UNISON East Midlands ULRs 2023

Learning at Work Week 12 - 18 May 2025

Branch Newsletter

As part of Learning at Work Week 2025 we are celebrating all things learning! Find details inside of free courses and learning grants for members.

UNISON
East Midlands
Education & Training

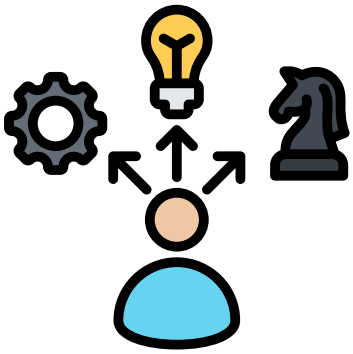
Branch Foreword

Use this space to introduce yourself and let members know a bit about what your branch does or is doing for Learning at Work Week. If you don't want to put anything simply delete this page!

Delete the UNISON College logo and put your own logo if you have one!

Feel free to add any images of yourself or branch below!

What's available?



UNISON offer so much it can sometimes be a bit confusing to know where to look. Here we break down where you can find what's available to you as a UNISON member and how to get in touch!

- UNISON East Midlands Regional Programme
- Your Rights as a Health & Social Care Worker – Webinar
- UNISON College
- County Forums
- Learning Grants
- Skills Academy
- Activist Training
- Get Involved!

UNISON East Midlands Regional Programme

June - December 2025

HATE HOPE

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

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

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)

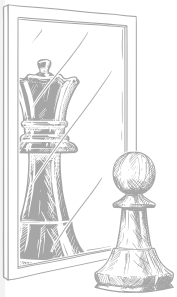
This course is aimed at members with some experience of Excel

Nottingham & Nottinghamshire age UK

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.

Makaton Tutor

Introduction to Makaton

27 November

10.00 - 12.00 via Zoom

Delivered by a licensed Makaton Tutor

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

Please visit our website for details of each course:
eastmidlands.unison.org.uk/members

Your Rights as a Health & Social Care Worker

Monday 9th June

12:30 - 13:30

Online via Teams

During this session we aim to:

- highlight some basic employment rights and where they come from
- consider relevant issues in the workplace and how and when they could be resolved
- provide the points of contact for any further help
- provide a brief general Q&A for any specific issues you have or are interested in

Apply

UNISON College

UNISON

Learning at Work Week

UNISON College

Learning at Work Week 2025

MON
12 MAY
Connect with yourself: Introduction to Mindfulness
12noon - 1pm

TUE
13 MAY
Connect with your creativity: The Right to Write
1pm - 2pm

WED
14 MAY
Connect with your resilience: Staying Strong
12.30pm - 1.30pm

THU
15 MAY
Connect with the world: Connecting Positively Online
12noon - 1pm

FRI
16 MAY
Connect with colleagues: Speaking with confidence in everyday conversations
12noon-1pm
Active Listening
2pm - 3pm

learning.unison.org.uk/learning-at-work-week-2025/

County Forums

Did you know that ULRs in your county organise free courses for members? To find out more see: eastmidlands.unison.org.uk/county-forums/

Union Learning Reps in your county organise even more learning opportunities for you locally. Scan the QR codes and take a look at what's happening in your county!

Lincolnshire	Derbyshire	Nottinghamshire	Leicestershire & Rutland	Northamptonshire

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

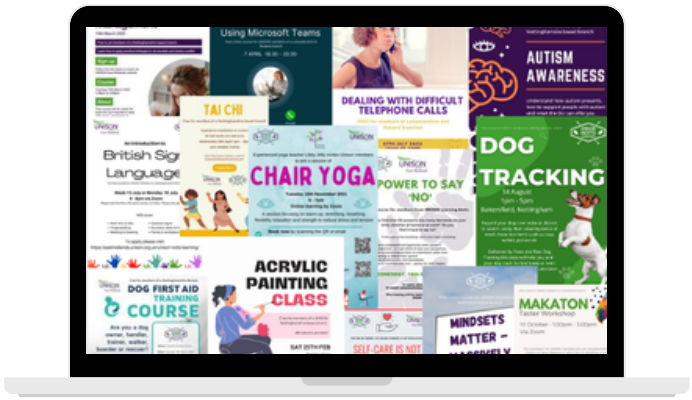
Lincolnshire - learning-lincs/

Derbyshire - derbs-learning/

Nottinghamshire - notts-learning/

Leicestershire & Rutland - l&r-learning/

Northamptonshire - northantslearning/



Learning Grants

UNISON wants to help members realise their potential. We offer financial support to members taking part in various educational opportunities, as well as learning discounts from a number of providers. Grants are awarded on a first-come, first served basis. We offer three kinds of grants to members:

- Open University Grants
- Trade Union and Labour Movement or Women's Studies grants
- Learning Grants

learning.unison.org.uk/financial-support

Skills Academy

1000+ online Courses with The Staff Skills Academy - free to UNISON members

Handling Conflict, ADHD Awareness, Building Self-Esteem, Managing Classroom Behaviour, Mental Health First-Aid, Anger Management, Basic Maths, Food Safety, Speech Therapist, Data Analysis, Events Management, Managing People, Understanding PAYE, Bipolar Awareness, Medical Secretary Certification, Sign Language, Self-Harm Awareness, Mindfulness For Children, Meal Planning, Digital Art For Photoshop, Proofreading Basics, Child Psychology Level 3, Garden Design, Presentation skills, Child Protection.....

all courses are CPD and ROSPA accredited

learning.unison.org.uk/staff-skills-academy

Activist Training

2025
ACTIVIST
EDUCATION PROGRAMME

Now available at:

eastmidlands.unison.org.uk/activists

View Online

UNISON
East Midlands

PASSIONATE ABOUT LEARNING?

UNISON East Midlands

BECOME A UNISON LEARNING REP (ULR)!

2025

1 PROMOTE

Let colleagues know about courses and opportunities

2 GIVE SUPPORT

Help overcome barriers that stop people (time, confidence, bad experience etc)

3 IDENTIFY NEEDS

What do people what to learn? What do they need?

4 ORGANISE COURSES

Talks, workshops, stalls, book-swaps, quizes, courses...Anything to help get members back into learning!

LOCATION	DATES
Derby	18, 25 June & 2 July
Northampton	2, 9 & 16 October
Nottingham	3, 10 & 17 November

Most ULRs will get paid time-off. For details see:

eastmidlands.unison.org.uk /learning-reps