

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



Online Courses



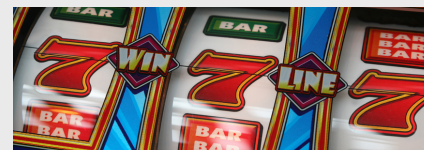
GAMBLING AND GAMING RELATED HARM IN YOUNG PEOPLE

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/



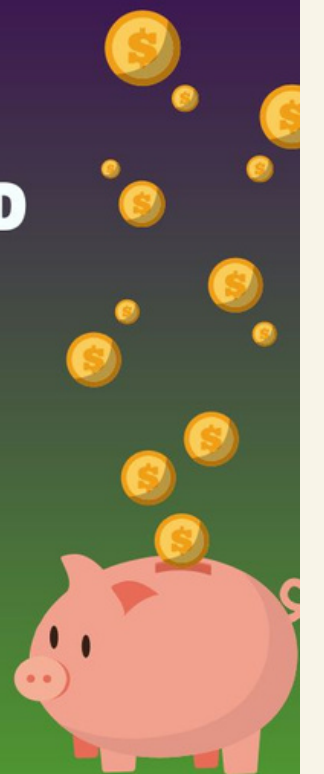
Learning Grants

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



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

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

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

EAST MIDLANDS



Organised by our regional team for East Midlands members

Deaf Awareness and Intro to British Sign Language
 3 July 9:30am - 12:30pm
 Via Zoom

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



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

EXCEL IMPROVERS
 3 & 4 OCTOBER
 (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

Deaf Awareness and Intro to British Sign Language
 4 October 9:30am - 12:30 pm. Via Zoom

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



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

- Define what the key skills of good communication are
- Discuss the key interpersonal skills that contribute to effective communication
- Determine the key factors in good end of life/palliative care

JMG TRAINING	20 JULY 2023 9:30AM - 1PM	MS TEAMS
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EXCEL BEGINNERS
 18 & 19 July
 10am - 1pm via MS Teams

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

Neurodiversity Understood
 19 October 9.30am - 1pm
 Delivered via MS Teams

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

Living with and Managing Anxiety
 13 & 20 November
 1:30pm - 4:30pm
 Via Zoom



TEAM MEMBER TO TEAM LEADER
 The Aspiring Manager

For members who are looking to become a team leader or just starting in a similar role

5, 12 & 19 September
 9.30am - 12pm via Teams

Mindfulness
 11 & 18 September
 1.30pm - 4.30pm
 via Zoom

- Understanding what Mindfulness is
- How to use Mindfulness techniques in everyday life
- How Mindfulness can help you live a more balanced life



Positive Behaviour Support
 For School Support Staff

De-escalation strategies for challenging behaviour
 7 November 2023. 10am-12.30pm via Zoom

EXCEL IMPROVERS
 14 & 15 NOVEMBER
 (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

EXCEL BEGINNERS
 12 & 13 September
 10am - 1pm via MS Teams

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

ADHD AWARENESS

For UNISON members who work with young people with Attention Deficit Hyperactivity Disorder and would like to increase their understanding

14 September 2023
 10am - 12.30pm Via Zoom

Autism Awareness
 21 November
 9.30 - 12.30 Via Zoom

Delivered by Autism East Midlands

Understand how autism presents and how to support people with autism



Excel Dashboard

11 & 12 DECEMBER
 10AM - 1PM VIA MS TEAMS

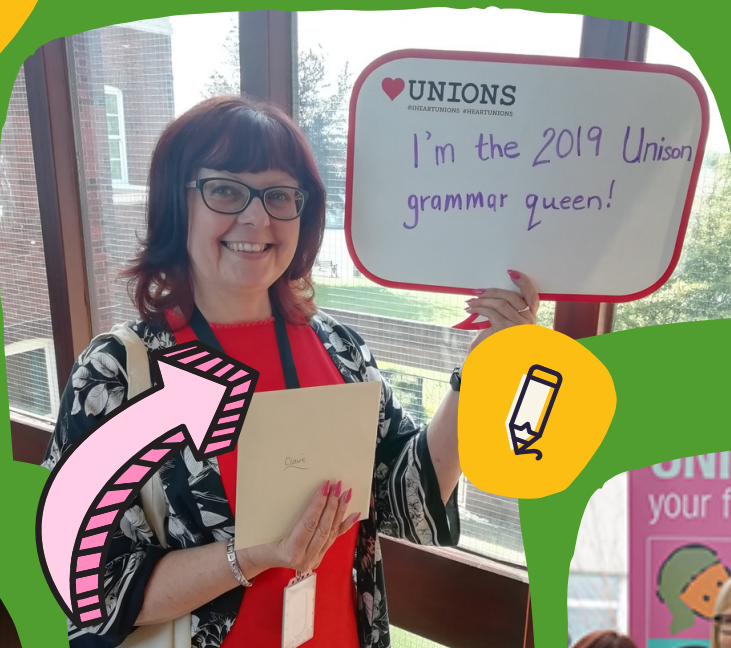


Free courses for members. For further details visit:
<https://eastmidlands.unison.org.uk/members/> OR SCAN 

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<https://eastmidlands.unison.org.uk/members/> OR SCAN 

ORGANISED BY YOUR BRANCH

If your branch has a Union Learning Rep (ULR) they may organise more courses and events like these



Lunchtime Grammar Workshops



Distance Learning



Menopause talk



Author talks



Book Swaps



Stalls



Lunchtime crafting

DISTANCE LEARNING

Free Level 2 courses

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

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



Business and Customer Services

Business Administration Knowledge	Equality and Diversity
Information, Advice and Guidance	Lean Management Techniques
Principles of Customer Service	Principles of Team Leading

Health and Social Care

Care Planning	Common Health Conditions
Counselling Skills	Falls Prevention Awareness
Falls Prevention Awareness	Mental Health First Aid (paper only)
Self-Harm and Suicide Awareness and Prevention	Preparing to Work in Adult Social Care
Principles of Dementia Care	Principles of the Prevention and Control of Infection in Health & Social Care Settings
Principles of Working with Individuals with Learning Disabilities	Understanding Autism
Understanding Behaviour that Challenges	Awareness of Mental Health
Understanding Dignity and Safeguarding Adult Health and Social Care	Understanding Specific Learning Difficulties
Understanding the Care and Management of Diabetes	Understanding the Safe Handling of Medication in Health and Social Care
Principles of End of Life Care	

Children and Young People

Awareness of Bullying in Children and Young People	Understanding Children and Young People's Mental Health
Understanding Safeguarding and Prevent	Understanding Adverse Childhood Experiences (With Covid)
Introducing Caring for Children and Young People	Introduction to Neuroscience in Early Years

General

Understanding Nutrition and Health	Cleaning Knowledge and Skills
Understanding Environmental Sustainability	Principles of Warehousing

A ULR is a UNISON member that loves learning and helping people.

1

PROMOTE LEARNING

Make sure members know what's available

2

SUPPORT PEOPLE

Provide help to members to overcome barriers

3

IDENTIFY NEEDS

Find out what members want to learn

4

ORGANISE LEARNING

Help set up courses

Paid time-off

COUNTY LEARNING FORUMS

what are they?

These are courses running in
your county
and organised by ULRs

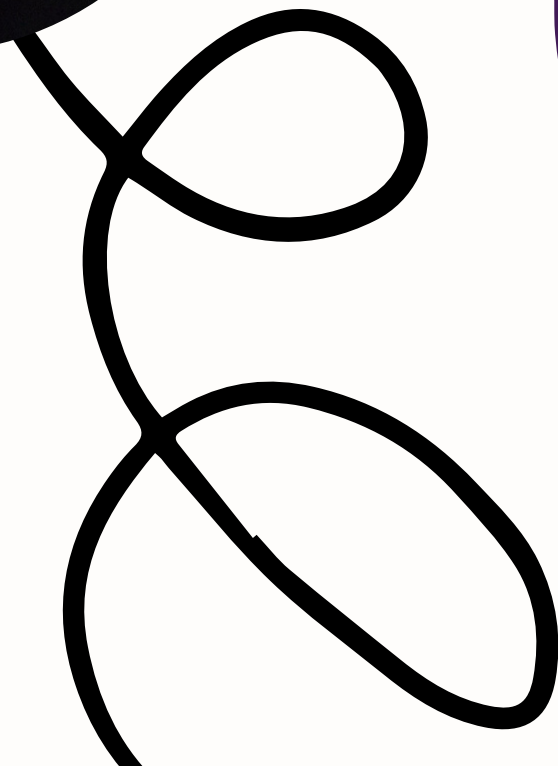


UNISON
Northants
Learning





ULRS FROM ALL
BRANCHES WITHIN
THE COUNTY MEETING
AND SUPPORTING
ONE ANOTHER



REFLECTIVE JOURNALING

A chance to explore new ways of self-reflection

BOOK

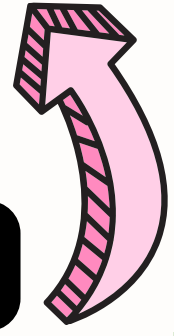
Friday 23rd July 2021
Free - Onlin

FOR MORE INFORM, FOR YOUR W
WWW.NORTHAMPTON

LEARNING ORGANISED BY ULRS

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

These are courses running in your county and organised by ULRs



CHRISTMAS WREATH MAKING WORKSHOP

8 DECEMBER

Free to UNISON members in a Nottinghamshire branch

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 unisonlearning@eastmidlands.unison.org.uk

www.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 Wallwelld Court, Northampton

Apply Here

WORKING WITH CANCER

For Managers and Supervisors

14 June 10am - 12pm / 7pm - 9pm

CHAIR YOGA

A SHORT SESSION LED BY 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

GREAT NOSH, LESS DOSHI!

Reepham / 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 UNISONLEARNINGLINC@GMAIL.COM OR click below

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

Dare to Diva Productions

Autism in Girls and Women

Free course for UNISON members in a Northamptonshire branch

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

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/>

YOUR RIGHTS AT WORK

Free online session for UNISON members of a Leicestershire branch

OUTDOOR YOGA

Free for UNISON members of a Northamptonshire Branch

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

Relaxing session for those who are new or experienced.

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 UNISON East Midlands website

Course: Wednesday 8th March 9pm 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 Ent Cal in Wallingborough

Apply Online Here

FORCED MARRIAGE & HONOUR BASED ABUSE TRAINING EVENT

Wednesday 20th July 10am - 12pm

Delivered via Zoom

Presented by: UNISON Derbyshire & Rutland Learning

Apply Here

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

Paper Craft

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

Delivered by Pot Ent Cal in Wallingborough

Apply Online Here

ACRYLIC PAINTING CLASS

Free for members of a UNISON Nottinghamshire based 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

SAT 25TH FEB 10am to 12pm

Apply Here

Menopause Awareness

THURSDAY 14TH APRIL 9.30AM - 7.30PM
VIA ZOOM

Free for members of any Leicestershire & Rutland Branch

SELF-CARE IS NOT SELFISH

Thursday 7 October- 6-8pm
via Zoom

Free ONLINE COURSE FOR UNISON MEMBERS IN NOTTINGHAMSHIRE

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 self-care

Apply Here

How to Speak So People Really Listen

Free course for UNISON Members

Apply Here

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

Creative Writing

14, 21, 28 June and 5, 12 July
9:30pm - 7:30pm
via Zoom

Free for UNISON members of a Derbyshire branch

If you ever wanted to write a short story or a novel, but you're not sure where to start? Then this course is for you! Over 6 sessions, author Emma Pass will show you how to generate ideas, create interesting characters and settings, and how to build a plot that works. You'll also learn how to write dialogue and how to write from different points of view.

Week 1 - Ideas and Inspiration
Week 2 - Bringing Your Characters to Life
Week 3 - Voice, Viewpoint and Dialogue
Week 4 - World Building and Settings
Week 5 - Pin Your Plot Down
Week 6 - Getting Stuck, and Getting On

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

DOG TRACKING

14 August
1pm - 5pm
Skegby, Nottingham

Free for UNISON members in a Nottinghamshire branch

Discover and understand your dog's own natural desires and behaviours, using their amazing sense of smell. Those lost items such as keys, wallets, purses etc.

Delivered by Paws and Feet Dog

MINDSETS MATTER - MASSIVELY

13 SEPT 6-8PM
VIA ZOOM

Free online course for UNISON members of a Nottinghamshire Branch

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/>

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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.

TRAINER: ROBIN GRAHAM

FEEL GOOD COMMUNITIES CIC

DATE: TUESDAY 22ND

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.

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

Excel Improvers

6th June 2023

Free to all members of a Leicestershire & Rutland based branch

Aimed at those who use Microsoft Excel for work purposes

Sign up: Follow the link below to book via UNISON East Midlands website

Course: Tuesday 6th June 10am to 12pm

About: Beneficial for those who use Microsoft Excel for their work. Learn about further functionality of MS Teams and how to use it to improve organisation.

Course offered by Michael Rowley

MANAGING CONFLICT IN TEAMS

FREE for members of Leicestershire and Rutland branches

27th July 2022
1:30PM - 4PM
VIRTUAL SESSION VIA ZOOM

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

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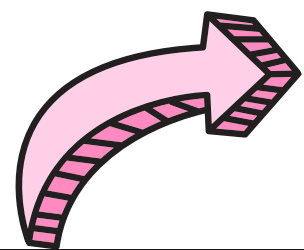
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SOME OF OUR EAST MIDLANDS ULRS IN ACTION

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/)



UNISON EAST MIDLANDS LEARNING SURVEY 2022

"To find an unexpected area which is provided within the membership is like a gift"

"The Skills Academy courses are fantastic. There is something for everyone, so please keep running these"

"I feel like the union is supporting me to improve my skills. I wouldn't be able to afford the courses if I had to pay for them myself."

"I'm a 'lone worker' so [it's] very comforting to know someone actually cares enough to offer to help me."

"It's good to feel that the union wants to help us workers progress, increase our knowledge and expand our minds. Thank you"

"Having these courses available gives me control of the timing of my development and an independence of progress not controlled by my employer"

"It's the only real opportunity for courses for me"