**On-line Training for schools – Catering Staff**

Please find below a compilation of on-line and distance training to enable you to continue to develop in terms of your work, your personal skills and your mental health and wellbeing. Training and development is a great way to keep your brain active and your spirits up during this pandemic and the CPD focus will stand you in good stead when it comes time to return to work or look for new work. Added to this most of these options are free so won’t hurt your bank and the others are discounted for you as UNISON members.

This list of courses is not exhaustive many more interesting learning opportunities can be found with each of these providers / on each of these platforms but these courses will give you a good starting point.

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| **UNISON - Skills For Schools** |
| Skills For Schools is a website designed to offer free support and guidance surrounding all of the roles our members may have within schools. It offers guidance on training that may help you progress in your current role or enable you to move on to a different role within the school. |
| <http://www.skillsforschools.org.uk/> |

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| **UNISON- E-Learning** | | | |
| Study Area | Course Name | Cost | Link |
| School Focused / CPD Development | Coping with care: dealing with healthcare needs in school | Free for members | <https://e-learning.unison.org.uk/course/index.php?categoryid=4> |
| Mental Health and Wellbeing | Staying Strong: Stress Awareness | Free for members | <https://e-learning.unison.org.uk/course/index.php?categoryid=4> |
| Numeracy | The Path to Better Maths Skills | School Focused / CPD Development | <https://e-learning.unison.org.uk/course/index.php?categoryid=4> |
|  | Making Every Penny Count | Mental health and Wellbeing | <https://e-learning.unison.org.uk/course/index.php?categoryid=4> |

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| **The social Partnership and OpenLearn (OU) – Free badged courses** | | | |
| Study Area | Course Name | Cost | Link |
| School Focused / CPD Development | Supporting Children’s Development | Free for members | <https://www.open.edu/openlearn/health-sports-psychology/supporting-childrens-development?in_menu=368967> |
| Next steps | Planning a better future | Free for members | <https://www.open.edu/openlearn/money-management/planning-better-future?in_menu=368967> |

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| **OpenLearn : OU** | | | |
| Study Area | Course Name | Cost | Link |
| Catering and food Focused / CPD Development | The science of nutrition and healthy eating | Free for all | [www.open.edu/openlearn/health-sports-psychology/health/the-science-nutrition-and-healthy-eating/content-section-overview?active-tab=description-tab](http://www.open.edu/openlearn/health-sports-psychology/health/the-science-nutrition-and-healthy-eating/content-section-overview?active-tab=description-tab) |
|  | Eating to Win: Activity, Diet and Weight Control | Free for all | [www.open.edu/openlearn/health-sports-psychology/sport-fitness/eating-win-activity-diet-and-weight-control/content-section-0?active-tab=description-tab](http://www.open.edu/openlearn/health-sports-psychology/sport-fitness/eating-win-activity-diet-and-weight-control/content-section-0?active-tab=description-tab) |
|  | Eating for the environment | Free for all | [www.open.edu/openlearn/nature-enviroment/eating-the-enviroment/content-section-0?active-tab=description-tab](http://www.open.edu/openlearn/nature-enviroment/eating-the-enviroment/content-section-0?active-tab=description-tab) |
| School Focused / CPD Development | Childhood in the Digital Age | Free for all | <https://www.open.edu/openlearn/education-development/childhood-the-digital-age/content-section-overview?active-tab=description-tab> |
|  | Inclusive education knowing what we mean | Free for all | <https://www.open.edu/openlearn/education/educational-technology-and-practice/educational-practice/inclusive-education-knowing-what-we-mean/content-section-0?active-tab=description-tab> |
| Leadership and Management | Discovering Management | Free For all | <https://www.open.edu/openlearn/money-business/leadership-management/discovering-management/content-section-0?active-tab=description-tab> |
| Digital Skills | Digital Literacy: succeeding in a Digital world | Free to all | <https://www.open.edu/openlearn/education-development/digital-literacy-succeeding-digital-world/content-section-overview> |
|  | Introduction to Cyber Security : Stay Safe On-line | Free to all | <https://www.open.edu/openlearn/science-maths-technology/introduction-cyber-security-stay-safe-online/content-section-overview> |
|  | Using a scientific Calculator | Free to all | <https://www.open.edu/openlearn/science-maths-technology/mathematics-statistics/using-scientific-calculator/content-section-0?active-tab=description-tab> |
| Numeracy | Starting with Maths: Patterns and Formulas | Free to all | <https://www.open.edu/openlearn/science-maths-technology/mathematics-and-statistics/mathematics-education/starting-maths-patterns-and-formulas/content-section-0> |
| Literacy | Every day English 1 and 2 | Free to all | <https://www.open.edu/openlearn/languages/free-courses> |

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| Digital Unite | | | |
| Study Area | Course Name | Cost | Link |
| Digital | Free materials and user guides | Free to All | [www.digitalunite.com/technology-guides](http://www.digitalunite.com/technology-guides) |

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| **Future Learn: OU** | | | |
| Study Area | Course Name | Cost | Link |
| Catering and food Focused / CPD Development | Food as Medicine | Free for all | [www.futurelearn.com/courses/food-as-medicine](http://www.futurelearn.com/courses/food-as-medicine) |
|  | Food and Mood: Improving Mental Health through Diet and Nutrition | Free for all | [www.futurelearn.com/courses/food-and-mood](http://www.futurelearn.com/courses/food-and-mood) |
|  | Engaging with Controversies in the food System | Free for all | [www.futurelearn.com/course/engaging-with-controversies-in-the-food-system](http://www.futurelearn.com/course/engaging-with-controversies-in-the-food-system) |
| Mental health and Wellbeing | Youth Mental Health: Helping Young People with Anxiety | Free for all | <https://www.futurelearn.com/courses/youth-mental-health> |
|  | Emotional Intelligence at Work | Free for all | <https://www.futurelearn.com/courses/emotional-intelligence-at-work> |
|  | Understanding depression and low mood in young people | Free for all | <https://www.futurelearn.com/courses/depression-young-people> |
|  | Mindfulness for wellbeing and peak performance | Free for all | <https://www.futurelearn.com/courses/mindfulness-wellbeing-performance> |
| Leadership and Management | Management and leadership: Growing as a manager | Free for all | <https://www.futurelearn.com/courses/growing-as-a-manager> |
|  | People Management Skills | Free for all | <https://www.futurelearn.com/courses/people-management-skills> |
| Personal skills and development | Work / life balance and the impact of working remotely | Free for all | <https://www.futurelearn.com/courses/work-life-balance-remote-working> |

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| **Wranx** | | | |
| Study Area | Course Name | Cost | Link |
| work Focused / CPD Development | Raising Awareness: Menopause in the Workplace | Free for members | <https://unionlearn.ulp.wranx.com/> |
| Mental health and Wellbeing | Raising Awareness: Mental Health | Free for Members | <https://unionlearn.ulp.wranx.com/> |
| Numeracy | Functional Skills Maths Levels 1,2 and 3 | Free for Members | <https://unionlearn.ulp.wranx.com/> |
| Literacy | Everyday English: Punctuation | Free for Members | <https://unionlearn.ulp.wranx.com/> |
|  | Intermediate Everyday English: Punctuation | Free for Members | <https://unionlearn.ulp.wranx.com/> |
|  | Functional Skills English Levels 1,2 and 3 | Free for Members | <https://unionlearn.ulp.wranx.com/> |

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| **E-Careers – 10% discount for members** | | | |
| Study Area | Course Name | Cost | Link |
| Catering and food Focused / CPD Development | Nutrition in the early years | £90 | <https://www.e-careers.com/courses/nutrition-the-early-years> |
| School Focused / CPD Development | Recognising and supporting children with special educational needs | £90 | <https://ecareers.unison.org.uk/teaching-childcare-education/special-needs/level-3-recognising-and-supporting-children-with-sen> |
| Leadership and Management | An introduction to conflict management | £90 | <https://ecareers.unison.org.uk/business-work/leadership-management/cache-an-introduction-to-conflict-management> |