

**Middlesbrough**  
Community Learning

# Distance Learning

Jan - Jul 2021

Apply at: [www.mcls.ac.uk/equal.html](http://www.mcls.ac.uk/equal.html)

Contact us today for more information:

Tel: 01642 811400 Email: [info@mcls.ac.uk](mailto:info@mcls.ac.uk) Web: [www.mcls.ac.uk](http://www.mcls.ac.uk)



@mbrolearning



Middlesbrough Community Learning

Distance Learning Courses	Duration	Age / criteria	Delivery
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## Childcare and Education

Safeguarding Adults and Children	4 hours	19+	○
Principles of Internet Safety	4 hours	19+	○

## Business, Leadership and Management

Conflict Management	4 hours	19+	○
Discipline in the Workplace	4 hours	19+	○
Induction of New Staff	4 hours	19+	○
Leading and Motivating a Team	2 hours	19+	○
Organising and Delegating	4 hours	19+	○
Performance Management	4 hours	19+	○
Planning and Allocating Work	4 hours	19+	○
Solving problems and Making Decisions	4 hours	19+	○
Stress Management	4 hours	19+	○
Understanding Leadership	4 hours	19+	○

## Health and Safety

COSHH Risk Assessment	4 hours	19+	○
DSE Risk Assessment	4 hours	19+	○
Fire Safety Principles	4 hours	19+	○
Health and Safety in the Workplace	4 hours	19+	○
Manual Handling Safety at Work	4 hours	19+	○

### Key:

○ = Online

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Distance Learning Courses	Duration	Age / criteria	Delivery
<b>Health and Social Care</b>			
Alcohol Awareness	4 hours	19+	○
Dementia Awareness	4 hours	19+	○
Safeguarding Adults and Children	4 hours	19+	○
Sexual Health Awareness	4 hours	19+	○
Substance Misuse Awareness	4 hours	19+	○
Understanding Anxiety	4 hours	19+	○
Understanding Depression	4 hours	19+	○
Understanding Eating Disorders	4 hours	19+	○
Understanding Stress	4 hours	19+	○
<b>Retail and Hospitality</b>			
Prepare to Deliver Excellent Customer Service	4 hours	19+	○
Food Safety Awareness	4 hours	19+	○
<b>Personal Development and Employability</b>			
Introduction to First Aid	4 hours	19+	○
Introduction to First Aid Zone 1	4 hours	19+	○
Introduction to First Aid Zone 2	4 hours	19+	○
Introduction to First Aid Zone 3	4 hours	19+	○
Introduction to First Aid Zone 4	4 hours	19+	○
Understanding Equality and Diversity	4 hours	19+	○
<b>Health and Well-being</b>			
Explore the Principles of Healthy Eating	4 hours	19+	○
Principles of Weight Management	4 hours	19+	○
Understand the Principles of Exercise and Fitness	4 hours	19+	○

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Middlesbrough  
moving forward