

Learning is for life, not just for children!

Developing new skills and improving your knowledge has never been easier or more convenient than through Aspire Sussex's FREE Distance Learning courses. Delivered through distance learning, the courses are designed to be flexible to fit around work and life challenges. Students will have the support of a personal Assessor to guide them through the learning on the way to achieving a nationally recognised Level 2 qualification.

There are a wide range of skills and knowledge courses to choose from that will help you to support the young people in your life, be that from a professional perspective or within your family. With topics including Understanding Children and Young People's Mental Health or Understanding Autism through to Behaviour that Challenges and Specific Learning Difficulties, the courses will give you the understanding and confidence to best support those you care for. The courses are available for free to all adults over the age of nineteen.

With our online distance learning courses, you begin when it suits you with flexible start dates. Simply choose what you want to learn, get in touch, and start learning whenever you are ready. See below to discover the full range of distance learning courses available. For more information on any of the courses, contact the learning team at Aspire Sussex on 0345 601 0161 or email enquiries@aspireussex.org.uk.

CARING FOR CHILDREN

- Understanding Adverse Childhood Experiences
- Understanding Caring for Children and Young People
- Understanding Children And Young People's Mental Health
- Understanding Common Childhood Illnesses
- Understanding Mental Health in the Early Years

CARING FOR ADULTS

- Awareness of Mental Health Problems
- Common Health Conditions
- Principles of Care Planning
- Principles of Dementia Care
- Counselling Skills
- Principles of the Prevention and Control of Infection in Health Care Settings
- Understanding Autism
- Understanding Behaviour That Challenges
- Understanding Working with People with Mental Health Needs

SOCIAL CARE

- Customer Service for Health and Social Care Settings
- Preparing to Work in Adult Social Care
- Safe Handling of Medication in Health and Social Care
- Understanding Dignity and Safeguarding in Adult Health and Social Care

BUSINESS & ENVIRONMENT

- Creating a Business Start Up
- Understanding Climate Change and Environmental Awareness
- Understanding Mental Health First Aid and Mental Health Advocacy in the Workplace

EDUCATION & TRAINING

- Information, Advice or Guidance
- Understanding Safeguarding and Prevent
- Understanding Specific Learning Difficulties