

Fircroft College Amendments to Courses

Free online courses for January and February 2021

This document highlights courses that we will still be running but **online** rather than residential, from Monday 18th January to Monday 15th February, as well as a Creative Writing correspondence course. All other courses in the Fircroft College “Your Future Starts Here” course brochure remain the same. However, should changes to our courses need to be made after 15th February due to COVID-19 government requirements, we will update you.

All the short courses in this document that are now being offered online, as well as the correspondence course, will be **free to all applicants**.

Please click on the links given to find out more including eligibility criteria.

To apply online for these courses please click on the links.

If you have any questions about these courses please contact our Admissions team by emailing admissions@fircroft.ac.uk

Introduction to History

20th – 22nd January (online)

This level 2 course is a great introduction to history. It looks at what resources and research is available to Historians and the strengths and weaknesses of both primary and secondary sources and their impact on our knowledge and understanding of that particular period in History. It will look at where to get reliable information and the effect of bias in Historical writing. Anyone applying for the [Pre Access](#) course would benefit from completing this unit.

<https://www.fircroft.ac.uk/introduction-to-history2021>

In Introduction to Creative Writing

25th January – 29th March (correspondence)

During this correspondence course, you will be inspired to identify and develop your own personal writing style, providing you with the opportunity to develop your own ideas for writing and supporting you to put those ideas down in a creative way. This is ideal for you to focus on writing from your imagination so you can escape the real world just for a while. You will receive packs through the post with clear guidance to follow. This is a 10 -week correspondence course where helpful packs will be sent to your home.

<https://www.fircroft.ac.uk/introduction-to-creative-writing>

Understanding Your Mental Health

25th – 27th January (online)

Mental health issues affect 1 in 4 people with nearly 12% of the population experiencing depression and anxiety, making it the most common issue of current times. Our mental health affects every aspect of our lives and good mental health is essential to our overall health and well-being. This course will explore what mental health is and why good mental health is important. We will identify the factors which affect us and the common reasons why people experience poor mental health. If you have or know someone who has experienced a mental health issue or just want to understand more about the subject then this course provides key information.

<https://www.fircroft.ac.uk/healthy-living>

Understanding Addiction

25th – 27th January (online)

If you work with or wish to be able to support people you may recognise there are many barriers to hinder us from fulfilling our potential. You may have personal and direct experience of addiction and would like to know if this is an area you could help others in. Being able to understand and support somebody through the impact of addiction can be both equally rewarding and challenging. You may be at the beginning of your journey and would like to know if the area of addiction is right for you. Perhaps people have told you that you would make a good drug worker and you have a natural ability to help people open up. This course is a basic introduction to Understanding Addiction and on completion, you gain a Certificate from Fircroft College.

<https://www.fircroft.ac.uk/understanding-addiction>

Coping With Anxiety

1st – 3rd February (online)

Do you or someone you know, suffer from anxiety? Do you want to learn how to regain control of your life? Then this course will provide the answers.

The fact is, most of us will experience feelings anxiety at some point in our lives, in response to challenging or stressful events. These episodes pass fairly quickly once the situation has ended. However, for some, anxiety is a constant, unpleasant and debilitating experience which affects the quality of their lives.

<https://www.fircroft.ac.uk/coping-with-anxiety>

Introduction to Safeguarding Adults Level 2

3rd – 5th February (online)

This course is for anyone who works or would like to work closely with vulnerable adults, their families and carers. Safeguarding is everyone's business and it is important to ensure your safeguarding knowledge is up to date and in line with government policies and procedures.

<https://www.fircroft.ac.uk/level-2-introduction-to-safeguarding-adults>

Healthy Living

8th – 10th February (online)

Have you always wondered what it means to be healthy? Does good health just mean having a balanced diet? There is so much more to discover in healthy living than nutrition.

This course will introduce you to a range of key areas that will support you in maintaining a healthy lifestyle and habits that can improve your overall physical, mental and emotional health.

<https://www.fircroft.ac.uk/healthy-living>

Understanding Dyslexia

8th – 10th February (online)

Understanding dyslexia is an introductory course looking at what dyslexia is and how it can be supported. This course looks at how dyslexia was first recognised, the common characteristics and how it may affect an individual's learning. The course also looks at how to remove barriers to learning as well as strategies for supporting other people with dyslexia. This course can help to improve your confidence if you are dyslexic or if you are supporting others with dyslexia. It will also enable you to see if you need to further develop your own learning strategies or need to develop your understanding further.

<https://www.fircroft.ac.uk/understanding-dyslexia2021>

Equality and Diversity

10th – 12th February (online)

Whether you want to study further in this field, or simply develop your personal and professional outlook, this course will give you a foundation in equality and diversity on which to build your thinking and practice. This qualification has been developed in order to address new legislation in this area, reinforcing the importance of equality and diversity within different contexts. You'll gain an understanding of the different issues affecting equality and diversity in today's society, the community and the workplace.

This course aims to introduce the concepts of equality and diversity in a variety of environments including society, the community and the workplace. It highlights how stereotyping and labelling affect individuals and outlines the effects of prejudice and discrimination. You will examine rights and responsibilities and learn the importance of taking individual responsibility and action to help and support others

<https://www.fircroft.ac.uk/equality-and-diversity2021>

Understanding Self-Confidence and Assertiveness

12th – 14th February (online)

Why is it that some people appear full of confidence, can express themselves with ease and have no problem asking for what they want and need; whilst others have low self-esteem, are treated poorly, and rarely have their needs met? By taking this course, you will gain a deep insight into these issues. A lack confidence and assertiveness skills, not only affects the way people see and treat us but how we perceive and treat ourselves. You may go along

with other people's ideas even when you disagree, just to keep the peace or find yourself being taken advantage of but don't know what to do about it. Sometimes you may feel angry but don't know how to express yourself and either explode, then feel guilty or suffer in silence. As a result, we may avoid social interactions, put ourselves down and engage in other self-defeating, self-limiting behaviours. If you suffer from a lack of confidence and want to learn how to be assertive and stand up for yourself, then this course will give you the skills and knowledge you need.

<https://www.fircroft.ac.uk/understanding-self-confidence-and-assertiveness>

Managing Conflict

17th – 19th February (online)

Conflict is inevitable. You cannot always agree with everything other people say and do. In some instances, you may need to challenge others on behalf of yourself or as an advocate for someone else. However, many people tend to avoid conflict because it can be unpleasant, stressful and damaging. But, what exactly is conflict and why do we seek to avoid it?

<https://www.fircroft.ac.uk/managing-conflict>

Level 3 Certificate in the Management of Volunteers

10 week course – New start date to be decided (residential and online)

As we face one of the most challenging periods in world history economically and societally, the third sector has an incredible part to play in helping society in general, and the local community, to recover. This qualification is ideal if you are preparing for your first management role in the third sector, or you are a practising manager and want to improve your performance. This course is also of benefit to people who are in management/supervisory roles in third sector organisations as well as people who aspire to work in a management role in a charity.

This course will give you a solid foundation in the specific set of skills you need to manage volunteers and can help you to:

- Supervise, support and motivate volunteer workers
- Manage people remotely and in-person with confidence, communicate well, build better relationships
- Develop a portfolio of practical management tools, techniques and skills
- Get a nationally-recognised qualification
- Promoting volunteering and recruiting volunteers
- Managing volunteer agreements
- Managing risk in relation to volunteers

NB This course is funded by the West Midlands Combined Authority and applies to a wide range of postcodes within the West Midlands region only. To check your eligibility please contact the Admissions team on 0212 472 0116 or email admissions@fircroft.ac.uk

Applicants are welcome to express their interest by applying for this course via the online application form at: <https://www.fircroft.ac.uk/level-3-certificate-in-management-of-volunteers>