

The "WOMEN'S LIVES" logo is a magenta speech bubble shape in the top left corner. Inside the bubble, the words "WOMEN'S" and "LIVES" are written in a bold, sans-serif font. "WOMEN'S" is in yellow and "LIVES" is in white.

WOMEN'S
LIVES

The background of the entire page is a photograph of a woman with dark, wavy hair, smiling and looking towards the left. She is wearing a black cardigan over a floral patterned top. She is sitting at a desk with papers and a pen. In the background, other people are partially visible, including one in a bright green shirt.

A **FREE** course
to get you back
into learning

Available to UNISON members in the
HERTFORDSHIRE AND SURROUNDING AREAS



UNISON has been running the Women's Lives course for over 25 years – it's a really popular choice with UNISON members

What is Women's Lives?

Women's Lives is a course designed for women who may have been away from learning for some time. It will help you gain the skills and confidence to study, learn or do something new.

It is particularly suitable for women who have been out of education for a long time and have had few educational opportunities in the past.

Women members from all walks of life and work backgrounds have benefited from the course. With your increasing confidence and skills you'll find it not only helps you in your job but also outside work with things like taking part in group activities, helping the kids with homework, making yourself heard and finding new opportunities.

The course is run in a welcoming and supportive environment. It's not like going back to school! There are no exams to take. You will work at your own pace and level. When you complete the course, you will receive a certificate from the Workers' Educational Association (WEA) who run the course for us.

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It has developed my confidence, writing ability and widened my horizons.



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*It was great.
There's
something in
the course for
everyone.*

What's in the course?

You will work through four units which have lots of short activities and assignments including understanding of issues relating to women, studying women's experiences, note taking and presentation skills.

It will give you vital skills in areas such as:

- Developing new study skills and brushing up on rusty ones
- Looking at experiences at work, family and in the community
- Investigating a topic of your own choice which is relevant to women
- Taking the opportunity to think about your future plans

With the support of your tutor and the rest of the group, you will ease back into learning, improve your confidence and have fun and be able to think about and decide what to do next.

How is the course run?

The course is delivered on behalf of UNISON by a tutor from the Workers' Education Association. The tutor specialises in working with adult learners and will help and advise you throughout the course. We invite you to a very informal information session, to find out more, before the course starts.

You will join a regular study group, with other women UNISON members. The group will meet every two weeks or so for four months. This is usually in the evening at a local venue and at times to suit your group. Each group session will last about two hours and you'll want to spend time between sessions working on the topics.

The weekend is held at a venue where you will have a private room with en suite bathroom.

The groups are very informal with opportunities to swap ideas, experiences, develop your study skills and to help you prepare for working on your own. It is exciting and fun as well as challenging!



Who is it for?

Women's Lives is for women with busy lives, family and other commitments. Many women are used to looking after other people's needs. This is an opportunity to set time aside for you!

All costs are paid for by UNISON.

What will it cost?

Women's Lives is free to any UNISON woman member.

UNISON pays the cost of all materials and out of pocket expenses.

UNISON can also help with childcare or dependant costs.

I'm interested in finding out more about the course what do I do next?

As the course will be starting soon in your area, all you have to do is complete the form to let us know you are interested and whether you will be able to attend the information session.

You can also let us know by email: Nicola Churchard on n.churchard@unison.co.uk or by telephoning the Regional Education Team on **01284 772119**.

You won't have to decide until after the information session whether to enrol or not so you have nothing to lose by attending. Don't forget any UNISON member can enrol on the course so if you have any friends or colleagues that may be interested, let us know and we will contact them.

Complete the Enquiry Form now

I would like to find out more about the FREE Women's Lives course in Hertfordshire and surrounding areas .

Name: _____

Address: _____

Postcode: _____

Tel: _____

Email: _____

UNISON membership number (if known): _____

I am able to attend the information session on Saturday 14th July 2018 at 10am-11:30am or 11:30am-1pm

I am unable to attend the Information Session but would like to find out more

A friend is also interested:

Name: _____

Address: _____

Postcode: _____

Tel: _____

Email: _____

UNISON membership number (if known): _____

Return the form by post or email your name, contact details, membership number and which information session you will be attending.

By Post: UNISON Eastern, St. Edmunds House, Lower Baxter Street, Bury St. Edmunds, Suffolk, IP33 1ET

By Email: n.churchard@unison.co.uk



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“I did not realise that you could have so much fun and support whilst learning”



Joining UNISON

If you are not yet a member of UNISON and want to join to take up this exclusive member only benefit, it's simple.

You can join online at join.unison.org or call **0800 171 2193**



UNISON Centre
130 Euston Road
London
NW1 2AY

Tel: 0800 0 857 857
www.unison.org.uk



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Photography: Roger Moody
Design Homer Creative

