

Free course for UNISON East Midlands members

# PRE- RETIREMENT WORKSHOP

**21 October**

9.30 – 4.00

In-person – Nottingham

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Delivered by Age UK Notts and aimed at UNISON members aged 55 or over, this pre-retirement planning workshop will cover the following:

- What makes you you? What do you get and like from work?
- Understand the process of change and how to plan for it
- Pensions, benefits and National Insurance contributions
- Develop a meaningful way to spend your time
- Financial planning
- Future proofing your life – keep on top of the admin and budgets



To apply, please visit:  
<https://eastmidlands.unison.org.uk/members>