

FREE AND EXCITING

Lifelong Learning Opportunities

**UNISON CATALOGUE OF
LEARNING OPPORTUNITIES**

Free to all Leeds City Council Staff

UNISON
Leeds Branch

YOU DON'T HAVE TO BE A MEMBER OF UNISON!

Short awareness-raising workshops

■ **Stress Awareness**

Causes, signs and symptoms of stress and to manage stress

■ **Dyslexia Awareness**

Brief definition, dyslexia assessments, supporting people with dyslexia and tools, techniques and strategies for those with dyslexia

■ **Making the most of your money**

Managing a budget, understanding interest rates

■ **Power to be You**

Building confidence and self esteem

■ **My Skills, My Future**

Uses techniques to help staff recognise their skills and abilities

■ **Learn My Way**

An online tool to support staff with their functional skills

■ **Menopause Awareness Workshop**

Looking at how menopause affects women and how women can be supported in the workplace

■ **Confidence and Assertiveness Workshops**

■ **Fun with Numbers**

■ **Reading for Pleasure**

■ **Creative Writing**

■ **Get in the Grammar Groove**

■ **National Numeracy Taster Workshop**

**Each course lasts 1-2 hours*

Functional Skills

Want help with Maths, English or ICT?

Then simply make an appointment to visit our UNISON Learning Centre in the Civic Hall and we can help you on your way.

Learn and Lunch Learning Sessions

Would you like to explore your hidden talents?
Or maybe you would like to pursue a hobby?
If so why not try one of our active learning workshops?

- **Creative Writing**
- **Ancestry Tracing**
- **Jewellery Making**



If you have any ideas of anything else you would like to learn over lunch, let Carol or Neil know!
(See back page for contact details)

Accredited Distance Learning Course

UNISON are working in partnership with **Bradford College** to provide free accredited distance learning.

All courses are Level 2 Certificates regulated and accredited by the Awarding Organisation, NCFE. This includes CACHE branded qualifications.*

- **Preparing to Work in Adult Social Care**
- **Understanding Autism**
- **Understanding Behaviour that Challenges**
- **Principles of Business Administration**
- **Principles of Care Planning**
- **Introducing Caring for Children and Young People**
- **Common Health Conditions**
- **Counselling Skills**
- **Customer Service**
- **Principles of Dementia Care**
- **Understanding the Care and Management of Diabetes**
- **Dignity and Safeguarding in Adult and Social Care**
- **Principles of End of Life Care**
- **Equality and Diversity**
- **Principles of the Prevention and Control of Infection in Healthcare Settings**
- **Information, Advice or Guidance**
- **Lean Organisation Management Techniques**
- **Principles of Working with Individuals with Learning Disabilities**
- **Awareness of Mental Health Problems**

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- **Nutrition and Health**
 - **Understanding Retail Operations**
 - **Understanding the Safe Handling of Medication in Health and Social Care**
 - **Understanding Safeguarding and Prevent**
 - **Principles of Team Leading**
 - **Falls Prevention Awareness**

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Bradford College

“Helping you develop a passion for learning.”

Part of the Health and Social Care department

Free Taster Opportunity with the National Extension College (NEC)

NEC is the UK’s leading provider of distance learning below degree level. Study at your own pace, in your own time around your other commitments. NEC is currently offering a range of free taster courses exclusive to union members to help you decide if distance learning is for you, including:



- **Children’s Growth and Development**
- **Critical Thinking**
- **Short Stories**
- **Spelling, Punctuation and Grammar**

www.nec.ac.uk/content/nec-working-partnership-union

Time to Talk Maths!

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. Being better with numbers isn't a special talent; it's something we can all learn.

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

Visit: www.nnchallenge.org.uk/uniyah



“

Maths still panics me but the National Numeracy Challenge has made me feel more at ease and I have given it a go.

I've gone up from a score of 30 to 80 and I was amazed.

If I can do it anyone can do it!

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THESE ARE FOR UNISON MEMBERS ONLY
join.unison.org.uk

UNISON Learning Grants

To help you get ahead and develop your career, UNISON offers the following learning grants for members who are studying at their own expense:

- Learning Grants of up to £200 for courses including GCSEs, A-levels, BTec, Foundation and undergraduate degrees and most personal or career development courses.
- Open University Grants of £200 for a 30 point course and £300 for a 60 point course.
- Personal learning development Grants of £300 for School Support Staff and Care Workers.
- Certificate or Diploma grants of up to £300 towards fees for members on Trade Union and Labour Movement or Women's Studies courses

Find the application form and more information at:

learning.unison.org.uk/financial-support

Discounts for UNISON Members

Members can get fee discounts for distance learning from the following:

NATIONAL EXTENSION COLLEGE (NEC)

NEC offer a 10% discount to UNISON members on all its courses. Simply quote your UNISON membership number when enrolling. The full list of courses can be found at **www.nec.ac.uk**

THE OPEN COLLEGE OF THE ARTS

£50 off distance learning OCA tutored arts and craft courses for UNISON members and their families. Visit their website **www.oca-uk.com**

e-CAREERS

UNISON members can claim a 10% discount on any e-Careers course by quoting UNISON10. Visit their website **ecareers.unison.org.uk**

What some of our learners say...

“ Thank you for giving me this opportunity, I have learnt loads and found it really helpful and useful.

Lovely tutors, very approachable and down to earth.

Very good course that will have an impact on my personal and professional life.

Really enjoyed the day and would definitely recommend the course.

Brilliant course, fabulous tutors who delivered it brilliantly.

It gave me time out to focus on me and it challenged my assumption that everyone else is better (and more confident) than me.

Made to feel comfortable, easy to join in group discussions.

I know I am going to be more confident from now on ”

Further information

Contact: Carol McGrath or Neil Rhodes
Branch Lifelong Learning Co-ordinators

Leeds UNISON, Geoff Hodgson House,
160a Woodhouse Lane
Leeds, LS2 9EN

Tel: 0113 245 8442

Email: branch@leedsunison.org.uk

Website: www.leedsunison.org.uk

Other courses offered in the region:
www.unison-yorks.org.uk/education

Email Carol & Neil:

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neil.rhodes@leedsunison.org.uk


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