



Northumberland
County Council

Health & Social Care Course Descriptions

Northumberland Learning & Skills Service Course Description

Course title	Introduction to Adult Care
Level	N/A
Accredited	Non-accredited
Who is this course for?	This course is suitable for anyone aged 16 or over.
What will I study? (Key modules or content)	<p>Take your first step into working in Health and Social Care, by enrolling on our 4-week introductory course.</p> <p>Designed to introduce you to some of the knowledge and skills you will need to work in Adult Health and Social Care the course will focus on the common tasks and roles you will encounter when working under supervision.</p> <p>There is no formal assessment but your progress and achievement will be recognised and recorded by your teacher throughout the course.</p>
What are the Entry requirements?	No previous qualifications are required
Requirements of the course (e.g. kit/uniform info)	None
Progression and Careers	You could progress to an accredited course in Preparing to Work in Adult Care, which will then enable you to acquire the knowledge in essential areas of working in Adult Health and Social Care
For more information please contact:	Email: carol.young@northumberland.gov.uk Tel: 01670 623688

Northumberland Learning & Skills Service Course Description

Course title	Preparing to Work in Adult Care
Level	Level 2
Accredited	Accredited
Who is this course for?	This course is suitable for anyone 16 or over.
What will I study? (Key modules or content)	<p>Beginning in Adult Care? Looking to find a pathway into the health care sector? Interested in the skills required when caring for an adult?</p> <p>This qualification provides you with an ideal taster in caring for adults. It is accessible to learners of all ages who may want to understand more about working in health and social care.</p> <p>This course aims to introduce some basic concepts of caring and preparation for employment in the sector, covering topics such as:</p> <ul style="list-style-type: none"> • Communication • Equality • Diversity • Personal development • The role of the social care worker • Health and safety • Safeguarding • The duty of care <p>Your competence will be assessed throughout the duration of the course through observations, evidence requirements and assessments.</p>
What are the Entry requirements?	<p>No previous qualifications are required Learners may find it helpful to achieve the level 1 qualification prior to enrolling on the level 2.</p>
Requirements of the course (e.g. kit/uniform info)	None
Progression and Careers	You can progress to the Level 2 Health & Social Care Certificate. It is a must-have for anyone taking the adult Intermediate Adult Care apprenticeship.
For more information please contact:	<p>Email: carol.young@northumberland.gov.uk Tel: 01670 623688</p>

Northumberland Learning & Skills Service Course Description

Course title	Health Care Assistant - Paediatric Support
Level	Level 3
Accredited	Accredited
Who is this course for?	This course is suitable for anyone 16 or over
What will I study? (Key modules or content)	<p>Do you have a genuine interest in Health and Social Care? If so, this course could be your chance to join the rapidly growing health care sector and make a difference.</p> <p>This qualification will allow you to develop your knowledge, understanding and skills relevant to working in the health sector. You could cover a wide range of topics, such as:</p> <ul style="list-style-type: none"> • The role of the health and social care worker • Engaging in personal development in health, social care or children's and young people's settings • Maintaining quality standards in the health sector • Communicating with individuals about promoting their health and wellbeing while working as a Health Trainer • Promoting person-centred approaches in health and social care <p>This qualification confirms competence in a range of maternity and paediatric support skills, which will be assessed throughout the duration of the course through observations of occupational competence, evidence requirements and assessments.</p>
What are the Entry requirements?	No previous qualifications are required
Requirements of the course (e.g. kit/uniform info)	None
Progression and Careers	Once you have achieved a Level 3 Diploma in Maternity and Paediatric Support, you will be able to progress on to a further Health Care course that specialises in the area of support you are looking to enter.
For more information please contact:	Email: carol.young@northumberland.gov.uk Tel: 01670 623688

Northumberland Learning & Skills Service Course Description

Course title	Diploma in Counselling Skills
Level	Level 3
Accredited	Accredited
Who is this course for?	This course is suitable for anyone 16 or over
What will I study? (Key modules or content)	<p>Develop your knowledge of different counselling skills and their uses in everyday life and work.</p> <p>You will identify, practice and develop a range of interpersonal and counselling skills and have an opportunity to understand the key elements of theoretical approaches to counselling.</p> <p>Throughout this in-depth course, you will cover a range of topics such as:</p> <ul style="list-style-type: none"> • Developing counselling skills • Working ethically with counselling skills • Counselling skills and diversity • Counselling skills and personal development <p>Though the course of your qualification you will be assessed through classes, tutorials and assessments where your assessor is present.</p>
What are the Entry requirements?	<p>No previous qualifications are required</p> <p>Learners may find it useful to complete the level 2 qualification prior to enrolling on the diploma.</p>
Requirements of the course (e.g. kit/uniform info)	None
Progression and Careers	<p>This qualification does not qualify you to practice as a counsellor. However, it will support your progression on to roles such as:</p> <ul style="list-style-type: none"> • Mental health support worker • Information, advice and guidance worker • Health Care support worker <p>You could also progress on to a further course such as:</p> <ul style="list-style-type: none"> • Foundation degree in Counselling • Level 4 Diploma in Therapeutic Counselling • Level 4 NVQ in Diploma in Advice and Guidance
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Northumberland Learning & Skills Service Course Description

Course title	Diploma in Adult Social Care
Level	Level 3
Accredited	Accredited
Who is this course for?	This course is suitable for anyone 16 or over
What will I study? (Key modules or content)	<p>Continue to develop your knowledge and skills through the Level 3 Diploma in Adult Social Care.</p> <p>This qualification will help you develop your knowledge and skills to the standard required when working in a senior role with adults in a Health and Social care environment.</p> <p>Throughout this in-depth course, you will cover a wide range of topic areas including:</p> <ul style="list-style-type: none"> • Supporting individuals with physical and emotional care • Promoting effective handling of information in care settings • Promoting equality and inclusion in care settings • Promoting communication in care settings • The duty of care in care settings • Responsibilities of a care worker <p>Your progress will be assessed using a range of methods. This could include direct observation in the workplace, a portfolio of evidence, written assignments or a task.</p>
What are the Entry requirements?	<p>You will need to be:</p> <ul style="list-style-type: none"> • Employed or in an apprenticeship in an adult care setting • Undertaking a significant voluntary work placement throughout the course <p>You will need English and maths skills at Level 2 or working towards and IT skills will be useful for research and completing your portfolio.</p>
Requirements of the course (e.g. kit/uniform info)	None
Progression and Careers	You could progress on to the Level 5 Diploma in Leadership for Health and Social Care and Children and Young People's Services or you could look for employment in related roles, such as:



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- Senior Care Support Workers in Residential Settings
- Senior Healthcare Assistants in Community,
- Primary Care and Acute Health Environments
- Senior Care Support Workers in Domiciliary Services
- Supported Living or Day Services
- Community-Based Senior Support Workers

**For more information please
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Northumberland Learning & Skills Service Course Description

Course title	Stress Awareness
Level	Level 1
Accredited	Non-Accredited
Who is this course for?	This course is suitable for anyone aged 19 or over.
What will I study? (Key modules or content)	<p>You will be able to identify and raise awareness of the sources and symptoms of work-related stress and to assist management personnel with the development of effective management strategies.</p> <p>Throughout this course, you will cover a range of concepts, such as:</p> <ul style="list-style-type: none"> • The causes of stress • The effects stress can have on health • How to recognise the signs and symptoms of stress • Ways of preventing or reducing stress. <p>There is no formal assessment but your progress and achievement will be recognised and recorded by your lecturer throughout the course.</p>
What are the Entry requirements?	No previous qualifications are required
Requirements of the course (e.g. kit/uniform info)	None
Progression and Careers	You could progress to any of our awareness courses, but if you are considering a career in working with others in a mediation, support, guidance or counselling role, we would recommend progression to our Level 1 Introduction to Basic Counselling Skills.
For more information please contact:	Email: carol.young@northumberland.gov.uk Tel: 01670 623688

Northumberland Learning & Skills Service Course Description

Course title	Mental Health Awareness
Level	Level 1
Accredited	Accredited
Who is this course for?	This course is suitable for anyone aged 16 or over.
What will I study? (Key modules or content)	<p>Learn and develop your understanding of mental health in and out of the workplace.</p> <p>This qualification aims to:</p> <ul style="list-style-type: none"> • Raise awareness of the issues surrounding mental health • Dispel some of the myths and misconceptions frequently linked to mental health issues • Develop learners' knowledge of the rights of those with mental health issues <p>To achieve the Level 1 Award in Mental Health Awareness, learners must successfully demonstrate their achievement of all learning outcomes and assessment criteria detailed in the qualification specification. Grades are not awarded.</p> <p>The award will be internally assessed using a Candidate Workbook covering all the learning outcomes of the qualification.</p>
What are the Entry requirements?	No previous qualifications are required
Requirements of the course (e.g. kit/uniform info)	None
Progression and Careers	<p>Learners who achieve this qualification could progress to:</p> <ul style="list-style-type: none"> • Level 2 Mental Health Awareness • Level 1 Certificate in Employability Skills.
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Northumberland Learning & Skills Service Course Description

Course title	Mental Health Awareness
Level	Level 2
Accredited	Accredited
Who is this course for?	This course is suitable for anyone aged 16 or over.
What will I study? (Key modules or content)	<p>Are you looking for a career in Health and Social care surrounding Mental health issues? This course will fine-tune your knowledge and skills for handling those with Mental Health issues, preparing you for joining a workforce or applying for an apprenticeship.</p> <p>Within this qualification, you will be able to develop your knowledge further and improve your skills surrounding dealing with those with mental health issues. You will cover different topics, such as:</p> <ul style="list-style-type: none"> • Understanding mental health • Understanding stress • Understanding anxiety • Understanding Depression • Understanding eating disorders • Understanding post-natal depression <p>In order to achieve the Level 2 Certificate in Mental Health, you must successfully demonstrate your achievement of all learning outcomes and assessment criteria for the mandatory units, where your completed work will be internally assessed. Grades are not awarded.</p>
What are the Entry requirements?	No previous qualifications are required, although learners may find it useful to have previously achieved a Level 1 qualification in health, social care or mental health-related area.
Requirements of the course (e.g. kit/uniform info)	None
Progression and Careers	<p>This qualification supports progression to further learning in the following areas:</p> <ul style="list-style-type: none"> • Level 2 and 3 Certificate in Preparing to Work in Adult Social Care • Level 2 and 3 Certificate for Working in the Health Sector <p>Learners may also wish to progress to a support a role in the workplace.</p>



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Northumberland Learning & Skills Service Course Description

Course title	Dementia Care Awareness
Level	Entry Level
Accredited	Non-accredited
Who is this course for?	This course is suitable for anyone aged 16 or over
What will I study? (Key modules or content)	<p>Begin your journey into caring for those with Dementia. This 6-week course will provide insight into the lives and needs of those with Dementia.</p> <p>Throughout the course, you will cover different topics, including:</p> <ul style="list-style-type: none"> • How to recognise the early and later signs of dementia • The importance of early diagnosis of dementia • Offering support to family members • How to communicate appropriately with someone with dementia • How to care for someone who is displaying challenging behaviour <p>As the course progresses you will develop your knowledge of how to recognise the early signs of dementia and how you can improve the situation of an individual with dementia.</p> <p>As this course is not an accredited course it is not assessed and you will not receive a qualification on its completion. However, your progress will be tracked throughout the duration of the course by your lecturer and feedback will be provided.</p>
What are the Entry requirements?	No previous qualifications are required
Requirements of the course (e.g. kit/uniform info)	None
Progression and Careers	You can progress onto another Health and Social Course, such as the Introduction to Adult care or Level 1 Mental Health Awareness.
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Northumberland Learning & Skills Service Course Description

Course title	Meditation and Mindfulness
Level	Level 1
Accredited	Non-accredited
Who is this course for?	This course is suitable for anyone aged 16 or over
What will I study? (Key modules or content)	<p>Begin your introduction to meditation. You will learn traditional meditations for relaxation, clarity of mind and the cultivation of positive emotion towards oneself and others.</p> <p>Meditation and mindfulness are vibrant, alive, profound practices of being present in the moment - directly relevant today as they always have been for the human body, heart and mind. Meditation conduces to clarity, calm and insight, and mindfulness is applicable to every aspect of our life: the ways we work, our mental, emotional and physical health and wellbeing, and our relationships.</p> <p>Through completion of this courses, you will study contemporary mindfulness and meditation, which are rooted in ancient tradition. You will learn effective practices to navigate the stresses of modern life and develop a calm, kind, and attentive state of mind.</p> <p>This course does not contain a formal assessment. However, your progress throughout the course will be monitored and recorded by your lecturer.</p>
What are the Entry requirements?	No previous qualifications are required
Requirements of the course (e.g. kit/uniform info)	None
Progression and Careers	You could look to progress further on to an accredited course in the Health and Social area.
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Northumberland Learning & Skills Service Course Description

Course title	First Aid
Level	Level 1
Accredited	None Accredited
Who is this course for?	This course is suitable for anyone aged 19 or over.
What will I study? (Key modules or content)	<p>The First Aid course will provide you with the basic skills and knowledge you will need to deal with everyday medical emergencies.</p> <p>This qualification is useful in and out of the workplace and could be the difference between a minor and a serious incident.</p> <p>There is no formal assessment but your progress and achievement will be recognised and recorded by your teacher throughout the course.</p>
What are the Entry requirements?	No previous qualifications are required
Requirements of the course (e.g. kit/uniform info)	None
Progression and Careers	The objectives of this course are to prepare learners for further training and to support a role in the workplace.
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Northumberland Learning & Skills Service Course Description

Course title	Volunteering
Level	Level 1
Accredited	Accredited
Who is this course for?	This course is suitable for anyone aged 16 or over
What will I study? (Key modules or content)	<p>If you are thinking about volunteering, then this course is the perfect pathway into learning the different requirements of volunteering.</p> <p>You will gain an insight into the role and develop an awareness of the personal standards required whilst volunteering.</p> <p>If you are already in a volunteering role and want to enhance both your knowledge and skills, this course will build on your previous experience to consolidate your understanding. In this circumstance, you could use your volunteering role to assist you in gathering any evidence required.</p>
What are the Entry requirements?	No previous qualifications are required
Requirements of the course (e.g. kit/uniform info)	None
Progression and Careers	<ul style="list-style-type: none"> • Level 2 Award in Volunteering • Level 2 Award/Certificate in Employability Skills • Volunteer work
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