIA ZOOM

FREE FOR MEMBERS OF ANY LEICESTERSHIRE & RUTLAND BRANCH

How to Speak So People Really Listen

A free course for UNISON Members

In person at City Hall, Lincoln, LN1 1DE
Thursday 14 July 2022 12-2pm

To Apply see <https://eastmidlands.unison.org.uk/learning-lincs/> or email unisonlearninglincs@gmail.com

ADD A LITTLE LAUGHTER TO YOUR LIFE!

IMPROVING HAPPINESS, HEALTH AND COPING STRATEGIES

Through a series of gentle exercises and games, we will take a deeper look at laughter and playfulness. Topics for exploring include when and why we laugh, the meaning and physiology of laughter, and some ideas for coping strategies to help us deal with life's challenges.

DATE: TUESDAY 22ND MARCH 2022 VIA ZOOM

TIMES: 6PM-7PM AND 7:30PM-8:30PM

TRAINER: ROBIN GRAHAM
FEEL GOOD COMMUNITIES CIC

To apply visit: <https://eastmidlands.unison.org.uk/learning-lincs/>

PROJECT MANAGEMENT

14 & 15 April 9.30 - 12.00 (both days)
Delivered via Zoom

WORKING WITH CANCER

For Managers and Supervisors

14 June 10am - 12pm

Aimed at managers and supervisors of staff affected by, or working with, cancer. The course will provide structure, tools and techniques to help you become more empathetic and understand the needs of your staff.

YOUR RIGHTS AT WORK

Free online session for UNISON members of a Leicestershire branch

Hosted by a UNISON Regional Organiser

28 JUNE 12.30 - 1.30PM

Free for UNISON members of a Northamptonshire Branch

Paper Craft

Monday 21 June - 18:30 - 21:30
Via Zoom

As a crafter with 20 years of experience, I have been shown on crafting channels in the UK and the USA, this practical session will show you the techniques of paper crafting. The session will last 2-3 hours with plenty of time for questions and to work at your own pace.

To apply visit: <https://eastmidlands.unison.org.uk/unison-derbyshire-learning>

SELF-CARE IS NOT SELFISH

Thursday 7 October - 6-8pm
via Zoom

THE SESSION WILL LOOK AT THE UNHELPFUL AND UNHEALTHY HABITS WE FORM AND CONSIDER:

- WHY SELF-CARE IS ESSENTIAL FOR OWN, AND OTHERS', WELLBEING
- SOME OF THE REASONS WE DON'T CARE FOR OURSELVES
- THE CONSEQUENCES OF NOT CARING FOR OURSELVES
- WAYS TO BECOME BETTER AT CARING FOR OURSELVES

TO APPLY EMAIL: UNISONNOTTSLEARNING@GMAIL.COM OR VISIT: WWW.EASTMIDLANDS.UNISON.ORG.UK/UNISON-NOTTS-LEARNING

Creative Writing

7, 14, 21, 28 June and 5, 12 July
6:30pm - 7:30pm

MINDSETS MATTER - MASSIVELY

This session will help identify ways of thinking that are working against us and, more importantly, how we can begin to think more positively, creatively and in a way that works for us.

To apply please see: <https://eastmidlands.unison.org.uk/unison-notts-learning/>

MENTAL HEALTH & WELLBEING

+ NON-CONTACT BOXING FITNESS SESSION

Join us in a fun and inclusive day where we offer teambuilding games and non-contact boxing along with a mental health and wellbeing workshop delivered by the Frank Bruno Foundation

Thursday 23rd March 10:30 to 2pm
Wallweld Court, Northampton

Apply Here

CHAIR YOGA

A SHORT SESSION LED BY AN EXPERIENCED AND FRIENDLY TEACHER WHO WILL GIVE YOU EXERCISES AND TIPS TO RELIEVE STRESS, INCREASE FLEXIBILITY AND HELP REDUCE PAIN. ALL FROM YOUR OWN CHAIR

FRIDAY 29TH APRIL 2022 12 NOON - 1PM VIA ZOOM

GREAT NOSH, LESS DOSHI!

Relaxing session for those who are new or experienced.

Reepham / Cherry Willingham Saturday 22 April 10 til 1, in person

GoGo are offering a three hour interactive cookery session, free to Unison members in a Lincolnshire Branch. GoGo will be covering preparing nutritious, tasty meals for a family, small batch cooking and cooking using low power to cover budgeting/creating your own and creating lovely meals under tight financial constraints

TO APPLY, SCAN THE QR CODE, EMAIL: UNISONLEARNINGLINC@GMAIL.COM OR VISIT: <https://eastmidlands.unison.org.uk/learning-lincs/>

OUTDOOR YOGA

Tuesday 17 May 18:00 - 19:30
Delapre Abbey, Northampton

ACRYLIC PAINTING CLASS

Free for members of a UNISON Nottinghamshire based branch

All materials provided

SAT 25TH FEB 10am to 4pm
APPLY HERE

or apply via emailing unisonnottslearning@gmail.com

TRAINING EVENT

Age Friendly Awareness

Free for members of a Lincolnshire based branch

Designed to assist your understanding of how ageing impacts on daily life and equip you with the skills to communicate effectively and identify accessibility issues

Thursday 9th March 2023 9:30am to 2:30pm
Boston Police Station

Apply Here

or email unisonlearninglincs@gmail.com

British Sign Language

Two free courses for UNISON members in a Nottinghamshire Branch

Weds 13 July or Monday 18 July 6- 8pm via Zoom

Please note that this is the same course, run twice. Please only apply for one

Will cover:

- Brief Intro to BSL
- Fingerspelling
- Meeting & Greeting
- Question signs
- Numbers, dates & times
- Family & workplace specific

To apply please visit: <https://eastmidlands.unison.org.uk/unison-notts-learning/>

MANAGING CONFLICT IN TEAMS

FREE for members of Leicestershire and Rutland branches

27TH JULY 2022 1.30PM-4PM
VIRTUAL SESSION VIA ZOOM

BENEFICIAL FOR MANAGERS, SUPERVISORS AND ANY MEMBER OF STAFF WHO MAY BE REQUIRED TO MANAGE DIFFICULT CONVERSATIONS WITH INDIVIDUAL TEAM MEMBERS OR WHOLE STAFF TEAMS

FOR MORE INFORMATION EMAIL UNISONLANDRLEARNING@GMAIL.COM

FORCED MARRIAGE & HONOUR BASED ABUSE

DATE: 9 JUNE TIME: 9.30AM - 12.30PM

DISTANCE LEARNING

Free Level 2 courses



Business and Customer Services

Business Administration Knowledge Certificate	Equality and Diversity Certificate
Information, Advice or Guidance Certificate	Lean Management Techniques Certificate
Principles of Customer Services Certificate	Principles of Team Leading
Principles for Digital Skills in Employment Certificate	
Introducing Caring for Children and Young People Certificate	Understanding Children and Young People's Mental Health
Understanding Safeguarding and Prevent Certificate	Understanding Safeguarding and Prevent Certificate
Awareness of Bullying in Children and Young People Certificate	Behaviour that Challenges in Children Certificate
Understanding Adverse Childhood Experiences (With Covid)	

Sport and Uniformed Public Services

Understanding Nutrition and Health Certificate	
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Health and Social Care

Care Planning Certificate	Common Health Conditions Certificate
Counselling Skills Certificate	Falls Prevention Awareness Certificate
Falls Prevention Awareness Certificate	Mental Health First Aid (paper only)
Understanding Personal Care Needs (paper only)	Preparing to Work in Adult Social Care Certificate
Principles of Dementia Care Certificate	Principles of the Prevention and Control of Infection in HSC Settings Certificate
Principles of Working with Individuals with Learning Disabilities Certificate	Understanding Autism Problems Certificate
Understanding Behaviour that Challenges Certificate	Awareness of Mental Health Certificate
Understanding Dignity and Safeguarding Adult Health and Social Care Certificate	Understanding Specific Learning Difficulties Certificate
Understanding the Care and Management of Diabetes Certificate	Understanding the Safe Handling of medication in health and social care Certificate
Understanding Working in Mental Health Certificate (paper only)	Caring for the Elderly Certificate
Principles of End of Life Care Certificate	



SOME OF OUR EAST MIDLANDS ULRS IN ACTION

[HTTPS://EASTMIDLANDS.UNISON.ORG.UK/LEARNING-REPS/](https://eastmidlands.unison.org.uk/learning-reps/)

