

Courses for newly qualified midwives

OpenLearn, FutureLearn and the Open University

OpenLearn offers free to online courses and they come with a certificate of participation. Some of the courses are CPD Standards Office supported.

On our website you can also find out more about the ways UNISON works with the [Open University](#).

Some short FutureLearn courses are free to attend online. Paying a course fee provides a Certificate of Achievement or Statement of Participation and wider access to all courses. Some FutureLearn courses have a timed start so they are not available all year round.

OpenLearn		
Type	Course	Duration
Health care	An introduction to death, dying and grief	7 hrs – intermediate
	Exploring issues in women's health	3 hrs – intermediate
	Infection and immunity	12 hrs – introductory
	Introducing healthcare improvement	3 hrs – advanced
	Medicine transformed: on access to healthcare	15 hrs – intermediate
	Public health approaches to infectious disease	3 hrs – introductory
	The MMR vaccine: Public health, private fears	20 hrs – advanced
	The science of nutrition and healthy eating	24 hrs – introductory
	Understanding service improvement in healthcare	10hrs – advanced
Mental health and stress	Challenging ideas in mental health	7 hrs – intermediate
	Developing career resilience	24 hrs – introductory
	Exercise and mental health	2 hrs – intermediate
	Exploring anxiety	9 hrs – advanced
	Exploring depression	7 hrs – advanced
	Making sense of mental health problems	10 hrs – intermediate
	Supporting children's mental health and wellbeing	24 hrs – introductory
	Understanding depression and anxiety	8 hrs – intermediate
	Work and mental health	5 hrs – intermediate
Workplace	Difference and challenge in teams	2 hrs – introductory
	Effective communication in the workplace	24 hrs – introductory
	Leadership and followership	24 hrs – introductory
	Making decisions	4 hrs – advanced
	Working in diverse teams	24 hrs – introductory
	Working in groups and teams	8 hrs – advanced
English and maths	English: skills for learning	24 hrs – introductory
	Grammar matters	8 hrs – advanced
	Numbers, units and arithmetic	5 hrs – introductory
	Succeed with maths – Part 1	24 hrs – introductory
	Succeed with maths – Part 2	24 hrs – introductory

FutureLearn	
Type	Courses
Health care	Healthcare & Medicine Courses
Mental health and stress	Psychology and Mental Health
Free courses	Look for Free digital updates on the FutureLearn website

The Skills Platform

[The Skills Platform](#) has both free and low-cost courses for health and care especially in e-learning options. Search from low to high price and check for CPD accreditation.

Skills Academy courses

Apply for a free account in <https://learning.unison.org.uk/skills-academy/> for UNISON to cover the cost of this vast online course platform. The courses carry CPD or Complementary Medical Association (CMA) accreditation. The weblinks below are purely for the description of the course content.

Type	Course	Duration
Health care CPD or CMA accredited	ADHD awareness	12 hrs
	Anxiety awareness	15 hrs
	Bipolar awareness	3 hrs
	Cognitive Behavioural Therapy (CBT)	14 hrs
	Dangers of sleep deprivation	3 hrs
	Depression awareness	15 hrs
	Diabetes awareness	3 hrs
	Blood-borne pathogens & exposure control plan	3 hrs
	End of life care	3 hrs
	Introduction to psychology	18 hrs
	Mental health awareness	3 hrs
	Mindfulness	10 hrs
	Safe handling of medicines	3 hrs
	Understanding autism	10 hrs
	Health care	Assessing mental capacity
Dementia awareness		4 hrs
Depression awareness		15 hrs
Eating disorder awareness		0.75 hrs
Epilepsy awareness		2.25 hrs
Infection control		3 hrs
Naturopathy		6 hrs
Nutrition for diabetes		3 hrs
Preventing falls in older people		2.5 hrs
Privacy and dignity		0.75 hrs
Sepsis awareness		0.5 hrs
Stroke awareness		0.75 hrs
Trauma awareness		5 hrs
UTI sepsis		2.5 hrs

Mental health and stress	How to improve your mental health	0.75 hrs
	How to improve your physical health	0.75 hrs
	Introduction to The Power of the Mind	0.75 hrs
	Mental health first aid	2.5 hrs
	Mental wellbeing in children and young people	2.5 hrs
	Reducing stress (techniques to relax)	3 hrs
	Reducing stress with meditation and visualisation	2.5 hrs
	Stress management (employees)	2 hrs
	Suicide prevention	3 hrs
	The self-care	4 hrs
Workplace CPD accredited	Alcohol at work awareness	3 hrs
	Dangers of working at night	3 hrs
	Dealing with difficult people and situations	7 hrs
	Dealing with stress, anxiety, depression and violence in the workplace	1 hr
	Disability awareness	3 hrs
	Drug and alcohol addiction awareness	15 hrs
	Equality, diversity & discrimination awareness	2 hrs
	Working in teams	8 hrs
Workplace	Dealing with workplace violence	1 hr
	Health and wellbeing	4 hrs
	Managing emotions at work	0.75 hrs
	People handling	2.5 hrs
	Preventing workplace discrimination	3 hrs
	Promoting positive behaviour	2.5 hrs
	Self-harm awareness	0.75 hrs
	Tackling sensitive workplace conversations	0.75 hrs
Personal	Assertiveness skills	5 hrs
	Benefits of Tai Chi	0.75 hrs
	Building your confidence and self-esteem	0.75 hrs
	Decoding direct/indirect messages	0.75 hrs
	Handling conflict in high-value relationships	2.5 hrs
	How to build resilience	0.75 hrs
	How to improve your sleep	0.75 hrs
	How to stop smoking	0.75 hrs
	Identifying causes of conflict	2.5 hrs
	Improve your assertiveness	0.75 hrs
	Life coaching	13 hrs
	Mindful listening	0.75 hrs
	Unconscious bias	2.5 hrs
	Personal safety	2.5 hrs
	Questioning and listening techniques	8 hrs
	The art of persuasion	0.75 hrs
English, maths and BSL	Advanced English spelling	3 hrs
	British Sign Language	2 hrs

	<u>English grammar – improve your English</u>	1.25 hrs
	<u>Introduction to maths</u>	2 hrs
	<u>Punctuation mastery</u>	0.75 hrs