

# UNISON

*Yorkshire and  
Humberside*



# Member Learning Course Programme

September 2025 - February 2026

# Learn, Grow and Succeed with UNISON Learning

**UNISON believes that learning has a big impact on members' lives in the workplace and elsewhere, and so we are committed to lifelong learning. Our aim is to provide high quality FREE training for your personal and professional development.**



The range of training opportunities is evolving all the time. This brochure sets out the **FREE** courses currently available from September to February which include our popular Neurodiversity and Interview Skills courses plus new this time – Dementia Awareness and Women's Lives Series: Women and Politics.

Be a lifelong learner with UNISON – nurture your curiosity, expand your comfort zone, be fulfilled. Never underestimate the investment you make in yourself.

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*“Remain teachable! We stop growing once we insist that we are right all the time”*

# Introduction

The aims of Trade Unions are to improve the lives and conditions of working people. One of the ways of doing this is via education and learning. You might have loved or hated school, been the quiet one or the one who was told to be quiet, whatever your experience don't worry Trade Union learning is nothing like school. We work in groups welcoming everyone's contribution, whatever their job, background or experience. We discuss things and learn from each other. Our methods aim to use many different learning styles so you can learn in a way which suits you.

In Yorkshire & Humberside UNISON's Trade Union education is a pathway where we provide input and support to develop members and potential members with transferrable skills that will improve their lives. We give public sector workers the Skill / Knowledge / Understanding and Confidence to speak up and empower their workplaces and communities via our member learning programmes. We hope to build pathways to increase their influence, giving members and activists the skills needed to be leaders representing the different populations which make up the region or just the skills they need to get on at work.

Our member learning programme builds in member engagement so that learners feel involved as they develop their skills and hopefully a love of learning and go on to champion Trade Union Education and learning. We train you because we think if you are good enough to form the backbone of the public services we all rely on then you deserve to be able to learn about the things that interest you.

We offer a range of courses either in-person at our regional offices in Leeds or online. The courses range from short taster sessions to longer programmes. Our tutors are friendly and approachable and sessions informal.



**Wendy Nichols**  
*Regional Convenor*



**Karen Loughlin**  
*Regional Secretary*

# Courses at a Glance



COURSE	DATES	TIME	VENUE
<b>SEPTEMBER</b>			
Conversational Spanish	23, 30 September, 7 October	6.30pm - 7.30pm	Online - Teams
Retirement and Pensions Explained	24 September 2025	10.00am - 11.00am	ON24 Webinar
Digital Photography using a Mobile Phone	25 September 2025	12.00pm - 2.00pm	Online - Teams
Experience Matters	30 September 2025	12.30pm - 1.30pm	Online - Teams
<b>OCTOBER</b>			
CVs & Application Forms	1 October 2025	1.00pm - 2.00pm	Online - Teams
Excel for Beginners	8 October 2025	10.00am - 1.30pm	Online - Teams
Microsoft Word Basics	9 October 2025	10.00am - 1.00pm	Online - Teams
Life's Creative Moments: Drawing Expressive Stick Figures	10 October 2025	12.00pm - 1.00pm	Online - Teams
Starting Your Own Business	13, 20 October 2025	6.00pm - 8.00pm	Online - Teams
Interview Skills	14 October 2025	6.00pm - 7.00pm	Online - Teams
<b>Deaf Awareness &amp; BSL Taster (f2f)</b>	<b>16 October 2025</b>	<b>10.00am - 4.00pm</b>	<b>Leeds</b>
<b>Menopause Awareness (f2f)</b>	<b>17 October 2025</b>	<b>10.00am - 4.00pm</b>	<b>Leeds</b>
Excel for Beginners	21 October 2025	6.00pm - 8.00pm	Online - Teams
Neurodiversity Understood	22 October 2025	12.30pm - 2.00pm	Online - Teams
Enhance your Word Skills	23 October 2025	10.00am - 1.00pm	Online - Teams
<b>Raising Black Voices (f2f)</b>	<b>23 October 2025</b>	<b>10.00am - 4.00pm</b>	<b>Leeds</b>
Confidence Building Skills	24 October 2025	10.00am - 1.00pm	Online - Teams
Retirement and Pensions Explained	28 October 2025	6.00pm - 7.00pm	ON24 Webinar
<b>NOVEMBER</b>			
Dementia Awareness	3 November 2025	9.30am - 12.30pm	Online - Teams
Beginners BSL	3, 10, 17 November 2025	6.00pm - 8.00pm	Online - Teams
Signs of Hate	5 November 2025	10.00am - 11.30am	Online - Teams
Misinformation	5 November 2025	1.00pm - 2.30pm	Online - Teams
Assertiveness Skills	6 November 2025	10.00am - 1.00pm	Online - Teams
Introduction to Artificial Intelligence (AI)	7 November 2025	10.00am - 12.00pm	Online - Teams
Dealing with Conflict & Managing Difficult Conversations	11 November 2025	9.30am - 12.00pm	Online - Teams
Enhance your Excel Skills	12 November 2025	10.00am - 1.30pm	Online - Teams
<b>Get That Job (f2f)</b>	<b>13 November 2025</b>	<b>10.00am - 4.00pm</b>	<b>Leeds</b>

COURSE	DATES	TIME	VENUE
Retirement and Pensions Explained	13 November 2025	12.00pm - 1.00pm	Online - Teams
Get Active in UNISON	14 November 2025	12.00pm - 1.00pm	Online - Teams
PowerPoint Basics	18 November 2025	10.00am - 1.30pm	Online - Teams
Women's Lives Series: Women and Politics	18 November 2025	6.00pm - 8.00pm	Online - Teams
How can AI Help You Get That Job?	19 November 2025	1.00pm - 2.00pm	Online - Teams
<b>Black Members Development Programme (f2f)</b>	<b>20 November 2025</b>	<b>10.00am - 4.00pm</b>	<b>Leeds</b>
Dignity in the Workplace	21 November 2025	1.00pm - 2.00pm	Online - Teams
Women's Assertiveness (f2f)	22 November 2025	10.00am - 4.45pm	Leeds
Inheritance Tax	25 November 2025	1.00pm - 2.00pm	ON24 Webinar
Enhance your Excel Skills	26 November 2025	10.00am - 1.30pm	Online - Teams
<b>DECEMBER</b>			
Job Search & Hidden Jobs Market	2 December 2025	12.00pm - 1.00pm	Online - Teams
Retirement and Pensions Explained	3 December 2025	3.30pm - 4.30pm	ON24 Webinar
Interview Skills	5 December 2025	10.00am - 11am	Online - Teams
<b>JANUARY</b>			
Navigating the Financial Squeeze	27 January 2026	12.30pm - 1.30pm	ON24 Webinar
Digital & Social Media Awareness (for career development & job searching)	27 January 2026	1.00pm - 2.00pm	Online - Teams
Interview Skills	29 January 2026	12.00pm - 1.00pm	Online - Teams
Retirement and Pensions Explained	29 January 2026	6.00pm - 7.00pm	ON24 Webinar
Introduction to Mindfulness	30 January 2026	12.00pm - 1.00pm	Online - Teams
<b>FEBRUARY</b>			
Inheritance Tax	4 February 2026	6.00pm - 7.00pm	ON24 Webinar
ADHD Understood	6 February 2026	1.00pm - 2.00pm	Online - Teams
Understanding Different Communication Styles	10 February 2026	9.30am - 12.00pm	Online - Teams
Caring for Someone at End of Life	11 February 2026	9.30am - 12.30pm	Online - Teams
Self Employment Awareness	11 February 2026	12.15pm - 1.15pm	Online - Teams
Life's Creative Moments: Japanese Calligraphy	17 February 2026	12.00pm - 1.00pm	Online - Teams
Retirement and Pensions Explained	26 February 2026	1.00pm - 2.00pm	ON24 Webinar
Understanding Mental Health	27 February 2026	9.30am - 12.30pm	Online - Teams

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

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

 [www.facebook.com/unisonyh/](https://www.facebook.com/unisonyh/)

 [www.instagram.com/unisonyorkshumber/](https://www.instagram.com/unisonyorkshumber/)

 <https://x.com/unisonyh>

# How to Apply for Courses

**Our courses are friendly and informal and are aimed at making learning a fun experience. There are no course fees for any of the courses detailed in this brochure. All courses are FREE for UNISON members to attend.**

## Online Courses

Our online courses are delivered using either Zoom or Teams platforms and offered FREE to UNISON members to attend. They are all friendly and informal sessions with times varying from during the day to some in the evening.

### **How to apply:**

To book your place on one of these courses, contact Rose on [r.bent@unison.co.uk](mailto:r.bent@unison.co.uk), unless otherwise stated, with your name, membership number (if you have it to hand) and your email address.

## In-Person Courses

Our in-person courses are held at our regional office in Leeds which is situated near the train station: **UNISON, Yorkshire & Humberside Regional Centre, Quayside House, Canal Wharf, Leeds, LS11 5PS**. Lunch is provided. These courses are FREE for UNISON members to attend.

### **How to apply:**

To book your place on in-person courses please contact your branch as you will need approval to attend. If you are unsure how to contact your branch, please use our branch finder tool – <https://branches.unison.org.uk/> Your branch will then contact the education team at [r.bent@unison.co.uk](mailto:r.bent@unison.co.uk) to book your place.



*“Thanks a lot. Will be signing up to more courses in the future...”*

## In Person Courses

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The following in-person courses will be held at our Leeds Office. The courses are FREE with lunch provided. To apply please contact your branch, details on previous page on how to apply.

### ● Deaf Awareness and BSL

This session aims to highlight the communication differences of deaf/hearing people, building up an awareness of the challenges faced by the deaf community. It will also explore how organisations can break down the barriers to these through educating about what can be done to support the Deaf to create a more integrated inclusive working environment for all. There will also be an opportunity to learn some basic BSL signs during the session.

**Date and time:** Thursday 16 October at 10.00am – 4.00pm

### ● Menopause Awareness

This workshop will explore all things menopause. The aim of this workshop is to offer a better understanding of issues related to menopause and the lead up to it peri-menopause. We will discuss some of the best ways to keep healthy and minimise the symptoms as well as the impact on relationships, work and mental and physical health.

**Date and time:** Friday 17 October at 10.00am – 4.00pm

### ● Raising Black Voices

This is a workshop aimed at Black members where you will discuss the issues that matter to you and identify ways to respond with positive action. The workshop will take a look at who influences you and how they can inspire you to lead, influence and drive change, discuss the importance of Black voices being heard, draw inspiration from the legacy of past campaigners who paved the way for progress and gain powerful practical tips to speak with absolute confidence and conviction to get your message across.

**Date and time:** Thursday 23 October at 10.00am – 4.00pm

*“This course has been brilliant!  
Feeling more confident already.”*

*Continued overleaf...*

## ● Get That Job

It's vital to understand what employers actually want, and match your experience in and outside of work to their needs. This course will cover: how to create, update and tailor your CV, explore the job application process and application forms, increase your confidence in demonstrating your skills and experience for CVs and application forms plus understand what an employer looks for in an interview and how to deconstruct interview questions

**Date and time:** Thursday 13 November at 10.00am – 4.00pm

## ● Black Members Development Programme

Join us for this one-day workshop to explore the different opportunities to get involved with the union. We will look at union structures together with how your branch is organised, appreciate the skills you have already developed and how these can be applied in new situations including the union plus how you might develop your own leadership skills.

**Date and time:** Thursday 20 November at 10.00am - 4.00pm

## ● Women's Assertiveness

This assertiveness training offers a means of learning an invaluable set of communication skills, which help to express our opinions, needs and feelings honestly and directly. The course is delivered in a friendly and relaxed atmosphere. You will leave with some useful techniques to be able to assert yourself in different situations.

**Date and time:** Saturday 22 November at 10.00am - 4.45pm

*“Best course  
I have been  
on for  
information  
on interview  
and job  
searching -  
thank you  
so much”*



# Digital Skills Courses

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## ● Digital Photography using a Mobile Phone

This course will explore the use of a camera on a mobile phone. This will predominantly be centred around the iPhone, however you can bring other devices and help and support will be given. You will explore the camera settings for your phone or your mobile device and learn what the different types of camera mode do and what they are used for including time lapse, slo-mo, cinematic, video, photo, portrait and pano. You will also learn how to add text and symbols or drawings to pictures using the add text feature. This course will be a hands-on approach for you to get to grips with using a mobile phone for photography.

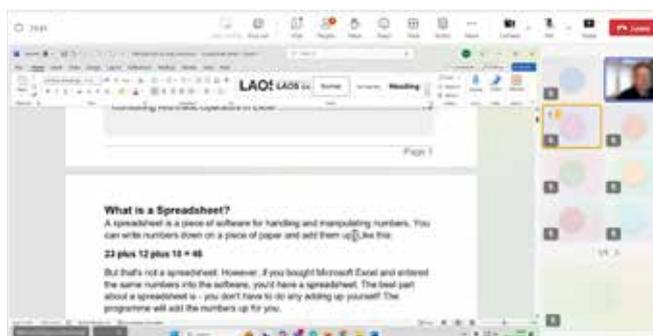
**Date and time:** 25 September at 12.00pm - 2.00pm, via Teams

## ● Excel for Beginners

Microsoft Excel is the most popular and widely used spreadsheet software in the workplace and this course is aimed at those with little or no knowledge of the software. The session covers creating a new workbook, adding and editing data, working with formulas and charting. On completion of the session you will be able to create and use spreadsheets effectively for straightforward calculation and simple data manipulation. For complete beginners or those with a little knowledge.

**Date and time:** 8 October at 10.00am – 1.30pm, via Teams  
21 October at 6.00pm - 8.00pm, via Teams

*“I really liked how ‘beginners’ meant exactly that and the tutor’s delivery was informative with just the right amount of humour”*



## ● Microsoft Word Basics

This course will help you to explore the use of Microsoft Word. This will enable you to develop a deeper understanding of the ribbon and multiple icons used during editing a document. You will explore how to adjust margins, change page layouts, edit text, use headers and footers and how to format a document. This course will give you a hands on approach to enable you to explore the basics of using word in a friendly learning environment. For complete beginners or with some limited knowledge.

**Date and time:** 9 October at 10.00am - 1.00pm, via Teams

## ● Enhance your Word Skills

This course will be fun and interactive and give you a hands on opportunity to develop your existing Word skills putting into practice the content being taught. The session includes a search for images on the Pexels.com website, use the snipping tool, import an image into a document applying the editing of font size, style and colour and adding page borders.

**Date and time:** 23 October at 10.00am - 1.00pm, via Teams

## ● Introduction to Artificial Intelligence (AI)

In today's fast-paced digital age, artificial intelligence (AI) is revolutionizing the way we work. To stay ahead, it's essential to harness the power of AI tools like Microsoft Copilot, ChatGPT, and Gemini. This course will guide you through the responsible and effective use of these AI assistants, enabling you to boost productivity and streamline your workflow. This course is designed for those new to AI or seeking to enhance their productivity or simply curious. Join us on this exciting journey looking at the potential of AI.

**Date and time:** 7 November at 10.00am - 12.00pm, via Teams

## ● Enhance Your Excel Skills

Microsoft Excel is the most popular and widely used spreadsheet software in the workplace and this course is for people who want to extend their spreadsheet skills beyond the basics. You will be guided through the skills you need to produce highly efficient and productive workbooks including how to: create a VLOOKUP table, create a Pivot Table and Pivot Chart, sorting and filtering, use the IF function and more.

*Please note, to attend this course you SHOULD be able to create, open, save, format and print a worksheet, be able to use simple formulas and the SUM function.*

**Date and time:** 12 November at 10.00am - 1.30pm, via Teams  
26 November at 10.00am - 1.30pm, via Teams

## ● PowerPoint Basics

Microsoft PowerPoint is the most popular and widely used presentation software in the workplace and this course is designed for anyone who wants to create and develop engaging multimedia presentations for work and home. Create slideshows and learn how to present your data in an eye-catching style. The course covers creating a new presentation, linking with other MS documents, editing slides, working with drawing tools, printing, creating charts and more.

**Date and time:** 18 November at 10.00am - 1.30pm, via Teams

# Online Courses: September 2025

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## ● Conversational Spanish

Join in a Spanish conversation class with a twist. It caters for all levels because Spanglish is allowed. If you don't know a word or a sentence in Spanish just simply use the English. The fun and relaxed environment will get you used to hearing this beautiful language more and allow you to speak at your own pace. As well as raising your cultural awareness and visiting virtually Spanish cities ¡Olé!

**Date and time:** 23, 30 September and 7 October at 6.30pm - 7.30pm, via Teams

## ● Experience Matters

Explore mid-life career review – it's not too late to make a change and take up new opportunities. Delivered by National Careers this workshop will cover assessing and understanding career motivations and plans for the future together with reflecting on your work journey and recognising your transferable skills.

**Date and time:** 30 September at 12.30pm - 1.30pm, via Teams



# Online Courses: October 2025

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## ● CVs & Application Forms

Delivered by National Careers, during this workshop you will gain confidence to build, update and tailor your CV, identify and promote your skills and experiences to apply for jobs and understand what employers are looking for when screening CVs from job applicants.

**Date and time:** 1 October at 1.00pm - 2.00pm

## ● Life's Creative Moments: Drawing Expressive Stick Figures

Learn to draw expressive stick figures, then use them to create a short comic strip. During the session you will create a character, create a background and then put together a comic strip.

**Date and time:** 10 October at 12.00pm – 1.00pm, via Teams

## ● Starting Your Own Business

This course will help you to consider your business plan ideas and learn about the processes of setting up your own business. You will explore useful websites and resources to help you to feel fully prepared for starting your own business learning about the motivators to work for yourself as well as the skills and qualities needed to be successful.

**Date and time:** 13, 20 October at 6.00pm - 8.00pm, via MS Teams

## ● Interview Skills

In attending this session you will recognise different types of Interviews you may encounter. Understand what the employer looks for in an interview and how to deconstruct interview questions. You will also be introduced to the value of using the STAR technique and how to approach virtual interviews. Delivered by National Careers.

**Date and time:** 14 October at 6.00pm - 7.00pm, via Teams

## ● Neurodiversity Understood

Neurodiversity is an umbrella term for autism, dyslexia, ADHD and dyspraxia. In attending this session you will gain a clear and practical understanding of Neurodiversity including: recognising and celebrating the positives of thinking differently, understand how to unlock the potential of neurodiversity plus explore what your organisation can do to become inclusive.

**Date and time:** 22 October at 12.30pm – 2.00pm, via Teams

## ● Confidence Building Skills

Want to build your confidence? This session will be an opportunity to explore what confidence means for you and to learn some core principles and key techniques. Discover how confident you are with a fun quiz and leave with some hints and tips on how to be more confident.

**Date and time:** 24 October at 10.00am – 1.00pm, via Teams

# Online Courses: November 2025

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## ● Dementia Awareness

This course discusses the impact of dementia on memory and how to support someone experiencing memory impairment, consider the impact on the individual's personality and how distressing this can be for family and those supporting them plus list ways in which we can offer immediate support to those living with dementia when in distress.

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

**Date and time:** 3 November at 9.30am – 12.30pm, via Teams

## ● Beginners BSL

This is a fun and interactive course intended as an introduction to sign. The course will not only help you to develop your sign vocabulary but will also assist in learning more about deaf culture and some of the barriers that deaf people face in everyday society. This will be a unique learning experience where you will develop a vast range of knowledge to further assist you in your next steps for learning British Sign Language. This course will be taught over 3 weeks in 2 hour sessions so you must be able to attend all three sessions.

**Date and time:** 3, 10, 17 November at 6.00pm – 8.00pm, via Teams

## ● Signs of Hate

We live in an ever-growing interwoven digital and “real” life. The digital world offers a whole host of exciting possibilities, but these are unfortunately being exploited by extreme hate groups. By the end of the session participants will have a good understanding of the new language and imagery of the far-right, and how they groom people online. Delivered by Hope Not Hate.

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

**Date and time:** 5 November at 10.00am - 11.30am via Teams

## ● Misinformation

This session explores what dis/misinformation is, its dangers and why humans are so drawn towards conspiracy theories. All humans suffer from bias, our inclination towards believing things that already fit with our values. Leaving us to be very uncritical of some sources. Participants will build their confidence and understanding in this topic, learn what the difference between misinformation and disinformation is and how to deal with it personally and in supporting others. Delivered by Hope Not Hate.

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

**Date and time:** 5 November at 1.00pm - 2.30pm, via Teams

## ● Assertiveness Skills

Let your voice be heard! Do you want to communicate with confidence and clarity? Join this workshop designed to do just that. Together we will demystify what it truly means to be assertive, discover the subtle and not so subtle ways we communicate and learn the essential ingredients to transform your communication style.

**Date and time:** 6 November at 10.00am - 1.00pm, via Teams

## ● Dealing with Conflict & Managing Difficult Conversations

This course will help you to understand how as an individual to effectively deal with difficult situations, review the impact of conflict on yourself and others together with being able to recognise different kinds of behaviour and how to manage this within the conflict process.

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

**Date and time:** 11 November at 9.30am - 12.00pm, via Teams

## ● Get Active in UNISON

Wondered about getting more involved with UNISON but not sure where to start? In this session we will explore the different union roles i.e. steward, H&S rep, learning rep (ULR); how you can support your branch and help with UNISON's campaigns plus an overview of the training you will receive.

**Date and time:** 14 November at 12.00pm - 1.00pm, via Teams

## ● Women's Lives Series: Women and Politics

Are you interested or concerned about current social issues? Join us for this workshop where you will gain insights into the political landscape affecting women and engage in meaningful discussions and debate. This session is for all women eager to understand, engage, and influence the political and social issues that impact their lives and the lives of others. We'll explore the power of collective action, discuss current challenges for women in the UK, including the fight against gender-based violence and economic inequality plus how you can drive change.

**Date and time:** 18 November at 6.00pm - 8.00pm, via Teams

## ● How Can AI Help You Get That Job?

During this workshop, delivered by National Careers, you will learn how to use Artificial Intelligence (AI) to: identify your skills, write or improve your CV, answer application questions, create a cover letter and prepare for interviews.

**Date and time:** 19 November at 1.00pm - 2.00pm, via Team

## ● Dignity in the Workplace

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

**Date and time:** 21 November at 1.00pm - 2.00pm, via Teams

# Online Courses: December 2025

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## ● Job Search & the Hidden Job Market

During this session you will gain an understanding of how employers tend to promote their vacancies, gain hints and tips on how to plan your job search, understand how to look for work online, advice on using social media in job search plus gain an insight of the hidden jobs market.

**Date and time:** 2 December at 12.00pm - 1.00pm, via Teams

## ● Interview Skills

In attending this session you will recognise different types of Interviews you may encounter. Understand what the employer looks for in an interview and how to deconstruct interview questions. You will also be introduced to the value of using the STAR technique and how to approach virtual interviews. Delivered by National Careers.

**Date and time:** 5 December at 10.00pm - 11.00am, via Teams

## Online Courses: January 2026

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### ● Digital & Social Media Awareness (for career development & job searching)

This workshop delivered by the National Careers Service will help you understand the role of social media in career development and job search including how to build professional networks and how to use the internet and new technology to research, plan and enhance career prospects.

**Date and time:** 27 January at 1.00pm – 2.00pm, via Teams

### ● Interview Skills

In attending this session you will recognise different types of Interviews you may encounter. Understand what the employer looks for in an interview and how to deconstruct interview questions. You will also be introduced to the value of using the STAR technique and how to approach virtual interviews. Delivered by National Careers.

**Date and time:** 29 January at 12.00pm - 1.00pm, via Teams

### ● Introduction to Mindfulness

In this session we will explore and discuss the concept of mindfulness, understand the benefits of practicing it regularly plus try out some short mindfulness exercises.

**Date and time:** 30 January at 12.00pm - 1.00pm, via Teams

## Online Courses: February 2026

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### ● ADHD Understood

In this session you will gain an introductory understanding of ADHD – Attention deficit hyperactivity disorder. You will learn to recognise and celebrate the positives of thinking differently. The session will also look at workplace barriers that exist for people with ADHD and also explore how organisations can become more inclusive.

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

**Dates and times:** 6 February at 1.00pm - 2.00pm, via Teams

## ● Understanding Different Communication Styles

This highly practical and insightful session will help you have a better understanding of yourself and those you communicate with. You will learn how personality and communication preferences impact on the way we interact with others and be introduced to the Myers-Briggs Type Indicator (MBTI).

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

**Date and time:** 10 February at 9.30am - 12.00pm, via Teams

## ● Caring for Someone at End of Life

This session explores how with our aging population more people are facing illness and the need for end of life care and support. The session will cover, identifying key points of the End of Life Care Deliver, identify best practice in support planning and describe the physiological process people will undergo at the end of life.

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

**Date and time:** 11 February at 9.30am - 12.30pm, via Teams

## ● Self Employment Awareness

Delivered by National Careers, during this workshop you will learn the pros and cons of self employment, understand why some businesses fail in the early years and explore what is involved in setting up a business.

**Date and time:** 11 February at 12.15pm - 1.15pm, via Teams

## ● Life's Creative Moments: Japanese Calligraphy

In this workshop learn to write Japanese character forms and draw a koi carp plus create a simple phrase in Japanese symbols.

**Date and time:** 17 February at 12.00pm - 1.00pm, via Teams



## ● Understanding Mental Health

This session will help your general understanding of good versus poor mental health. You will consider what are the factors that contribute to mental health problems, what signs and symptoms you should be aware of – in yourself and in others, what help is available for mental health problems and how you can self-help.

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

**Date and time:** 27 February at 9.30am - 12.30pm, via Teams



*Probably the most interesting, engaging and fun course I've done in a long time! Really refreshing content*

*Really relaxed setting, content was useful and has given me a real refresher to reignite my career*

# Financial Planning Webinars

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These webinars are delivered by Quilter Financial Advice via the webinar platform ON24. If you are interested, click the relevant link to book your place.



## ● Retirement and Pensions Explained

This session will provide information to help you prepare your finances in relation to your retirement and receiving your pension including how your pensions work, when you can take your pension, your options for accessing any additional pension savings plus countering inflation.

### **Dates and times:**

24 September at 10.00am – 11.00am	please <a href="#">CLICK HERE</a> to book your place
28 October at 6.00pm – 7.00pm	please <a href="#">CLICK HERE</a> to book your place
13 November at 12.00pm – 1.00pm	please <a href="#">CLICK HERE</a> to book your place
3 December at 3.30pm – 4.30pm	please <a href="#">CLICK HERE</a> to book your place
29 January at 6.00pm – 7.00pm	please <a href="#">CLICK HERE</a> to book your place
26 February at 1.00pm – 2.00pm	please <a href="#">CLICK HERE</a> to book your place

## ● Inheritance Tax

This session will explain how inheritance works and include wills and gifting, home ownership and estate planning strategies.

### **Dates and times:**

25 November at 1.00pm – 2.00pm	please <a href="#">CLICK HERE</a> to book your place
4 February at 6.00pm – 7.00pm	please <a href="#">CLICK HERE</a> to book your place

## ● Navigating the Financial Squeeze

This session will cover the impact of the financial squeeze on our well-being, tips to improve your credit score, mortgages and basics of financial planning.

### **Dates and times:**

27 January at 12.30pm - 1.30pm	please <a href="#">CLICK HERE</a> to book your place
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## Love Learning?

Make a difference and become a Union Learning Rep (ULR)



If you are passionate about learning why not become a ULR encouraging and supporting colleagues with their learning. The ULR role is crucial in supporting members in the workplace to take up worthwhile, enjoyable and at times life changing learning opportunities.

Grow your skills and confidence whilst sharing UNISON's fabulous learning offer. Email our team to find out more [yhmemberlearning@unison.co.uk](mailto:yhmemberlearning@unison.co.uk)

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

You can also find out more about being a ULR by completing our short online learning module introducing the role, which you can find here <https://e-learning.unison.org.uk/>



## Training for the Union Learning Rep Role

This core course for new Union Learning Representatives (ULR) is delivered over 3 days in-person at our office in Leeds. The training explains UNISON's approach to lifelong learning with a focus on those who have traditionally been excluded from learning, you will learn how you can work with members and employers to identify learning needs, promote UNISON's learning offer, and organise around learning.

**Dates and time:** TBC at 10.00am – 4.30pm each day

To apply you will first need to be 'appointed' as a Learning Rep by the branch. Contact them in the first instance to discuss how to do this. They will then be in a position to book your place with us. Please note that whilst the course is free for members to attend, there is a charge to branches.

**Branch charge:** £90 per delegate

*If you would like to discuss the role further, please feel free to email: [r.bent@unison.co.uk](mailto:r.bent@unison.co.uk)*

# Help with Maths and English Skills

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## ● Everyday Skills in Maths and English

These free courses are ideal for anyone who wants to improve and refresh their everyday skills in Maths and English. They are available at two levels and you can choose the level that suits your ability and aspirations. They are divided into a series of easy-to-manage sections with interactive quizzes and activities to motivate and inspire you.

<https://www.open.edu/openlearn/education-development/education/everyday-skills-maths-and-english>

## ● National Numeracy

*Don't let numbers hold you back – improve your numeracy skills with National Numeracy.*

Many of us say we're not numbers people. But numbers play a big part in all our lives. With the help of National Numeracy you can sharpen your numeracy skills and build your confidence with maths.



National Numeracy have developed a number of resources to help develop skills and confidence in using numeracy to get into or on at work, helping children with homework, and managing money.

Start now and take the online challenge and get the resources you to help you improve.

Visit our website and take the numeracy challenge:

<https://www.nationalnumeracy.org.uk/challenge/unison-yorkshire-humber>

## ● Building English and Maths confidence with Skills Builder

Use our Skills Builder tool for quick, fun, informal learning, which uses everyday examples to help you build your skills and confidence around English and maths. It also includes top tips on spelling and speed reading as well as a refresher on basic maths.

<https://skills-builder.dreamm.co.uk/>

# Explore Online Learning

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## ● Skills Academy

UNISON College is working with the Staff Skills academy+ to offer our members access to hundreds of free online courses. With topics ranging from Hobbies & Lifestyle to Personal and Professional Development plus much more. There's something for everyone. With these self-guided courses, you learn at your own pace.

You'll have access to over 600 free online courses. Courses are CPD and ROSPA accredited.

Find out more and register here: <https://learning.unison.org.uk/skills-academy/>

## ● OpenLearn

With hundreds of courses, articles, videos and interactives, OpenLearn has options for all. Study for free. You can earn a free digital badge or statement of participation on most courses. Refresh your study skills and enhance your work skills without committing to full-time study.

Dive in and start learning: <https://www.open.edu/openlearn/>

## ● UNISON e-Learning

This site hosts a number of online learning resources for UNISON members. You will find a variety of short activities which you can complete on this site, as well as directions where to find other useful union learning resources.

Visit: <https://e-learning.unison.org.uk/>

## UNISON College Bursary Scheme

UNISON wants to help members realise their potential. The bursary scheme offers members support in paying fees for training or courses pursued for personal or professional development.

Find out more here:

<https://learning.unison.org.uk/unison-college-bursary-scheme/>



# Be involved

## Become Active in UNISON

Being a member of UNISON can be more than just a membership card. Why not join UNISON's network of workplace reps across the region from being a workplace contact; steward; health and safety rep or learning rep (ULR). A little time and enthusiasm are all that is needed and we'll provide the support and training to ensure you are confident and equipped for your role.

Play the Activate! Game to find out more about the various roles <https://learning.unison.org.uk/2019/06/10/activate/> or visit <https://yorks.unison.org.uk/get-active/> for more information.

Alternatively, just contact your local branch for a chat.



# Challenge Inequality

Join one of the UNISON groups that campaign for equality for women members; black members; lesbian, gay, bisexual and transgender (LGBT+) members and young members.



Self organised groups bring together members from these under-represented groups to help the union identify and challenge discrimination and build equality. It can be a great way for you to get involved in the union whilst developing your skills, expertise and confidence.

These groups meet locally and nationally to discuss, campaign and organise around the specific issues that affect them.

Find out more here: <https://yorks.unison.org.uk/equality/>

# Fighting for Fairness and Equality



*“Legacy is not what’s left tomorrow when you’re gone. It’s what you give, create, impact and contribute today while you’re here that then happens to live on”*