

# FREE Distance Learning Courses

## Health & Social Care

### Awareness of Mental Health Problems

TQUK Level 2 Certificate

This qualification is designed for those who want to raise their awareness of mental health and the problems that can cause mental ill-health.

### Common Health Conditions TQUK level 2 Certificate

For those currently working or intending to work in adult health and social care, this course aims to develop your knowledge and understanding of various common health conditions and how individuals affected by these conditions should be monitored.

### End of Life Care TQUK Level 2 Certificate

This qualification is designed for those who wish to gain an understanding of end of life care. It looks at how to work in end of life care, managing pain and discomfort, care planning, dementia, and the role of the care worker at the time of death.

### Mental Health Awareness TQUK Level 1 Certificate

This qualification provides a good introduction to the subject of mental health, the various illnesses and treatment routes available to sufferers, and would provide a good basis for further learning in the area leading to a career in mental health care.

### Principles of Care Planning TQUK Level 2 Certificate

This course will help you to understand your role in supporting individuals in relation to their care and support, the development and implementation of care plans and contributing to the reviews by observing, monitoring and reporting on care activities.

### Principles of Dementia Care TQUK Level 2 Certificate

The course is designed for anyone who wants to raise their awareness of caring for those with dementia. It covers areas such as person-centred care, the influence of positive communication methods, issues relating to the use of medication for those with dementia and the importance of providing appropriate activities.

### Principles of Working with Individuals with Learning Disabilities TQUK Level 2 Certificate

This qualification is designed to prepare you for employment and to support a role in the workplace where you may work or interact with people with learning disabilities. You will explore the principles of safeguarding and positive risk taking and gain awareness of the autistic spectrum.

### Safe Handling of Medicines TQUK Level 2 Certificate

Develop your understanding of how to handle medicine safely, including obtaining, storing, administering and disposing of medication, different types of medication and their use, and legislation on medication.

### Understanding Autism TQUK Level 2 Certificate

This course aims to develop an understanding of autism and the principles of supporting individuals with autism. It covers how to support positive behaviour and how individuals with autism can be supported to live healthy and fulfilled lives.

### Understanding Behaviour That Challenges

TQUK Level 2 Certificate

Explore possible causes which could explain why people behave as they do, helping you to develop your understanding and deal with situations in an appropriate way.

### Self Harm and Suicide Awareness and Prevention

TQUK Level 2 Certificate

This qualification is for anyone who wants to improve their understanding and awareness of self harm and suicide. Whilst not sector specific, it can be applied to a broad range of personal and professional situations.

### Understanding Care and Management of Diabetes

TQUK Level 2 Certificate

This qualification aims to provide an understanding of the different types of diabetes and how they can occur; develop an awareness of how the onset of Type 2 diabetes can be delayed with lifestyle changes; develop an understanding of diabetes diagnosis and initial care as well as develop an understanding of on-going care and treatment of diabetes to control blood sugar levels.

### Understanding Nutrition and Health

TQUK Level 2 Certificate

Increase your understanding of the principles of healthy eating and the role of food in maintaining health. This programme includes planning for a healthy diet, weight management, eating disorders, food labelling and how an individual's dietary requirements change throughout their life.

## Business

### Information Advice and Guidance TQUK Level 2

Certificate

This nationally recognised qualification is ideal for anyone currently working in or looking to gain employment in information, advice or guidance roles such as a Customer Service Advisor, Support Worker or Peer Mentor.

### Principles of Business Administration TQUK Level 2

Certificate

This qualification provides learners with the knowledge that is required to work in a range of environments in a business administration role. Learners will know how to carry out administrative tasks such as managing information and supporting events and will be able to apply their knowledge in a variety of industries and job roles.

### Principles of Customer Service TQUK Level 2 Certificate

This qualification provides the underpinning knowledge required by employees to work in a range of customer service roles. Learners will have essential knowledge of how to carry out tasks such as managing information and supporting events.

### Principles of Team Leading TQUK Level 2 Certificate

This qualification provides learners with the knowledge and understanding to successfully lead a team. Learners will know the principles of team leading, develop an understanding of business and develop the knowledge needed to support communication with various levels of stakeholders.

### Lean Organisation Management Techniques

TQUK Level 2 Certificate

This qualification covers the skills and knowledge needed to use lean organisation and business improvement techniques in business and to work effectively in a team.

## Childcare

### Understanding Children and Young People's Mental Health TQUK Level 2 Certificate

The purpose of this qualification is to increase your knowledge and awareness of children and young people's mental health, including units covering mental health in context, mental health problems, the impact of mental ill-health on children and young people and support available to maintain mental wellbeing.

## Health & Safety

### Principles of Warehousing TQUK Level 2 Certificate

This course is for people who want to gain a full understanding, and knowledge of health and safety processes, in a warehousing environment, including manual handling, checking of stock, order processing, and the packing and storage of goods for dispatch.