

TECHUP WOMEN NEWSLETTER

[HTTPS://WWW.TECHUP.AC.UK/TECHUPWOMEN/](https://www.techup.ac.uk/techupwomen/)



What's New?

The tech industry continues to grow in 2026, with new tools and technologies making it easier for beginners to get started.

Companies are focusing on practical skills and in areas like IT support, cybersecurity, and data.



Skill of the Month

SQL (Structured Query Language)

What is SQL?

SQL is a programming language used to communicate with databases. It allows you to store, retrieve, organise, and analyse data efficiently.

Where is SQL used?

- Data Analysis & Data Science
- Software Development
- Cybersecurity
- Finance & FinTech
- Healthcare systems
- E-commerce & Marketing analytics

Free platforms to learn SQL:

SQLBolt W3Schools Khan Academy



<TechUPWOMEN>

Friday May 1, 2026

What's Coming in May



Tech Events

Empower Together – Women in Technology Meetup

Networking event supporting women in tech careers, Manchester

Thursday, May 21 • 5:30PM–8:30PM

Cybersecurity Careers Workshop & Networking Social

GM Digital Security Hub (DiSH) Manchester

Wednesday, May 27 • 10 AM – 12 PM

Scan Springboard Manchester – AI & Innovation Event

Manchester Metropolitan University Business School

Thursday, May 28

Cyber Opportunities



Level 2 Certificate in Principles of Cyber Security

Deadline: open year-round



Privacy Engineer Intern

Deadline: currently open



NCSC Assured Training

Deadline: open year-round

[Find more opportunities](#) ►



Alumni Spotlight Saara H.

*Projecting Success, Business Manager
TechUP Women Cohort: November 2024*

What do you do in your role? : I process tech documents, HR, create process flows and on/off boarding.

Your journey into tech: I went into tech up women, then took some coding classes as well as UI path to stay consistent with the tech world.

One challenge you faced and how you overcame it: Being new to the UK, it was harder to break into the job market for me overall and I just had to keep at it.

One piece of advice for other alumnae: Never give up. Always be willing to put in the work to get to where you want to be and be proactive!

 <https://www.linkedin.com/in/shassa26>

Interested in being featured? Reach out to the Community Reps!

Tech News



Smarter smartphones are launching

New phones can now learn how you use them and help automate everyday tasks.



New, simpler laptops are on the way

Tech companies are developing faster, affordable alternatives to traditional PCs.



Cybersecurity jobs are increasing

More companies are hiring to protect their systems, creating entry-level opportunities.

Tech & Wellbeing



Protect Your Mental Health

- **Guard your focus cycle:** Working in 50–90-minute focus blocks, followed by short breaks, reduces cognitive fatigue and helps your brain recover.
- **Watch out for early signs of burnout:** Irritability, brain fog, reduced creativity, and disrupted sleep are often the first indicators. Catching these signals early makes recovery easier.



Tech Webinars

AI Discovery & Governance: How to Identify and Secure AI Usage



14 May 2026



11:00 – 11:45 (Online)

Identify where and how AI is used in your organisation currently. Define your tolerance to AI risks.

 **Register Now**



Ask the Reps

Got questions? Ask the Reps!

- Have any questions, suggestions or want to share feedback? Let us know!



SCAN/TAP TO ASK

<https://forms.gle/ndWc3k7Dt6WGypTf7>