

NORTH OF TYNE VOLUNTEERING AREA OF EXCELLENCE

FREE ONLINE TRAINING RESOURCES FOR VCS ORGANISATIONS

The following sources of free online training may be of use in helping to upskill staff and volunteers of voluntary and community organisations.

ELEMENTS E-LEARNING PLATFORM

A range of free courses and training for volunteers and staff, including safeguarding, fundraising and governance. <https://elementstraining.teachable.com/>

ACTION TOGETHER

Action Together has put together some bitesize training videos which provide a good foundational overview in relation to EDI, Safeguarding, Data Protection and Lone Working. <https://www.youtube.com/playlist?list=PLrld5bHqCHRtVdQqN46pMhKzVY6nyJqb>

OPEN UNIVERSITY

The Open University has a range of free courses introducing the voluntary sector:

- **Working in the Voluntary Sector**

<https://www.open.edu/openlearn/society-politics-law/sociology/working-the-voluntary-sector/content-section-overview>

- **Introducing the Voluntary Sector**

<https://www.open.edu/openlearn/money-business/introducing-the-voluntary-sector/content-section-overview>

VIRTUAL COLLEGE

Virtual College has produced a range of free e-learning courses in subjects such as Safeguarding Children, Health and Well-Being and Careers Advice. www.virtual-college.co.uk/resources/free-courses

AUTISM

Understand more about autism, including diagnosis, the autistic spectrum, and life with autism with this CPD-certified course. www.futurelearn.com/courses/autism

DISABILITY MATTERS

Disability Matters offers free online learning packages to enable organisations, workers and volunteers to develop the communication and problem-solving skills required to engage confidently with disabled children and young people. www.disabilitymatters.org.uk/Catalogue/

DUAL SENSORY IMPAIRMENT

If you have a personal interest in dual sensory impairment or if you are in the health, voluntary or independent care sector business, you will find the Hi-Vis UK training resources useful.

<https://hi-visuklearning.org/>



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CARING FOR ADULTS

This course will help you to develop a better understanding of some of the key issues that relate to being a carer, whether in a paid or unpaid role. www.open.edu/openlearncreate/course/view.php?id=2171

DEMENTIA

- **The Many Faces of Dementia**

Explore key issues in dementia care and research, through four less common forms. www.futurelearn.com/courses/faces-of-dementia

MENTAL HEALTH

- **Mental Health Awareness**

The training is designed to give a broad overview of what encompasses mental illness whilst highlighting the link between mental and physical health diagnoses. It also provides some simple guidance on how best to care for someone with mental health difficulties.

http://cs1.e-learningforhealthcare.org.uk/public/MHP/MHP_01_01/d/ELFH_Session/486/session.html?lms=n#overview.html

- **MindED**

MindEd is a free learning resource about the mental health of children, young people and older adults.

www.mindedforfamilies.org.uk

- **Mental wellbeing audio guides**

On this page you can listen to a series of mental wellbeing audio guides to help you boost your mood. www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/

- **Challenging ideas in mental health**

This free course invites you to think differently about life's dilemmas by taking account of the views of all concerned, especially people experiencing mental distress. It explores ideas and practice in mental health, and will appeal to a wide range of people. <https://www.open.edu/openlearn/health-sports-psychology/health/challenging-ideas-mental-health/content-section-0>

- **Work and mental health**

This free course looks at some of the ways in which employment affects mental health and what can be done to support people in finding and keeping work. <https://www.open.edu/openlearn/health-sports-psychology/health/work-and-mental-health/content-section-0>

- **Making sense of mental health problems**

In this free course, you will learn about how key perspectives in the field have made sense of mental health problems. <https://www.open.edu/openlearn/health-sports-psychology/making-sense-mental-health-problems/content-section-0>



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- **Understanding depression & anxiety**

This free course explores the causes of these mental health issues, with a particular focus on stress. <https://www.open.edu/openlearn/health-sports-psychology/health/understanding-depression-and-anxiety/content-section-0>

- **Exercise & mental health**

This free course looks at the links between exercise and improved mental health and psychological well-being. This will include consideration of the role of exercise in combating stress, anxiety and depression, and in enhancing mood. <https://www.open.edu/openlearn/health-sports-psychology/sport-fitness/exercise-and-mental-health/content-section-0>

RECOVERY COLLEGE ONLINE

Providing a range of co-created, online educational courses and resources to people who might be struggling with mental health issues, families, friends, mental health workers and anyone else who might be interested <https://www.recoverycollegeonline.co.uk/>

SUICIDE PREVENTION

- **Samaritans**

Interactive e-learning module on internet safety, suicide and self-harm, developed in partnership with Health Education England elearning for healthcare. Create a free account to access.

[https://www.samaritans.org/about-samaritans/research-policy/internet-suicide/internet-safety-practitioners/training-resources/e-learning-module/#:~:text=To%20access%20the%20course%20go,e%20learning%20for%20healthcare%20website.&text=The%20course%20is%20relevant%20to,Mental%20Health%20Support%20Teams%20\(MHSTs\)](https://www.samaritans.org/about-samaritans/research-policy/internet-suicide/internet-safety-practitioners/training-resources/e-learning-module/#:~:text=To%20access%20the%20course%20go,e%20learning%20for%20healthcare%20website.&text=The%20course%20is%20relevant%20to,Mental%20Health%20Support%20Teams%20(MHSTs))

- **Zero Suicide Alliance**

The Zero Suicide Alliance has developed a free online suicide prevention training course – suitable for everyone – which could help you to save a life and become better prepared to help someone with suicidal thoughts.

The 20 minute training is a simple but effective video combining facts about suicide, with real stories from people whose lives have been impacted. It also provides advice on how to speak to someone with suicidal thoughts and real-life scenarios to give the skills be able to deal with difficult conversations with loved ones, friends and colleagues. www.zerosuicidealliance.com/training/

DOMESTIC ABUSE

This beginners training package from IDAS is aimed at individuals in organisations and voluntary groups who work with adults and children or young people, to give a basic awareness of issues surrounding domestic abuse. <https://courses.idas.org.uk/courses/domestic-abuse-basic-awareness-training/>



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SEXUAL VIOLENCE

This beginners training course from IDAS is aimed at individuals in organisations and voluntary groups who work with adults to give a basic awareness of issues surrounding rape and sexual violence.

<https://courses.idas.org.uk/courses/sexual-violence-basic-awareness-training/>

SAFEGUARDING

In addition to the free Safeguarding training which focuses on voluntary organisations and which is available on the Elements platform, the following sources are available

North Tyneside Safeguarding Children Partnerships and Safeguarding Adults Board <https://northtyneside.learningpool.com/login/index.php>

Newcastle <https://www.newcastlesafeguarding.org.uk/our-training/>

Northumberland <https://www.northumberland.gov.uk/Children/Safeguarding/NSCB-Multi-Agency-Training.aspx>

Real Safeguarding stories online resource

A free online resource for professionals with safeguarding responsibilities has been developed by Bradford Council and Collingwood Learning. Each of this series of videos is based upon stories from the people involved or through anonymised cases. Some stories have been edited and some have been combined to cover the key issues in a simple, quick, and powerful way. But everything is based upon real people, and real situations. www.realsafeguardingstories.com

SELF-HARM-RISKY BEHAVIOUR

The MindEd ‘Self-Harm and Risky Behaviour’ online module is aimed at a universal audience and provides the background to self-harm in children and teenagers, commonly associated conditions and the optimal approach to managing it in the community. www.minded.org.uk

MODERN SLAVERY

This resource is designed to share examples of training products available to public sector professionals and other individuals that might come across victims to help raise awareness, better spot the signs and increase confidence in reporting modern slavery when potential cases are encountered.

www.gov.uk/government/publications/modern-slavery-training-resource-page/modern-slavery-training-resource-page

GENDER NON CONFORMING YOUNG PEOPLE

GIRES provides access to e-Learning programmes to assist organisations, friends and families to better understand how to support and work with trans and gender diverse people. Free uncertified access is available. <https://www.gires.org.uk/e-learning/>



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DOMESTIC HOMICIDE REVIEW

The Home Office offers domestic homicide review online learning for front line practitioners who will be taking part in domestic homicide reviews. The course has two modules:

- Module 1: introduction to the domestic homicide review process
- Module 2: the chairperson's responsibilities and the overview report.

www.gov.uk/guidance/conducting-a-domestic-homicide-review-online-learning

SCIE – STRENGTH-BASED APPROACH

The Social Care Institute for Excellence (SCIE) has published a series of videos looking at strengths-based approaches to social care. Resources include a case study of how the approach, which focuses on identifying strengths as well as needs and difficulties, is used in supporting young people in transition to adult social care. www.scie.org.uk/strengths-based-approaches/videos

Social workers tools and resources for direct work with children and adults

Aimed at social workers, but useful for everyone, these resources cover a range of issues such as adoption & fostering, alcohol, assessment, bullying, CSE & sexual abuse, disability & health, domestic abuse, drugs, finances, law (UK), mental health, parenting and safety. www.socialworkerstoolbox.com

ONLINE SAFETY

- **Digital Parenting**

They offer advice and training which can be found on their website at

www.vodafone.com/our-purpose/operating-responsibly/child-online-safety

- **Government Cybersecurity training**

Free online training courses to help business protect against cyber threats and online fraud. www.gov.uk/government/collections/cyber-security-training-for-business

DIGITAL SKILLS TRAINING

- **Computer courses and support**

Various courses online on different topics including Office 365, Google Suite etc. Courses can be tailored according to needs, contact them to find out more. <https://www.facebook.com/mbrolearning>

- **Digital skills for workplace**

15 free and flexible online courses to learn new skills, pursue your interests or advance your career with our short online courses from Future Learn.

www.futurelearn.com/courses/collections/digital-skills-workplace

Free courses on using a computer, browsing the web, sending an email and finding work online.

www.learnmyway.com/



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COMMUNITY BUILDING

- **Community building tools**

Are you working with multilingual groups? Try out these tools in your next meeting, training or event. There are games and warmers, tools for discussion and evaluation and tools to support multilingual communication and participation throughout.

<https://cofaproject.org/multilingual-facilitation-tools-and-methods>

- **Community Organiser training**

Free two hour session running at different times during the year <https://www.corganisers.org.uk/training/our-courses/free-taster-session/>

FACILITATION, TEAM BUILDING & PLANNING

Resources for personal & professional development

<https://www.businessballs.com/>

OTHER

Refugees and Asylum Seekers

Solace offers free e-learning courses on how best to support asylum seekers with their wellbeing and mental health - <https://www.solace-uk.org.uk/training/new-free-e-learning>

Charity Digital

Charity Digital includes a number of free training courses and webinars on its website .

<https://charitydigital.org.uk/>

Cranfield Trust

Cranfield Trust hosts a number of free webinars on Leadership & strategic direction; Performance & impact; Financial management; and People management.

<https://www.cranfieldtrust.org/pages/on-demand-webinars>

Lots of other free courses

<https://www.open.edu/openlearn/free-courses/full-catalogue>

PLEASE LET US KNOW IF ANY OF THE LINKS TO THE ABOVE TRAINING RESOURCES ARE INACTIVE

