



## Community and Adult Courses in Derwentside 2013

Course	Jan	Feb	March	April	May
<b>Open Advice sessions</b> Come & find out about our courses 10.00-2.00	14 <sup>th</sup>	11 <sup>th</sup>	4 <sup>th</sup>	4 <sup>th</sup> or 10 <sup>th</sup>	7 <sup>th</sup>
<b>OCN Health &amp; Social Care Principles and Practice Level 2</b> 4 days per week (Mon-Thurs) for 2 weeks Includes 3 Nationally recognised (QCF) and 2 Endorsed Certificates at Level 2	21 <sup>st</sup> - 31 <sup>st</sup>		11 <sup>th</sup> - 21 <sup>st</sup>		13 <sup>th</sup> - 22 <sup>nd</sup>
<b>Routeway to Leisure/Hospitality/Catering</b> 4 days per week (Mon-Thurs) for 2 weeks Includes 3 Nationally recognised Certificates at Level 2				15 <sup>th</sup> - 25 <sup>th</sup>	
<b>HSE Approved Emergency First Aid at Work (6 hours)</b> Nationally Recognised (QCF)	28 <sup>th</sup>	13 <sup>th</sup>	22 <sup>nd</sup>	11 <sup>th</sup>	10 <sup>th</sup>
<b>CIEH Approved Food Safety in Catering Level 2 (6 hours)</b> Nationally Recognised (QCF)		1 <sup>st</sup> or 25 <sup>th</sup>	15 <sup>th</sup>	19 <sup>th</sup>	
<b>CIEH Health &amp; Safety at Work Level 2 (6 hours)</b> Nationally Recognised (QCF)		18 <sup>th</sup>	28 <sup>th</sup>		
<b>Introduction to Care (12 hrs over 2 days)</b> Includes HSE Approved Emergency First Aid at Work Nationally recognised(QCF)		28 <sup>th</sup> Feb & 1 <sup>st</sup> March			
<b>Introduction to Catering (12hrs over 2 days)</b> Includes CIEH Food Safety in Catering Level 2 Nationally Recognised (QCF)			7 <sup>th</sup> & 8 <sup>th</sup>		
<b>Paediatric First Aid Level 2 (12hrs over 2 days)</b> Nationally recognised (QCF) & meets Ofsted Requirements		25 <sup>th</sup> & 26 <sup>th</sup>	26 <sup>th</sup> & 27 <sup>th</sup>		
<b>Introduction to Cleaning &amp; Support (12hrs over 2 days)</b> Includes CIEH Level 2 Manual Handling Nationally Recognised (QCF)		27 <sup>th</sup> & 28 <sup>th</sup>			

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Course	Jan	Feb	March	April	May
<b>Family Learning Health &amp; Safety for the Home (3hrs)</b> <i>Introduction to H&amp;S to help keep your family &amp; home safe</i>				26th	
<b>Family Learning First Aid for the Home (3hrs)</b> <i>Learn the basic principles of first aid including CPR, dealing with choking, cuts, strains and sprains and recognising childhood illnesses</i>				29 <sup>th</sup>	
<b>Family Learning Healthy Living(3hrs)</b> <i>Tips on nutrition, diet and exercise for a healthy lifestyle</i>				30 <sup>th</sup>	
<b>Family Learning Looking after an Elderly Relative(3hrs)</b> <i>Tips and advice on eg handling medication safely, dementia awareness, making their home safe &amp; helping them to get around</i>					3 <sup>rd</sup>

If you would like any further information on any of the courses-please give us a call or drop us an email

Or if you are a Charity Voluntary of Support organisation that would like any of the above courses delivered to a group (6+) on your premises-please let us know

**All courses are funded by Durham County Council and offered free of charge to anyone aged 19+ & living or working in County Durham**



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