

# Member Learning Programme

## June – December 2025



**HATE**  
**HOPE**  
**HATE**

### MISINFORMATION

30 JUNE (10AM - 11.30AM)

This module explores what dis/misinformation is, its dangers and why humans are so drawn towards conspiracy theories



**HATE**  
**HOPE**  
**HATE**

### DIFFICULT CONVERSATIONS

30 JUNE (1PM - 2.30PM)

This session looks at ways to call people out on inappropriate comments without creating arguments

## Dementia Awareness

1 SEPTEMBER 2025  
1PM - 4PM (MS TEAMS)

For members who work in a role where they may come into contact with individuals living with Dementia

## EXCEL BEGINNERS



2 & 3 SEPTEMBER  
10AM – 1PM (MS TEAMS)

This course is aimed at members new to Excel

**You will need basic computer knowledge including using a mouse and how to save files**

## ASSERTIVENESS

19 & 26 September  
10am - 1pm via zoom

This two-session course is delivered by a tutor with years of experience delivering mental health and confidence courses

## EXCEL ADVANCED



29 & 30 SEPTEMBER  
10AM – 1PM (MS TEAMS)

Aimed at members with good knowledge of Excel

Adjust

## NEURODIVERSITY UNDERSTOOD

1 October 1pm - 4.30pm  
Via MS Teams

Cruse  
Bereavement  
Support

## Loss and Bereavement by Suicide

9 October  
10.15am - 12.45pm via zoom

Understand why bereavement by suicide may differ from other types of bereavement, considers the impact of suicide on those bereaved, and how we can support those affected

Please visit our website for details of each course:  
[eastmidlands.unison.org.uk/members](http://eastmidlands.unison.org.uk/members)



# Deaf Awareness & Intro to British Sign Language

13 October 9.30am - 12.30pm

Via Zoom

Delivered by Notts Deaf Society this workshop introduces basic Sign Language and will look at ways we can support people

Carol Adlam

# Write Your Life Story

15 & 22 Oct

9.30 - 1.30 via Zoom

Delivered by acclaimed author, Carol Adlam, this two-session workshop will introduce the skills needed to record your life story and, with it, improve confidence in your writing skills

# EXCEL IMPROVERS



**4 & 5 NOVEMBER  
10AM – 1PM (MS TEAMS)**

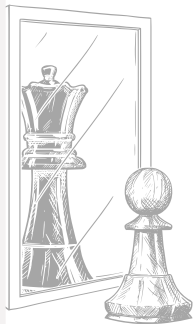
This course is aimed at members with some experience of Excel



# Pre-Retirement Planning

**7 November 9.30am - 4.00pm**

**Delivered in-person in Derby**



# THE POWER OF PERCEPTION

18 November

1.30pm - 3.30pm via Teams

We will look at the ways in which we can affect how we're perceived and come away with an awareness of how we're using our voice and body language.



# Introduction to Makaton

27 November

10.00 - 12.00 via Zoom

Delivered by a licensed Makaton Tutor



# Introduction to Makaton

27 November

13.00 - 15.00 via Zoom

Delivered by a licensed Makaton Tutor



Adjust

1 December

1pm - 4.30pm via MS Teams

# Dyslexia Awareness

# Therapeutic Activities in Dementia

5 DECEMBER

9.30 - 12.30 VIA TEAMS

For members who support individuals with dementia, this session will consider the importance of therapeutic activities

# EXCEL BEGINNERS



**16 & 17 DECEMBER  
10AM – 1PM (MS TEAMS)**

This course is aimed at members new to Excel

**You will need basic computer knowledge including using a mouse and how to save files**



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