

## Courses for newly qualified nurses

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

FutureLearn	
Type	Courses
Health care	<a href="#">Healthcare &amp; Medicine Courses</a>
Mental health and stress	<a href="#">Psychology and Mental Health</a>
Free courses	Look for <a href="#">Free digital updates</a> 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	<a href="#">ADHD awareness</a>	12 hrs
	<a href="#">Anxiety awareness</a>	15 hrs
	<a href="#">Bipolar awareness</a>	3 hrs
	<a href="#">Cognitive Behavioural Therapy (CBT)</a>	14 hrs
	<a href="#">Dangers of sleep deprivation</a>	3 hrs
	<a href="#">Depression awareness</a>	15 hrs
	<a href="#">Diabetes awareness</a>	3 hrs
	<a href="#">Blood-borne pathogens &amp; exposure control plan</a>	3 hrs
	<a href="#">End of life care</a>	3 hrs
	<a href="#">Introduction to psychology</a>	18 hrs
	<a href="#">Mental health awareness</a>	3 hrs
	<a href="#">Mindfulness</a>	10 hrs
	<a href="#">Safe handling of medicines</a>	3 hrs
	<a href="#">Understanding autism</a>	10 hrs
	Health care	<a href="#">Assessing mental capacity</a>
<a href="#">Dementia awareness</a>		4 hrs
<a href="#">Depression awareness</a>		15 hrs
<a href="#">Eating disorder awareness</a>		0.75 hrs
<a href="#">Epilepsy awareness</a>		2.25 hrs
<a href="#">Infection control</a>		3 hrs
<a href="#">Naturopathy</a>		6 hrs
<a href="#">Nutrition for diabetes</a>		3 hrs
<a href="#">Preventing falls in older people</a>		2.5 hrs
<a href="#">Privacy and dignity</a>		0.75 hrs
<a href="#">Sepsis awareness</a>		0.5 hrs
<a href="#">Stroke awareness</a>		0.75 hrs
<a href="#">Trauma awareness</a>		5 hrs
<a href="#">UTI sepsis</a>		2.5 hrs

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