

Member Learning Programme

Feb - May 2026

EXCEL BEGINNERS



24 & 25 FEBRUARY
10AM – 1PM (MS TEAMS)

An introduction to Excel. Learners will need basic IT skills such as being able to open and save files

Adjust



NEURODIVERSITY UNDERSTOOD

4 March 10am - 1.30pm
Via MS Teams

Deaf Awareness & Intro to British Sign Language

11 March 9.30am - 12.30pm
Via Zoom

Delivered by Notts Deaf Society. Introduces basic Sign Language and look at ways we can support people

BUILDING CONFIDENCE AND SELF-ESTEEM

13 & 20 March
1pm - 4pm via zoom



Reflective Practice

For members working in Health & Social Care

18 March 1pm-4pm
Via Teams

EXCEL IMPROVERS

25 & 26 MARCH
10AM – 1PM (MS TEAMS)

This course is aimed at members with some experience of Excel



15 April 9.30am - 4.00pm

Pre-Retirement Planning

Delivered in-person in Nottingham

Anticipatory Grief

Supporting individuals before loss

21 April 9.30am - 12.00pm
Via Teams

EXCEL ADVANCED

29 & 30 APRIL
10AM – 1PM (MS TEAMS)

Aimed at members with good knowledge of Excel



Deaf Awareness & Intro to British Sign Language

6 May 9.30am - 12.30pm
Via Zoom

Delivered by Notts Deaf Society. Introduces basic Sign Language and look at ways we can support people

Turn over for May - July courses

Please check the details of each course before applying:
eastmidlands.unison.org.uk/members



Member Learning Programme

May - July 2026

Personality Disorders

8 May 9.30am - 4.00pm
Via MS Teams



Adjust

12 May 9.30 - 1.00 pm
via MS Teams

Dyslexia Awareness

EXCEL BEGINNERS

20 & 21 MAY
10AM - 1PM (MS TEAMS)

An introduction to Excel. Learners will need basic IT skills such as being able to open and save files



MISINFORMATION

3 June 10.00-11.30 via MS Teams

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



Dementia Awareness

5 JUNE
9.30AM - 12.30PM (MS TEAMS)

Living Well With Anxiety

19 & 26 June
10.00am - 1.00pm
Via Zoom

EXCEL IMPROVERS

24 & 25 JUNE
10AM - 1PM (MS TEAMS)

Aimed at members with some experience of Excel



Deaf Awareness & Intro to British Sign Language

8 July 9.30am - 12.30pm
Via Zoom

Delivered by Notts Deaf Society. Introduces basic Sign Language and look at ways we can support people



NEURODIVERSITY FOR MANAGERS

Adjust



14 JULY
1.00PM - 4.30PM
VIA MS TEAMS



16 July 9.30am - 4.00pm

Pre-Retirement Planning

Delivered in-person in Lincoln

EXCEL ADVANCED



22 & 23 JULY
10AM - 1PM (MS TEAMS)

Aimed at members with good knowledge of Excel

PASSIONATE ABOUT LEARNING?

BECOME A UNISON LEARNING REP (ULR)!

eastmidlands.unison.org.uk/learning-reps/

PROMOTE SUPPORT
IDENTIFY NEED
ORGANISE COURSES

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