**A picture containing room, clock

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**Training for Social workers**

Please find below a compilation 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- E-Learning - Online** | | | |
| Study Area | Course Name | Cost | Link |
| Mental Health and Wellbeing | Staying Strong: Stress Awareness | Free for members | <https://e-learning.unison.org.uk/course/index.php?categoryid=4> |

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| **The social Partnership and OpenLearn (OU) – Free badged courses - Online** | | | |
| Study Area | Course Name | Cost | Link |
| 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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| **Mermaids – Virtual / Face to Face** | | |
| Study Area | Course Name | Cost |
| Social work / CPD Development | Gender Awareness and diversity training | Free to members (planned and funded nationally or regionally) |

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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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| **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/> | |
| **Skills Academy - online** | | | | | |
| If you would like to access Unison’s Skills Academy Platform please email us on [l.organising@unison.co.uk](mailto:l.organising@unison.co.uk) and provide your first and second name and your membership number (or DOB and postcode) | | | | | |
| Study Area | | Course Name | | | Cost |
| Social work / CPD | | Child Neglect awareness | | | Free for members |
|  | | Child protection certification | | | Free for members |
|  | | Child sexual exploitation awareness | | | Free for members |
|  | | Deprivation of liberty safeguards | | | Free for members |
|  | | Modern slavery awareness | | | Free for members |
|  | | Privacy and Dignity certification | | | Free for members |
|  | | Safeguarding adults certification | | | Free for members |
|  | | Safeguarding children certification | | | Free for members |
|  | | Safeguarding vulnerable adults certification | | | Free for members |
| Personal skills and Development | | Body language | | | Free for members |
|  | | Communication basics | | | Free for members |
|  | | Decoding direct/indirect messages | | | Free for members |
|  | | Emotional intelligence | | | Free for members |
|  | | Handing Conflict in high Value Relationships | | | Free for members |
|  | | Identifying the cause of conflict | | | Free for members |
|  | | LGBTQ Awareness | | | Free for members |
|  | | Mindful Listening | | | Free for members |
|  | | Promoting Positive Behaviour | | | Free for members |
|  | | Unconscious bias certification | | | Free for members |
| Mental Health and Wellbeing | | Mindfulness | | | Free for members |
| Health and Safety | | Lone working awareness | | | Free for members |
|  | | Personal safety Certification | | | Free for members |
|  | | Dangers of working at night Certification | | | Free for members |
|  | | Duty of Care certification | | | Free for members |
|  | | Hazard Identification and Risk Control Certification | | | Free for members |
|  | | Travel safety for Women Certification | | | Free for members |

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| **Future Learn: OU** | | | |
| Study Area | Course Name | Cost | Link |
| 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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| **OpenLearn : OU** | | | |
| Study Area | Course Name | Cost | Link |
| Social work / CPD | Introducing social work: a starter kit. | Free to all | <https://www.open.edu/openlearn/health-sports-psychology/introducing-social-work-starter-kit/content-section-overview?active-tab=description-tab> |
|  | An Introduction to Social Work | Free to all | <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/introduction-social-work/content-section-0?active-tab=description-tab> |
|  | An Introduction to social work in Wales | Free to all | <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/introduction-social-work-wales/content-section-0?active-tab=description-tab> |
|  | Partnerhsips and networks in work with young people | Free to all | <https://www.open.edu/openlearn/health-sports-psychology/partnerships-and-networks-work-young-people/content-section-0?active-tab=description-tab> |
|  | Perspectives on social work : Individual stories | Free to all | <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/perspectives-on-social-work-individual-stories/content-section-0?active-tab=description-tab> |
|  | Social work and the law in scotland | Free to all | <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/social-work-and-the-law-scotland/content-section-0?active-tab=description-tab> |
|  | Social work learning practice | Free to all | <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/social-work-learning-practice/content-section-0?active-tab=description-tab> |
|  | Suppporting and developing resilience in social work | Free to all | <https://www.open.edu/openlearn/health-sports-psychology/supporting-and-developing-resilience-social-work/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> |