



UNISON LEARNING

what's available?

Open to all
members

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.....

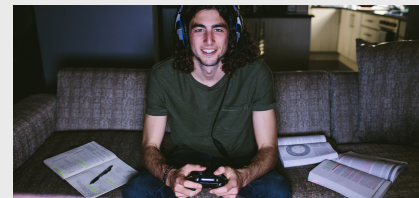
FOR DETAILS VISIT:
WWW.LEARNING.UNISON.ORG.UK/SKILLS-ACADEMY

UNISON
East Midlands

UNISON
East Midlands



Online 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:

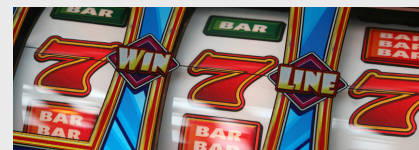
12 Nov - 3.30pm

28 Nov - 10am

8 December - 10am

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

UNISON



UNISON



Learning Grants

Open University & general learning
grants

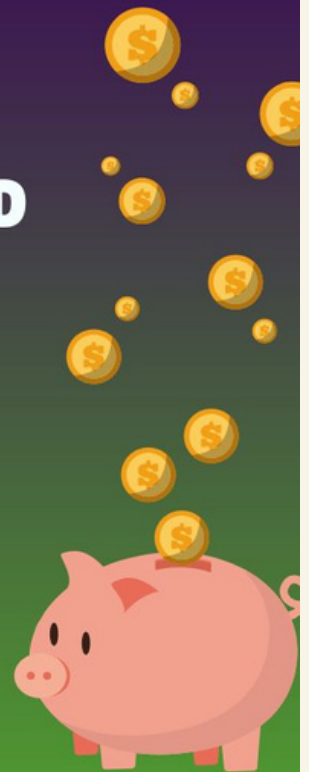
**DID YOU KNOW
UNISON OFFERED
LEARNING
GRANTS TO
MEMBERS?**

In 2022 £10,000 was awarded to
members across the East Midlands to
support their learning journey

To find out more visit:
learning.unison.org.uk/financial-support

UNISON
East Midlands

UNISON
College



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

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

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

UNISON East Midlands Member Learning Programme - Winter/Spring 2023

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

Free courses for members. For further details visit:

https://eastmidlands.unison.org.uk/members/

EAST MIDLANDS

Organised by our regional team for East Midlands members

UNISON East Midlands Member Learning Programme - Winter/Spring 2023

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 | MS TEAMS

9:30AM - 1PM

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

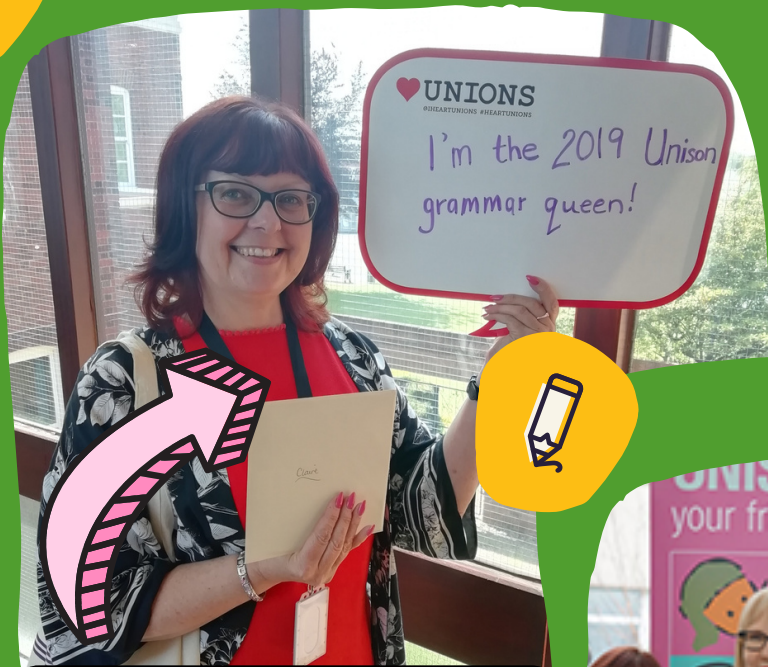
Free courses for members. For further details visit:

https://eastmidlands.unison.org.uk/members/

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BRANCH ORGANISED

Many branches organise their own learning, usually by a Union Learning Rep (ULR). Here are some examples



Lunchtime Grammar Workshops



Author talks



Distance Learning



Lunchtime crafting



Book Swaps

DISTANCE LEARNING

Free Level 2 courses

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

Don't have to be a UNISON member, but promoted by ULRs in workplaces



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	

REFLECTIVE JOURNALING

A chance to explore
ways of self



Friday 23rd July 2021
Free - Online

FOR MORE INFORMATION,
FOR YOUR WORKING
WWW.NORTHAMPTONSHIREADULTLEARNING.ORG

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

WORKING WITH CANCER

For Managers and Supervisors

14 June 10am - 12pm via Zoom



FREE SESSION FOR UNISON MEMBERS OF A DERBYSHIRE BRANCH

CHAIR YOGA

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

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



UNISON
LEARNING LINES

**GREAT NOSH,
LESS DOSH!**

Reephem /
Cherry Willingham
Saturday 22 April
10 till 1, in person

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

TO APPLY, SCAN THE QR CODE,
EMAIL UNISONLEARNINGLINES@GMAIL.COM OR
click below
<https://eastmidlands.unison.org.uk/northantslearning/>

OUTDOOR YOGA

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

Relaxing session for those
who are new or
experienced.

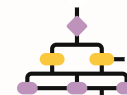
LEARNING ORGANISED BY ULRS

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

These are courses running in your county
and organised by ULRs



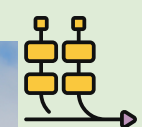
PROJECT MANAGEMENT



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



This 2 part course will provide structure, tools and
guidance to plan your own project from start to end



- Defining the Project
- Definition of Tasks
- Planning and Management
- Monitoring progress/budget
- Using tools to help manage

To apply email unisonle@eastmidlands.unison.org.uk
[www.eastmidlands.unison.org.uk](https://eastmidlands.unison.org.uk)

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
Wallwelled Court,
Northampton

Apply Here

or email
unisonnorthantslearning@gmail.com

Pottery Painting

8th March 2023

This course is free to all UNISON Northamptonshire Members

Paint on ceramic and produce a piece to cherish or give away

Sign up

Follow the link below to book via
<https://eastmidlands.unison.org.uk/northantslearning/>

Course

Wednesday 8th March
6pm to 8:30pm

About

It has been proven that crafting is
good for our mental health. Using our
hands in a productive way triggers
activity in 60% of our brain. Relax
while painting on ceramic with a free
drink & cake/snacks.

Course offered by Pot En Gel in Wellingborough

Course delivered in person - The Emporium

Apply Online Here

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

For support with your booking contact unisonnorthantslearning@gmail.com

UNISON Northants Learning

UNISON East Midlands

UNISON Derbyshire Learning

UNISON Nottingham Learning

UNISON Lincoln Learning

UNISON Leicestershire Learning

UNISON Northamptonshire Learning

UNISON South East Learning

UNISON South West Learning

UNISON Yorkshire Learning

UNISON Wales Learning

UNISON Scotland Learning

UNISON Northern Ireland Learning

UNISON Channel Islands Learning

UNISON Gibraltar Learning

UNISON Jersey Learning

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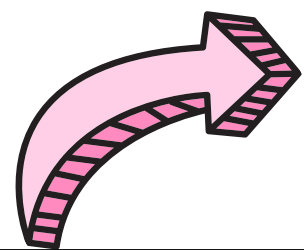
UNISON Jersey Learning

UNISON Guernsey Learning

UNISON Manx Learning

UNISON Farn Islands Learning

UNISON Channel Islands Learning



SOME OF OUR EAST MIDLANDS ULRS IN ACTION

If you love learning, why not become a ULR so you can organise more?

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

