



UNISON COLLEGE IN DERBYSHIRE

AGM - 19 JULY 2023

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



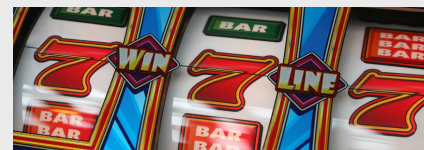
GAMBLING AND GAMING RELATED HARM IN YOUNG PEOPLE

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/



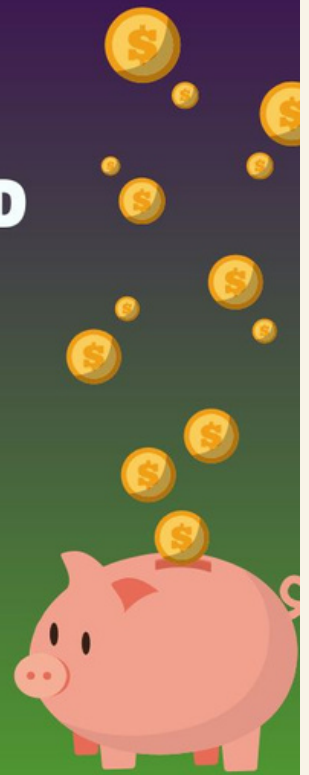
Learning Grants

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>



UNISON East Midlands
Member Learning Programme
Summer/Autumn 2023

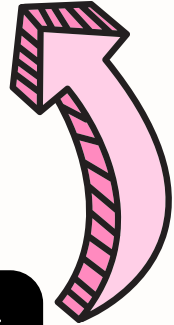


UNISON East Midlands
Member Learning Programme
Summer/Autumn 2023



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

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

EXCEL BEGINNERS

18 & 19 July 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

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

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

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



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



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

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



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

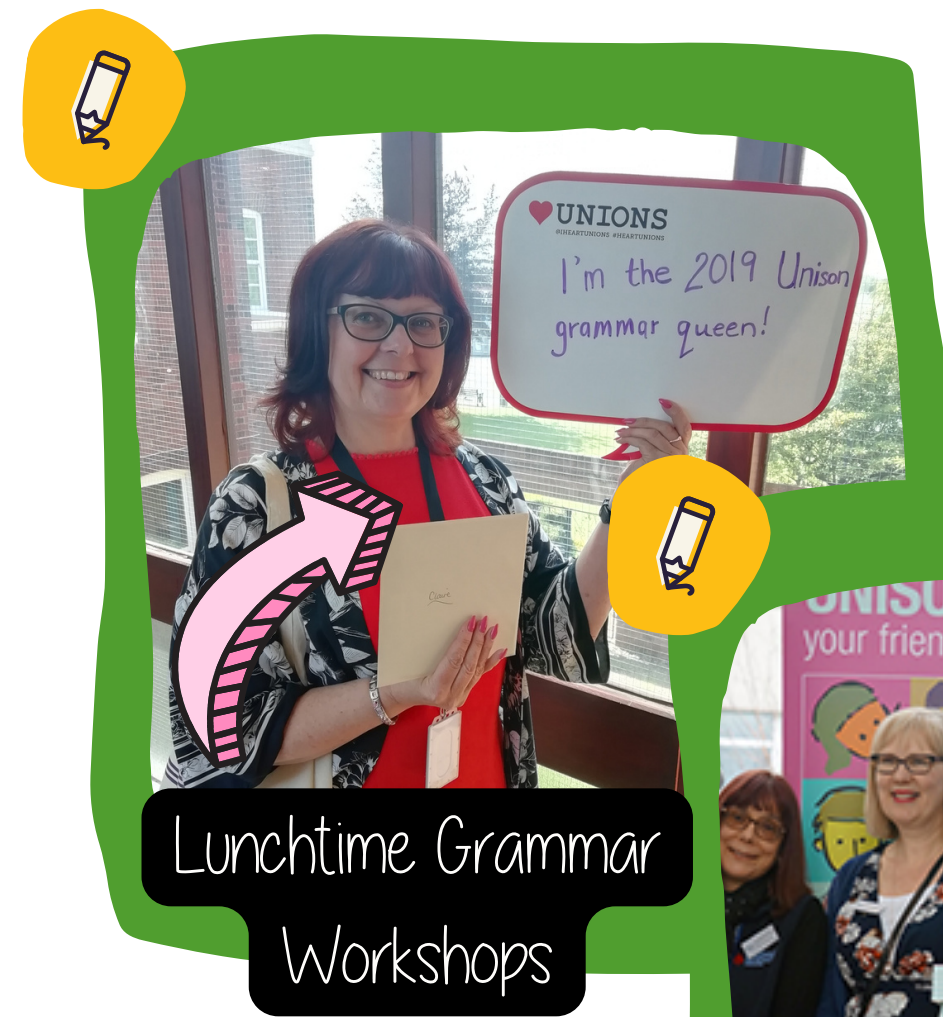
OR SCAN



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

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

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	
Sport and Uniformed Public Services	
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)	
Understanding Nutrition and Health Certificate	

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	



COUNTY LEARNING FORUMS

what are they?

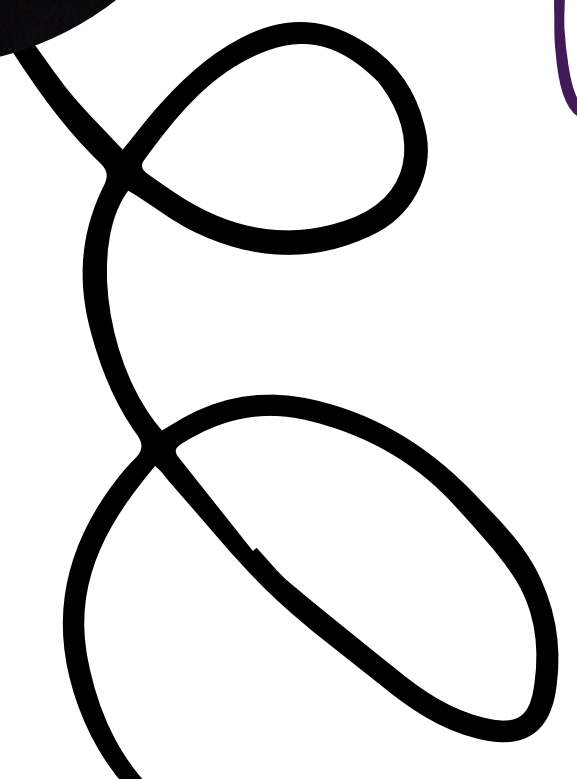


UNISON
Northants
Learning





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





FREE COURSES FOR UNISON MEMBERS



For members.

**Suggested by
ULRs**



**Organised by
members.**

**Agreed by
ULRs**

UNISON Learning
Leicestershire & Rutland



**All courses organised by UNISON
Learning Reps**

**Organised by
ULRs**



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

REFLECTIVE JOURNALING

A chance to explore new ways of self-reflection

BOOK

Friday 23rd July 2021
Free - Online

FOR MORE INFORMATION, VISIT
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:

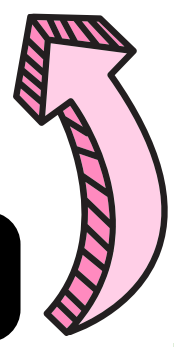
- First Steps to begin to address #BLM Equality
- The intersectionality of other equality issues and racism
- A Brief Overview of Post Colonial Scenario/Equality
- White Privilege
- Anti-Racist Practice

Apply Here

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



Free to UNISON members in a Nottinghamshire branch

CHRISTMAS WREATH MAKING WORKSHOP

8 DECEMBER

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 unison@eastmidlands.unison.org.uk

FREE FOR MEMBERS OF A NORTHAMPTONSHIRE BASED BRANCH

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

WORKING WITH CANCER

For Managers and Supervisors

14 June 10am - 12pm via Zoom

Dare to Diva Productions

Autism in Girls and Women

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/>

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 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/snack.

Course offered by Pot En Cer in Wellingborough

Course delivered in person - The Emporium

Apply Online Here

Paper Craft

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

Join a crafter with 20 years of experience who has been shown on crafting channels in the UK and the USA. This practical session will teach 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>

Presented to you directly by the provider so please be aware that it will be passed to them but will be used for this purpose only

Menopause Awareness

THURSDAY 14TH APRIL 9:30AM - 7:30PM
VIA ZOOM

FREE FOR MEMBERS OF ANY LEICESTERSHIRE & RUTLAND BRANCH

Free for UNISON members of a Derbyshire branch

Creative Writing

14, 21, 28 June and 5, 12 July
10:30pm - 7:30pm
via Zoom

Free online course for UNISON members in Nottinghamshire

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 SELF-CARE

Apply Here

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/>

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

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

YOUR RIGHTS AT WORK

Free online session for UNISON members of a Leicestershire branch

Work if.....
What if.....
What if.....
What if.....
What if.....
What if.....
What if.....
What if.....
What if.....
What if.....

Apply Here

FORCED MARRIAGE & HONOUR BASED ABUSE

TRAINING EVENT

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

DOG TRACKING

14 August
1pm - 5pm
Kersfield, Nottingham

Free for UNISON members in a Nottinghamshire branch

Learn about your dogs own natural desires and their amazing sense of smell. Those lost items such as keys, wallets, purses etc

Delivered by Paws and Feet Dog

British Sign Language

An introduction to

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 spocil

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 1pm

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 Rogers

MANAGING CONFLICT IN TEAMS

FREE for members of Leicestershire and Rutland branches

27TH JULY 2022
1:30PM - 4PM
VIRTUAL SESSION VIA ZOOM

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

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 UNISONLEARNINGLINGS@GMAIL.COM OR click below <https://eastmidlands.unison.org.uk/northantslearning/>

OUTDOOR YOGA

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

Free for UNISON members of a Northamptonshire Branch

Relaxing session for those who are new or experienced.

North Wingfield
4th March 2023
9.30am - 1.45pm

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

Apply Here

ACRYLIC PAINTING CLASS

Free for members of a UNISON Nottinghamshire based branch

All materials provided

SAT 25TH FEB
10am to 12pm

Apply Here

How to Speak So People Really Listen

A free course for UNISON Members

at City Hall, Lincoln, LNI 1DE
Thursday 14 July 2022 12-2pm

To Apply see <https://eastmidlands.unison.org.uk/learning-tics/> or email unisonlearning@notts-lea.org.uk

Age Friendly Awareness

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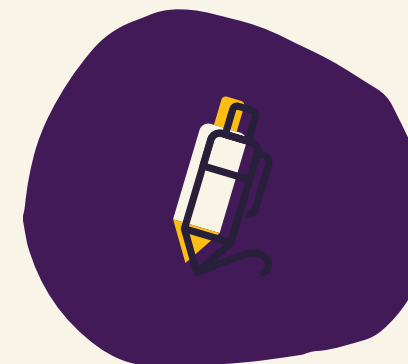
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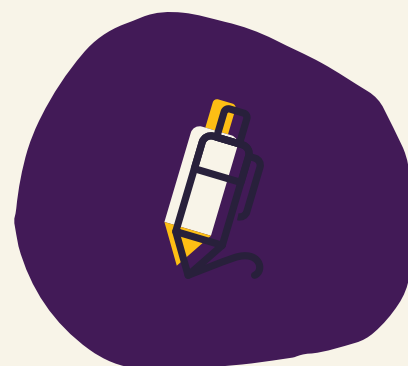
MANIFESTO COMMITMENT



Creation of a 'college' based on the Northern Ireland model focusing on CPD



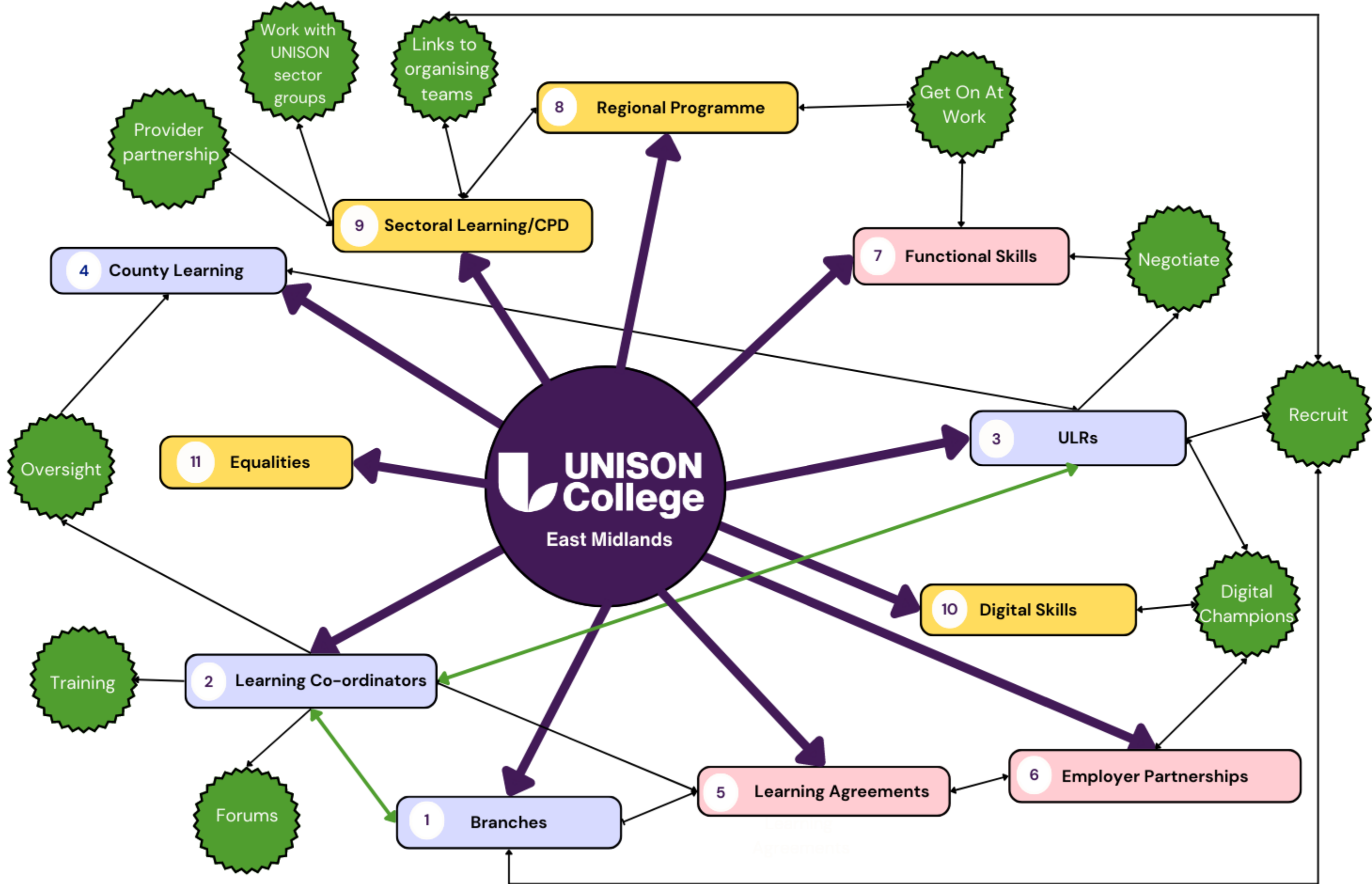
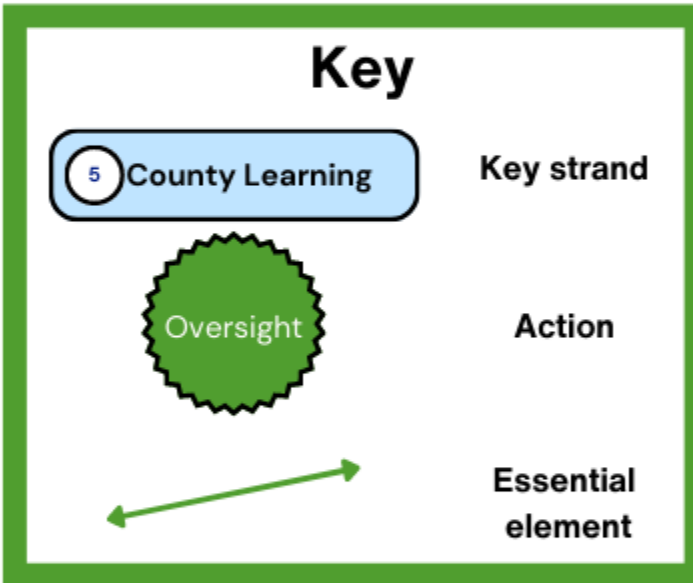
Prioritise organising around learning by recruiting ULRs



Provide a 'consistent' learning offer across UK



UNISON East Midlands UNISON College key strands



BRANCHES - AIM

1. Structure

- An active LLC
- Agenda item at Branch Committee
- Actively organise around learning
- All involved in recruiting ULRs

2. Learning Co-ordinators

- Paid time-off
- Trained
- Reporting to branch
- supporting the ULRs
- Regular meetings with ULRs

3. ULRs

- A good number
- actively promoting learning
- engaged with the LLC
- Recruiting new members

4. County Learning

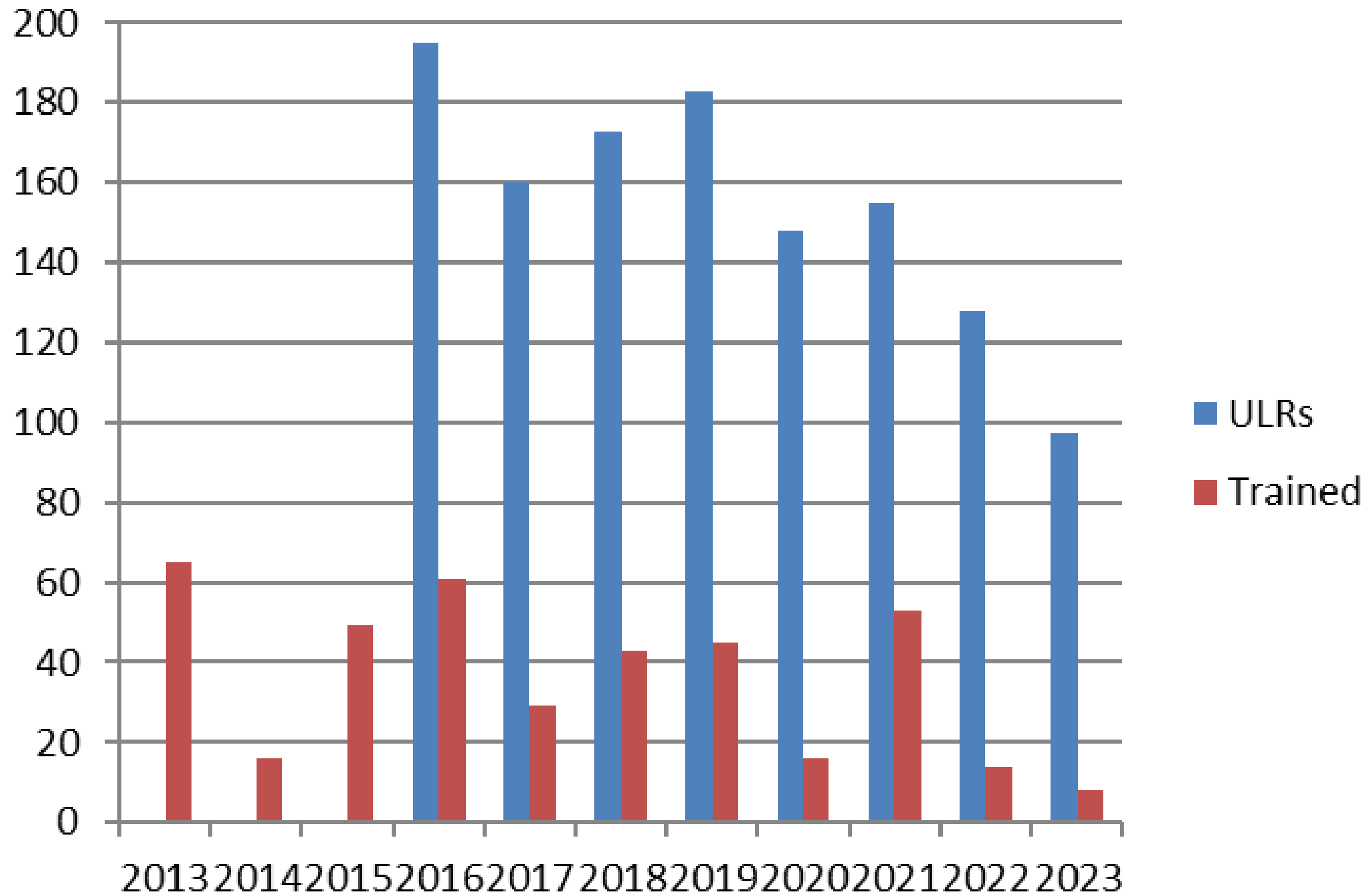
- Overseen by the LLC
- Courses agreed by ULRs
- Partnership working



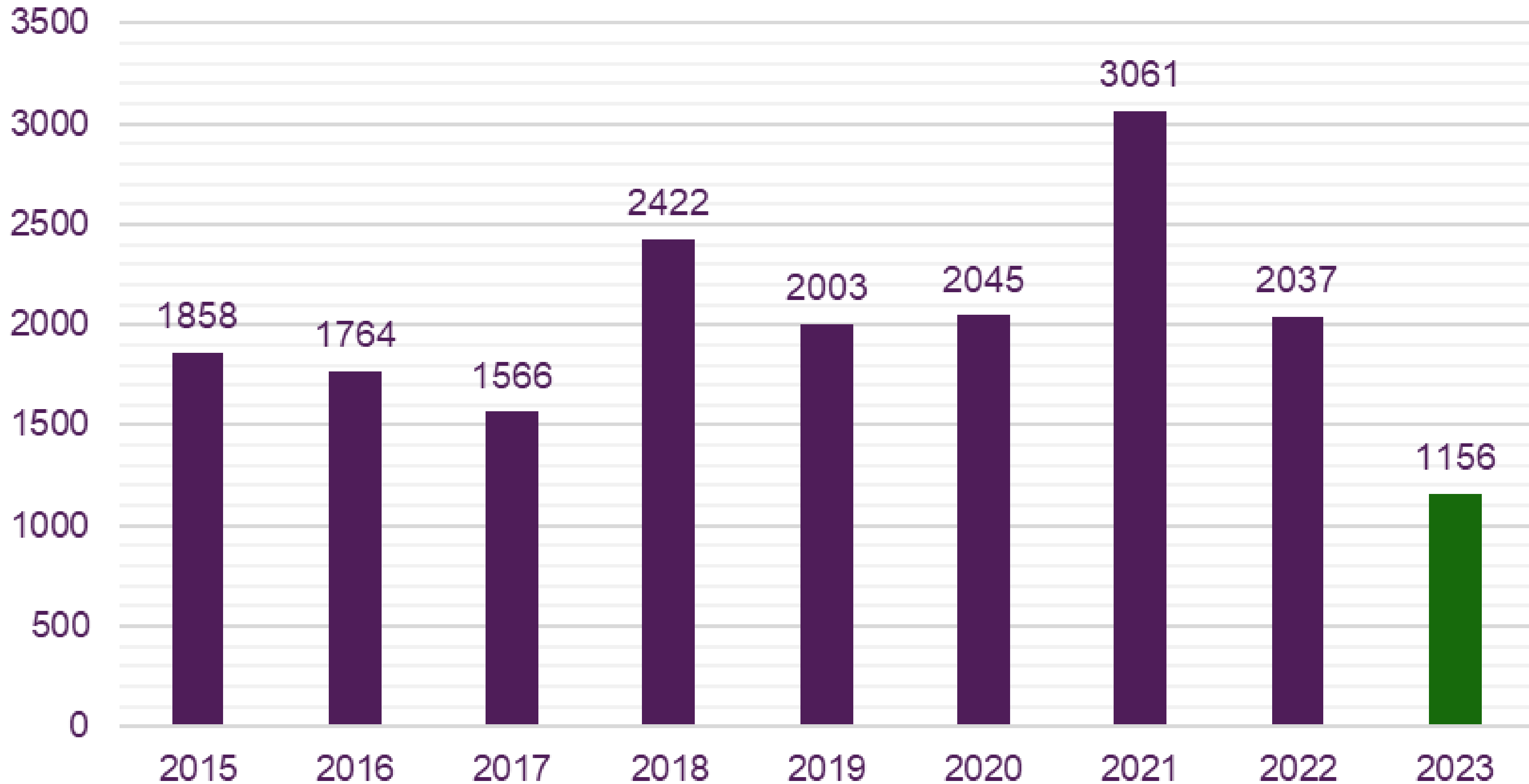
SO, HOW ARE WE GETTING ON?

BRANCH	ULRs June 2023	ULRs 1 Jan 2023	Growth of ULRs since Jan	LLCs as of 24/4/23	County
Amber Valley	0	0	0.0	0	Derbyshire
Chesterfield Borough	1	1	0.0	0	Derbyshire
Derby City	4	4	0.0	1	Derbyshire
Derby and Burton Hospitals	0	2	-2.0	0	Derbyshire
Derbyshire County	9	9	0.0	1	Derbyshire
Derbyshire Police	0	0	0.0	1	Derbyshire
NHS Logistics	0	1	-1.0	0	Derbyshire
North Derbyshire Healthcare	1	2	-1.0	1	Derbyshire
North East Derbyshire	0	0	0.0	0	Derbyshire
South Derbyshire LG	0	0	0.0	0	Derbyshire
South Derbyshire Healthcare	1	1	0.0	1	Derbyshire
University Of Derby	0	0	0.0	0	Derbyshire
TOTAL ACROSS REGION	16	20	-20.0%	5	

E Midlands ULRs overall



Numbers trained - East Midlands



COUNTY LEARNING 2023

	Derbyshire		Leicestershire		Lincolnshire		Northants		Nottinghamshire	
	Learners	Courses	Learners	Courses	Learners	Courses	Learners	Courses	Learners	Courses
2021	249	22	182	19	270	36	131	21	186	20
2022	49	8	81	10	126	14	119	10	93	14
2023 (so far)	63	6	60	7	85	9	79	7	158	7

LEARNING ORGANISED IN

DERBYSHIRE

Christmas Wreath Making

2nd December or 4th December

Free to all members of a Derbyshire or Derby based branch

Priority given to those who have not attended previously

Sign up

Follow the link below to book via UNISON East Midlands website

Course

Friday 2nd December 6pm - 8pm or Sunday 4th December 10am - 12pm

About

Materials all provided free of charge. Ability to attend online but this must be arranged in advance to organise materials delivery.

Offered in person by Fresh Ideas

17 Chatsworth Rd, Chesterfield



Apply Online Here



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

For support with your booking contact: unisonderbyshirelearning@gmail.com



FREE ONLINE COURSE FOR UNISON MEMBERS IN DERBYSHIRE

Self-care is not selfish

27 April 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 visit

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

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

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

UNISON DERBYSHIRE PRESENTS BEGINNER'S PAPERGRAFT COURSE

ON THIS FREE THREE-WEEK COURSE YOU WILL LEARN HOW TO MAKE DIFFERENT STYLES OF CARD, HOW TO MATT AND LAYER AND OTHER CARD MAKING TECHNIQUES

SIGN UP AT [HTTPS://EASTMIDLANDS.UNISON.ORG.UK/UNISON-DERBYSHIRE-LEARNING/](https://eastmidlands.unison.org.uk/unison-derbyshire-learning/)

FOR 3 WEEKS FROM MONDAY 9TH MAY 7PM-9PM VIA ZOOM

Communications, Health and Wellbeing training

Free courses for members of any Derby or Derbyshire based branch. All delivered online.

ADHD AWARENESS
Monday 10th July
6pm - 8:30pm

DEALING WITH AGGRESSIVE BEHAVIOR
Friday 14th July
6pm - 8:30pm

HOW NOT TO WORRY
Wednesday 19th July
6pm - 8pm

SELF CARE IS NOT SELFISH
Monday 24th July
6pm - 8pm

To apply for any of the above please click the button below or email unisonderbyshirelearning@gmail.com

APPLY HERE

Free for UNISON members of a Derbyshire branch

Creative Writing

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

Have you ever wanted to write a short story or even 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

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

Free course for UNISON members in a Derbyshire branch

MAKATON Taster Workshop

2 July - 9:30 - 11:30
Via Zoom

This workshop is for UNISON members who are interested either in finding out about Makaton or with a view to attending a Level 1 Workshop at a later date. The session provides a general insight into what Makaton is and who uses it with the added opportunity to learn approximately 25 signs and symbols too.

This fun and interactive session also provides the opportunity to discuss ideas on how you could use Makaton on a day to day basis. Participants receive handouts covering the vocabulary they have learned and general information regarding further Makaton training and Makaton resources

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

FREE SESSION FOR UNISON MEMBERS OF A DERBYSHIRE BRANCH

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

TO APPLY:
[HTTPS://EASTMIDLANDS.UNISON.ORG.UK/UNISON-DERBYSHIRE-LEARNING/](https://eastmidlands.unison.org.uk/unison-derbyshire-learning/)

CHALLENGES

ULR NUMBERS

BRANCHES OVERWHELMED

RESTRICTIONS OF THE WEBSITE

CPD OF VARIED WORKFORCE

TECHNICAL ISSUES

TIME

ADMINISTRATION

ULR CONFIDENCE

LEARNING CO-ORDINATORS