



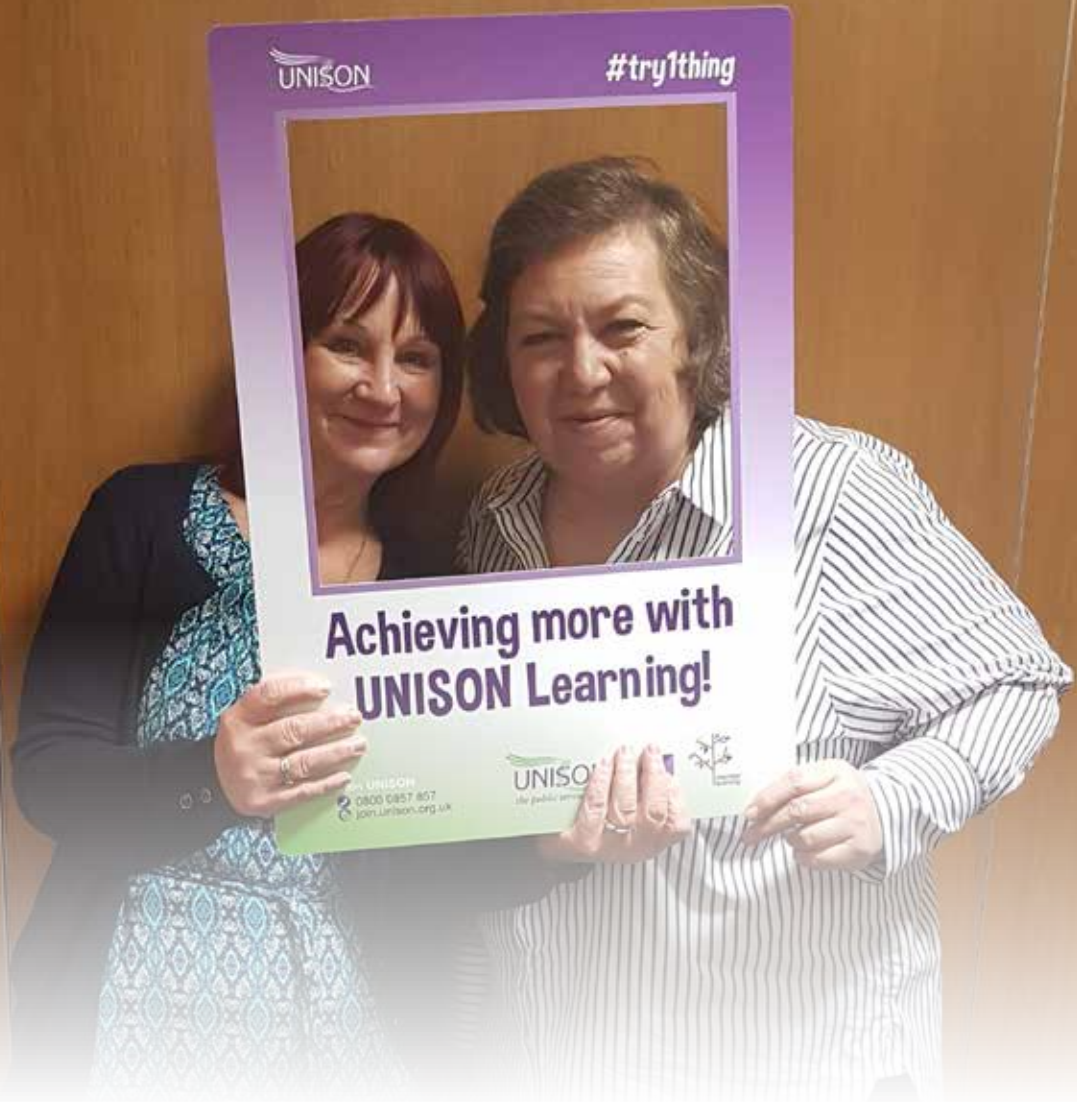
*Yorkshire and
Humberside*

Member Education Programme 2022

January – April 2022
online courses



“It’s by learning new things in life that makes us grow”



Start the new year with a new focus with our **FREE** courses for UNISON members. Whether you are a keen learner or just beginning to explore opportunities, our learning programme can help. In this programme you will find courses that will develop your potential, boost your employability skills and discover quality personal and professional development opportunities.

Course calendar

COURSE	DATE	TIME
JANUARY		
Your Skills Your Future (bitesize)	24th January	10.00am - 11.00am
Introduction to Mindfulness	25th January	12.30pm - 1.30pm
Managing Your Financial Wellbeing	26th January	6.30pm - 7.30pm
FEBRUARY		
Dru Yoga Taster	1st February	12.15pm - 1.15pm
Coping with Change	3rd February	1.30pm - 2.30pm
Bereavement by Suicide	7th February	10.15am - 12.45pm
Dementia Awareness	10th February	9.30am - 1.00pm
Essential Digital Skills	10th February	12.00pm - 2.00pm
Building Confidence in Women	15th, 22nd February	1.30pm - 3.00pm
Introduction to Mindfulness	16th February	6.30pm - 7.30pm
Interview Skills	18th February	1.00pm - 2.15pm
Pensions and Retirement Explained	22nd February	10.30am - 11.30am
MARCH		
Women and Leadership	2nd, 9th, 16th March	6.00pm - 8.00pm
Managing Your Financial Wellbeing	11th March	1.00pm - 2.00pm
Dignity in the Workplace	14th March	10.00am - 11.00am
Women's Assertiveness	17th, 24th March	6.30pm - 8.00pm
Neurodiversity Understood	22nd March	6.00pm - 7.15pm
PowerPoint Basics	25th March	10.00am - 12.00pm
Dru Yoga Taster	28th March	12.00pm - 1.00pm
Pensions and Retirement Explained	30th March	6.30pm - 7.30pm
APRIL		
Makaton Taster	5th April	1.00pm - 3.00pm
Excel Refresh	26th April	6.00pm - 8.00pm
Confidence Building (bitesize)	28th April	10.00am - 11.00am

Our courses currently remain online using either Zoom or MS Teams platforms.

How to apply:

To book your place, contact Rose Bent on r.bent@unison.co.uk, unless stated otherwise, with your name, membership number (if you have it to hand) and your email address.

January

January 2022

● Your Skills Your future (bitesize)

24th January at 10.00am – 11.00am

Identify your existing, transferable, and potential skills for the purpose of personal or professional development.

● Introduction to Mindfulness

25th January at 12.30pm – 1.30pm

Understand what mindfulness is and the benefits of practising it regularly including some short mindfulness exercises.

*“Excellent session.
There’s more to
mindfulness than
I realised”*

● Managing Your Financial Well-Being
Webinar by Lighthouse Financial Advice

26th January at 6.30pm – 7.30pm

A look at financial well-being and how to work towards it and the impact of financial worries on our general wellbeing.

Contact Clarice Head on clarice.head@quilter.com or call 01273 523714 to book your place.

February

● Dru Yoga Taster

1st February at 12.15pm – 1.15pm

A gentle flowing style of postures, breath work and relaxation.

● Coping with Change

3rd February at 1.30pm – 2.30pm

This course will provide time, space and techniques to enable you to consider how change can affect you.

● Bereavement by Suicide

7th February at 10.15am – 12.45pm

Understanding loss and grief, bereavement models and factors affecting the grieving process. Plus being aware of the impact of supporting others and the importance of your self-care. Delivered by Cruse Bereavement.

Please visit our website and complete this [form](#) to register your interest.

● Dementia Awareness

10th February at 9.30pm – 1.00pm

A short workshop run by The Open University providing an introduction on dementia care including types and causes of dementia and how it affects the way a person behaves and functions.

Please visit our website and complete this [form](#) to register your interest.

● Essential Digital Skills

10th February at 12.00pm – 2.00pm

This course will ease you into the world of online communication. Learn how to protect yourself online from scams and viruses, email safety, understand social media and online conferencing plus understand 'cloud' computing and online storage.

● Building Confidence in Women

15th, 22nd February at 1.30pm – 3.00pm (two Tuesday afternoons)

A course looking at barriers which can get in the way of building confidence and develop a strategy for overcoming them.

● Introduction to Mindfulness

16th February at 6.30pm – 7.30pm

Understand what mindfulness is and the benefits of practising it regularly including some short mindfulness exercises.

● Interview Skills

18th February at 1.00pm – 2.15pm

Recognise different types of interviews you may encounter. Understand what employers look for in an interview and deconstructing interview questions. Delivered by the National Careers Service.

● Retirement and Pensions Explained Webinar by Lighthouse Financial Advice

22nd February at 10.30am – 11.30am

Information to help you prepare your finances in relation to your retirement and receiving your pension.

Contact Clarice Head on clarice.head@quilter.com or call 01273 523714 to book your place.

March

● Women and Leadership

2nd, 9th, 16th March at 6.00pm - 8.00pm (three Wednesday evenings)

A workshop to empower women to embrace the skills to become aspiring leaders for the future.

● Managing Your Financial Well-Being Webinar by Lighthouse Financial Advice

11th March at 1pm – 2pm

A look at financial well-being and how to work towards it and the impact of financial worries on our general wellbeing.

Contact Clarice Head on clarice.head@quilter.com or call 01273 523714 to book your place

● Dignity in the Workplace

14th March at 10.00am - 11.00am

A look at unacceptable behaviours in the workplace including bullying and harassment and ways to challenge and deal with such behaviours.

● Women's Assertiveness

17th, 24th March at 6.30pm – 8.00pm (two Thursday evenings)

An opportunity to explore times and places you would like to be more assertive and to build the strategies to do so.

● Neurodiversity Understood

22nd March at 6.00pm – 7.15pm

Neurodiversity is an umbrella term for autism, dyslexia, ADHD and dyspraxia. The session will explore strengths of neurodiverse individuals and workplace barriers. Delivered by Adjust Services.

● PowerPoint Basics

25th March at 10.00am – 12.00pm

Designed for anyone who wants to create and develop engaging multimedia presentations for work and home.

● Dru Yoga Taster

28th March at 12.00pm – 1.00pm

A gentle flowing style of postures, breath work and relaxation.

● Retirement and Pensions Explained Webinar by Lighthouse Financial Advice

30th March at 6.30pm – 7.30pm

Information to help you prepare your finances in relation to your retirement and receiving your pension.

Contact Clarice Head on clarice.head@quilter.com or call 01273 523714 to book your place.

“The facilitator was well informed and delivered in such a way that my interest and attention was maintained throughout. The session was very informative and I gained a better understanding of the subject.”

April

April

● Makaton Taster

5th April at 1.00pm – 3.00pm

The course provides an introduction to Makaton, with about 25 signs and symbols being taught as individual signs and in short phrases. Background to Makaton and why and how it is used will also be covered.

● Excel Refresh

26th April at 6.00pm – 8.00pm

Refresh your excel skills - from setting up a spreadsheet and help to find the right formula to creating an excel graph.

● Confidence Building (bitesize)

28th April at 10.00am – 11.00am

Exploration of what confidence looks like and ideas and tips for addressing your own confidence.

“It was good to have time out to reflect again on personal confidence and hear from others in the group of their personal experiences.”

Online and Distance Learning

● Skills Academy

Access to over 600 free online courses, full list [here](#).

Courses are CPD and ROSPA accredited. Find out more and register here: <https://learning.unison.org.uk/skills-academy/>

● Distance Learning

Accredited Level 2 fully funded courses in partnership with local colleges. Due to funding changes in the region, where you live will determine the college you can enrol with and as such we have partnered with three colleges. To find out more and how to apply, visit <https://yorks.unison.org.uk/life-long-learning>

Make a difference

Are you passionate about learning and want to help others? Why not become a Union Learning Rep (ULR) encouraging and supporting colleagues with their learning. Email our team to find out more y&hmemberlearning@unison.co.uk

Watch this video and learn why this union role might be right for you: [ULR role](#)

Why not visit our websites and discover more with UNISON learning

Regional member learning: <https://yorks.unison.org.uk/life-long-learning>

UNISON Learning and Organising: <https://learning.unison.org.uk/>