



Health & Social Care Courses



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UK Government



quality standard for information
advice and guidance services

● approved by the **matrix** Accreditation Body



A bit about Adult Learning...

Welcome to Adult Learning North Yorkshire. Whether you are looking to gain a qualification to progress in your career in Health and Social Care, or just want to take your first steps back into learning, we can help. By choosing to study with us, you'll benefit from high-quality teaching from teachers who are experts in their subject areas.

To look at what current courses we have running across the county, scan the QR code below...



Health and Social Care is an ever-growing area nationally and especially in North Yorkshire and there are a vast range of roles in this sector.

All courses are free to adults over the age of 19, using government funding sourced through different projects such as the Learning Skills Improvement Fund.

We have teaching venues across the county, we also offer online courses, meaning you can study from the comfort of your own home.

A taste of learning....

Awareness of autism is a 2-hour session

This is available face to face or online and covers the communication and sensory issues an individual with autism can face and how to support those individuals.

Awareness of dementia is a 2-hour session

This is available face to face or online. In this course we cover the communication and memory difficulties an individual can experience who has Dementia. We look at the potential impact on the individual and the care givers.

Awareness of anxiety and stress is a 2-hour session

This is available face to face or online. This course covers what anxiety and stress are and looks at methods of coping with anxiety and stress management.

Awareness of mental health is a 2-hour session

This course is available face to face or online you chose what is best for you. This course covers an overview of Mental Health, the causes, and effects of mental ill health on individuals, and the support which can be accessed.

Have a go: CPR

This course is designed to use some of our latest technology using our resuscitation dolls along with a training defibrillator to practice key life saving skills.

A taste of learning....

How to avoid unconscious bias is a 2-hour session

This course is available face to face or online and will help you recognise bias, avoid discrimination, and support a culture of diversity in the workplace.

Preparing a healthy meal is a 2-hour session

This course is available face to face boost your mood by partaking in preparing a healthy meal which feeds the body and the mind.

What's it like working in care? is a 2-hour session

This is available face to face or online and provides an overview of what it is like working in care. What kind of day to day tasks maybe involved, what's needed to be a good carer and the pros and cons of working as a carer.

Mindfulness is 2-hour session once a week for 3 weeks

This is available face to face and uses a VR headset mindful course along with support through Multiply for creative mindfulness such as colour by numbers and spirographs.

Developing your time management and organisation skills is a 2-hour session

This is available face to face or online and covers how to learn key skills to help better manage your time and organisation.

Identifying personal and professional boundaries is a 2-hour session

This is available face to face or online and Helps you to understand the difference between personal and professional boundaries, particularly within health and social care.

After completing any of the taste of learning courses, you can progress onto the Introduction to Adult health and social care.

Introduction to Adult Health and Social Care

This is a 4 week course which covers; the different roles and settings in health and social care, Equality, diversity and inclusion, mental health, nutrition. It supports learners to understand how to complete written assignments and prepare for level 1 study.

After completing the introduction to health and social care, you can progress to an accredited course in your preferred subject for example...

NCFE Level 1 – Award in Nutrition and Health

NCFE Level 1 – Award in Preparing to work in Adult Social Care

NCFE Level 1 – Award in Mental Health Awareness

NCFE Level 1 Unit in Dementia

NCFE Level 1 Unit in Autism

Courses up to and including Level 1 are FREE subject to eligibility (adult learners aged 19+ at 31st August 2023). Qualification courses at Level 2 or below are FREE if you meet the requirements and your income is below £20,319.

To book onto one of the fantastic courses we are offering, or to make enquiries about any health and Social Care and Wellbeing related courses get in touch with a member of the team

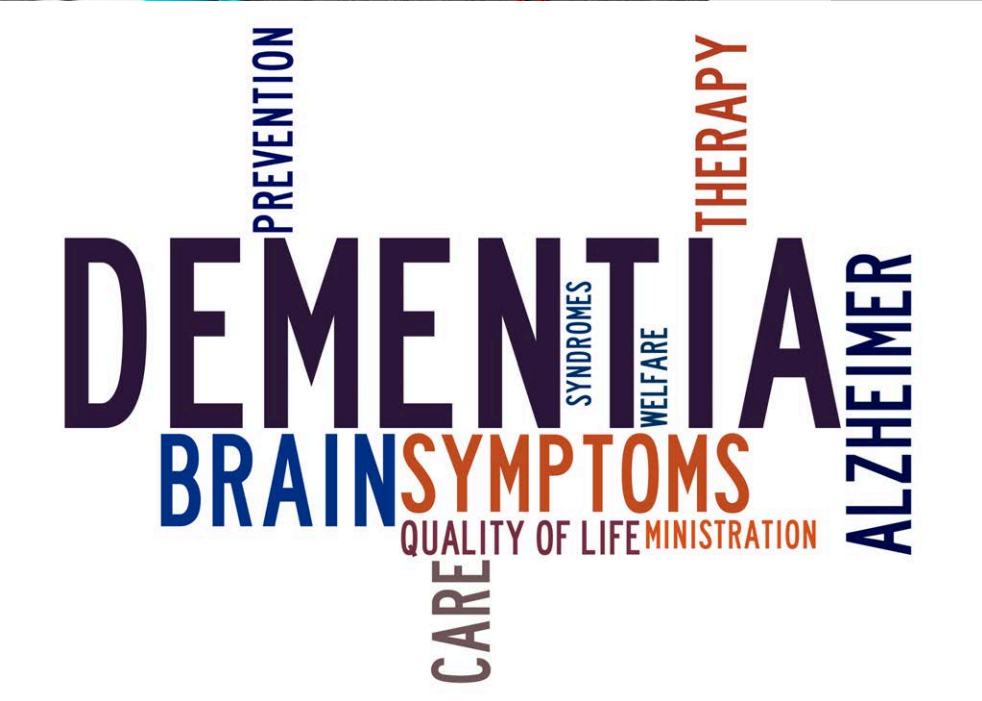
Email:

AdultLearningService@northyorks.gov.uk

Web:

www.northyorks.gov.uk/adultlearning





Our health and social care offer is growing and we would love to hear from you if you have any specific requests.

Who to contact to set up a new course...

Hambleton and Ryedale:

Charlotte Taylor: 01609 532872

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Harrogate, Knaresborough and Selby:

Matt Read: 01609 797102

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