

TECHUP WOMEN NEWSLETTER

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



What's New?

August is all about embracing new learning opportunities and preparing for the future of tech. Whether you're looking to upskill or explore emerging technologies, now is a great time to invest in your growth.

 **Applications are now open for TechUP's Artificial Intelligence:** Foundations for Practice and Research – a free 8-week online programme starting the week commencing 28 September 2026.

 Application deadline: 13 September 2026



Skill of the Month

Microsoft Power Automate

Why learn it?

Power Automate helps you automate repetitive tasks and streamline workflows with little or no coding. From automatically saving email attachments to notifying teams or approving requests, it's a practical tool used across many industries.

Common Uses:

- Workflow Automation
- Approval Processes
- Email Notifications
- Data Collection & Reporting

Tools:

- Microsoft Power Automate • Microsoft 365 • SharePoint
- Microsoft Teams

Where to learn:

Microsoft Learn (Free) • Microsoft Power Automate YouTube Channel • Udemy • LinkedIn Learning



<TechUPWOMEN>

Monday August 3, 2026

What's Coming in August



Tech Events

Built in Notts Tech Meetup

Lab82, The Oldknows Factory Nottingham, England
Multiple dates (Weekly).

The AI Income Launchpad

Online event
Monday, August 24 • 8 PM - 9 PM GMT+1

OxLiT: Oxford Leaders In Tech - August Event

Business and Intellectual Property Centre Oxfordshire (BIPC) Westgate, England
Tuesday, August 25 • 6 PM - 8 PM

Check out our latest blog post from TechUP: **"The Systems We Live In and the Systems We Build: AI Journey of a TechUP Learner"** by Sebastian Moore

Tech Opportunities



Get Started With AI

Course start date: Multiple dates



Artificial Intelligence: Foundations for Practice and Research

Start date: September 2026



IT Technician Skills Bootcamps

Course start date: Flexible

[Find more opportunities](#) ►

Tech News

Green Tech Matters

As our use of technology grows, so does its environmental footprint. Green Tech helps reduce energy consumption, minimise electronic waste, and lower carbon emissions. Many organisations are now making sustainability a key part of their digital strategy.

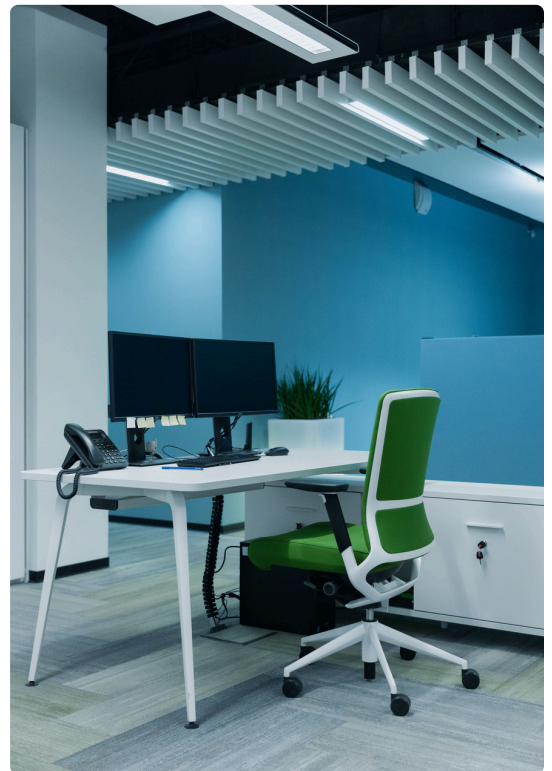
What can you do?

- * ♻️ Recycle old phones, laptops, and other electronics responsibly.
- * 💻 Extend the life of your devices by keeping them updated and well maintained.
- * 🔌 Unplug chargers and switch off devices when not in use.
- * ☁️ Choose digital storage and collaboration tools instead of printing where possible.

Tech & Wellbeing

🩺 Women's Health Matters

- **Iron levels:** Tech work is mentally demanding; low iron can mimic burnout. If you experience fatigue, cold intolerance, or brain fog, consider having your ferritin levels checked with a clinician.
- **Hormonal cycles & productivity:** Many women find creative work flows more easily in the follicular phase, while structured tasks feel more manageable later in the cycle. Noticing your own patterns can help you plan your workload with carefulness.
- **Bone health:** Long sedentary behaviour and low sunlight exposure are risk factors. A few weight-bearing exercises and short outdoor walks add protective strength over time.



Tech Careers Fair

Carlisle Careers Fair

Date: 26 August 2026

Venue: Crown and Mitre Hotel

Open hours: 10am – 2pm

Employers: National & local

Industry: All industries

Roles: Entry to senior

👉 [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>