



Helping Hands
Training Specialists

Course Catalogue

Learn Something Valuable



About Us

Established in 2021, Helping Hands Training Specialists Ltd. is a group of social care training experts with a vast wealth of experience, knowledge and expertise in social care and childcare sectors. Formed with the intention of passing on over 30 years of knowledge and experience. Helping social care and child care provisions improve their training and operational standards as well as helping these settings take on a positive approach to care, behavioural management and client support.

Helping Hands trainers are passionate about providing the best quality training courses and are committed to ensuring that all our participants are fully equipped to take on any challenges in their workplaces. Helping Hands trainers are on hand to deliver accredited training courses, offer up their knowledge and advice via virtual workshops and support their students with the most up to date and clinically recommended information.





First Aid Courses

FIRST AID AT WORK COURSE

Three Day Course - £180pp

This First Aid At Work course will provide participants with the knowledge and practice to be able to respond to minor first aid incidents and emergency life saving situations in their workplaces.

The first aid at work qualification is a three day course that covers all aspects of First Aid in the workplace and conforms to HSE document ACOP L74.



EMERGENCY FIRST AID

One Day Course - £60pp

This First Aid At Work course will provide participants with the knowledge and practice to be able to respond to minor first aid incidents and emergency life saving situations. This course conforms to national standards and will equip workers to provide immediate care to casualties in the work place. It will also equip workers to provide a supporting role to First Aid at Work first aiders.



PAEDIATRIC FIRST AID

Two Day Course - £120pp

Participants will learn how to appropriately respond to both minor first aid incidents and emergency life saving situations involving children and babies.

This course has been produced by WorkSafe Training Systems and Helping Hands staff are approved Worksafe instructors and conform to HSE standards. This course meets both HSE and Ofsted criteria for early Years and playcare settings.



Training Courses





FIRE WARDEN AND FIRE MARSHALL TRAINING

6 hours - £50pp

This Fire Warden and Fire Marshall training course will enable participants to fulfil the roles of Fire Warden and Fire Marshall in their workplace. This course advances the knowledge of fire safety, measures required to reduce risk and the safe and effective responses to a fire in the workplace.



FOOD SAFETY

3 hours - £30pp

This course is designed for those employees or people who may be required to prepare food as part of their duties. This course is based on the Food Standards Agency data but does not include Hazard Control Check Point information for more senior staff/supervisors. Upon completion of this course participants will understand hazards to food safety and methods to prevent contamination and ensure safe storage and preservation to maintain a safe and healthy food environment.



AN INTRODUCTION TO AUTISTIC SPECTRUM DISORDERS

6 hours - £50pp

An Introduction to Autistic Spectrum Disorders training course gives an insight into the autistic spectrum, latest research and the five forms of autism that may be encountered. This will also equip participants to modify their approach in communicating with people on the autistic spectrum as well as understanding typical autistic behaviours.



SAFEGUARDING CHILDREN

6 hours - £50pp

The Safeguarding Children Course will equip participants with all they need to know to effectively safeguard children in their care. The course covers all aspects of child abuse, reporting methods and actions to be taken when abuse is suspected. Through this course participants will gain all the knowledge and skills to be able to effectively maintain a safe environment for children in their care and be able to handle safeguarding issues in the correct way as required by law.



HEALTH AND SAFETY AND RISK ASSESSMENT

6 hours - £65pp

This course will equip participants with the knowledge to maintain a safe environment both for themselves and people in their care. It will also explore reporting requirements and statutory acts relating to health and safety. Upon completion of this course participants will be able to understand common health and safety risks and learn the appropriate preventative measures to reduce the likelihood of accident/injury in the workplace.



ADMINISTRATION OF MEDICATION

6 hours - £60pp

This course will equip participants with the knowledge and confidence to safely administer medication to clients and service users. The course includes all relevant legislation, storage requirements, recording and known side effects for commonly used medication. Upon completion of this course participants will be able to safely administer medication and effectively execute the recording procedures required by law.




EPILEPSY AWARENESS

3 hours - £30pp

The Epilepsy Awareness course is designed to give participants a basic understanding of epilepsy and upon completion participants will be able to impart basic first aid for the treatment of seizures and successfully execute the correct recording and compliance procedures pertaining to epileptic seizures.

MENTAL HEALTH AWARENESS

3 hours - £30pp



This course will equip participants with the knowledge they need to understand the current mental health crisis as well as delving deeper into common mental health conditions such as depression, bipolar disorder and schizophrenia. Participants will gain all the knowledge and skills to be able to understand and support those with mental health conditions and be aware of all the relevant legislation pertaining to mental health.




SAFEGUARDING ADULTS

6 hours - £50pp

Helping Hands Safeguarding Adults course provides knowledge on the Care Act 2014/15 and the significant changes to safeguarding legislation. The course provides all the information required to provide a comprehensive safeguarding service for clients. This course will educate participants on the different forms of abuse and how to maintain a safe work environment for vulnerable adults as well as the recording and reporting procedures required by law.

MOVING AND HANDLING

6 hours - £65pp



On the Moving and Handling course participants will learn basic theory, legislation, manual handling techniques and safe use of manual handling aids. Upon completion of this course participants will gain the qualification necessary to be able manually hold and handle as well as an understanding of the risks and safety procedures to be followed to be able to execute this role safely.



POSITIVE BEHAVIOURAL STRATEGIES

6 hours - £65pp

This course is designed to help parents and childcare professionals to implement modern behavioural strategies into their play settings/homes. This will focus on how to recognise certain behaviours. Through this course participants will gain and develop the skills to be able to maintain a safe, happy and fun environment for the children in their care while appropriately responding to child behaviour in a positive way.



CHILD WORKFORCE TRAINING

3 hours - £40pp

This course is designed to prepare child workforce staff for effective, professional and positive roles within child play settings. This covers essential paperwork, policies and health and safety - everything needed to run a professional child play setting. Participants will be able to effectively execute their roles in a professional child workforce setting and understand behaviour management planning and techniques.

Online Courses





EQUALITY AND DIVERSITY

£20 + VAT

Our equality and diversity course is perfect for managers and supervisors to help make sure that they put the best practice into place in the working environment. Equality and diversity training helps to reduce the occurrence of discrimination and to make sure everyone from any walk of life is treated equally and fairly.



SUBSTANCE MISUSE AWARENESS

£20 + VAT

In our Substance Misuse course, you will gain a detailed insight into how substance misuse disorders impact someone's life, as well as into the particularities that make someone vulnerable. You will learn about the various ways to treat addictions, such as detoxification, rehabilitation and various methods to cope while in recovery.



FGM AWARENESS

£20 + VAT

Our FGM Awareness course teaches you everything that you need to know about this practice and how to work to stop female genital mutilation (FGM).



CHILD NEGLECT AWARENESS

£20 + VAT

This course will highlight what to do if you suspect a child is at risk of neglect and how to report it. You will also consider why children may never disclose that they are being neglected or abused. Our Child Neglect Awareness course will also outline the impacts of child neglect long-term.



UNDERSTANDING BULLYING

£20 + VAT

This course will give you a greater knowledge on understanding bullying in children. You will learn why bullying happens, how to support children that are being bullied, as well as the ways to prevent bullying. This course will also cover the elements set out by Ofsted to assess how schools should be evidencing their anti-bullying policies.



LGBTQ+ AWARENESS

£20 + VAT

This course is for anyone wanting to know the up to date laws and legislations around LGBTQ+ itself. You will learn the importance of language and terminology in relation to minority groups and how the ways in which people are referred to and portrayed can have a significant impact on how they are perceived in society. You will learn whilst there are some similarities between bullying and harassment, the two are different, particularly when it comes to legalities.





OFFICE HEALTH AND SAFETY

£20 + VAT

Our Office Health and Safety course will help you gain a greater understanding on the importance of health and safety, as it prevents workers and others from being injured or being made ill while they are at work. You will learn the three main reasons in which employers should manage health and safety in the workplace and that it is there obligation to ensure health and safety is adhered to.



MENTAL CAPACITY ACT

£20 + VAT

This online Mental Capacity Act course teaches students the basics of this legislation, as well as how to carry out best interests decisions. Assessing capacity and various legal powers are also explained to ensure students have a strong knowledge of the five key principles of the MCA.



ALLERGEN AWARENESS

£20 + VAT

Our Allergen Awareness course is designed to give the necessary knowledge of allergies and intolerances for food handlers. This knowledge is used to reduce contamination and keep customers safe from any allergens they are allergic to.



UNDERSTANDING GDPR

£20 + VAT

GDPR is something that all businesses should have knowledge on, this legislation is fairly new and only came into effect in May 2018. This course will look at the key principles of GDPR and what the aims of the legislation are. It will look at the legal responsibilities that businesses have to comply with.



COSHH AWARENESS

£20 + VAT

This course is designed for people who work with hazardous substances and will introduce you to the COSHH legislation. Identifying substances that are hazardous to health and the correct risk assessment and control measures will be covered to ensure students are knowledgeable of how to deal with substances under the COSHH legislation.



SAFER RECRUITMENT

£20 + VAT

Studying our Safer Recruitment course will give you the information you need to know when advertising jobs, doing interviews and taking on new employees in a setting with children and young people. The course covers the legislation and policies needed to ensure child protection.





CHILDREN'S MENTAL HEALTH

£20 + VAT

It is important for people who work with children to know how they can support children who have mental health difficulties. This Children's Mental Health course will give you an insight into the different types of mental health difficulties common in children and how to help young people through these.



ASSESSING RISK (RISK ASSESSMENT COURSE)

£20 + VAT

In our Assessing Risk course you will learn that everyday of your life, you are assessing the risks around you, whether you are aware of it or not and you will look at some examples of this in our online course. You will consider the difference between hazards, near misses and incidents and look at preventing and controlling risks in your workplace.



ANXIETY AWARENESS

£20 + VAT

This Anxiety Awareness course is perfect for anyone working with people that have anxiety issues. The course develops a strong understanding of triggers for anxiety and panic attacks, as well as approaches to overcoming anxiety.



SCHIZOPHRENIA AWARENESS

£20 + VAT

Schizophrenia has a number of different components which make it extremely serious and this course will help you to spot these symptoms and help a person seek appropriate treatment. The course comes with full certification and covers a number of medical interventions as well as methods to manage Schizophrenia.



POSTNATAL DEPRESSION AWARENESS

£20 + VAT

This Postnatal Depression Awareness course is great for anyone. Especially people who are working around new mothers, or has a family member experiencing postnatal depression. This course will help students to have more knowledge on what postnatal depression is and the types of support out there for people experiencing postnatal depression.



INTERNET SAFETY IN SCHOOLS

£20 + VAT

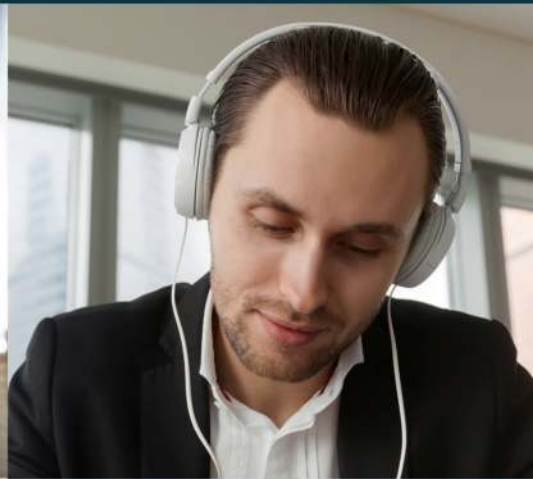
In our Internet Safety in Schools course you gain more knowledge around what the content of a safety policy should contain so that professionals can develop such a policy with useful and meaningful information that keeps everyone safe within the setting when they are using the internet.



[And many more at helpinghandstrainingspecialists.com/onlinecourses](http://helpinghandstrainingspecialists.com/onlinecourses)



Virtual Workshops





AUTISM AWARENESS

2 hours - £20pp - Book Online

Autism Awareness gives an insight into the autistic spectrum, latest research and the five forms of autism that may be encountered. This will also equip participants to modify their approach in communicating with people on the autistic spectrum as well as understanding typical autistic behaviours.



CHILD WORKFORCE WORKSHOP

2 hours - £20pp - Book Online

This course is designed to prepare child workforce staff for effective, professional and positive roles within child play settings. This covers essential paperwork, policies, health and safety and ratios. Participants will be able to effectively execute their roles in a professional child workforce setting and understand behaviour management planning and techniques as well as having a knowledge of legal requirements, safety and procedure.



INTRODUCTION TO EPILEPSY

2 hour - £20pp - Book Online

Introduction To Epilepsy is designed to give participants a basic understanding of epilepsy and upon completion participants will be able to impart basic first aid for the treatment of seizures and successfully execute the correct recording and compliance procedures pertaining to epileptic seizures.



FIRE SAFETY

2 hours - £20pp - Book Online

This Fire Safety course will enable participants to fulfil the roles of Fire Warden and Fire Marshall in their workplace. This course advances the knowledge of fire safety, measures required to reduce risk and the safe and effective responses to a fire in the workplace.



FOOD SAFETY

2 hours - £20pp - Book Online

This course is designed for those employees or people who may be required to prepare food as part of their duties. This course is based on the Food Standards Agency data but does not include Hazard Control Check Point information for more senior staff/supervisors. Upon completion of this course participants will understand hazards to food safety and methods to prevent contamination and ensure safe storage and preservation to maintain a safe and healthy food environment.



BARRIERS TO COMMUNICATION

2 hours - £20pp - Book Online

In this workshop, participants will learn various different ways in which we can communicate and recognise the plethora of different barriers to that communication. Participants will have an understanding of what barriers to communication exist and be able to deploy effective communication techniques. Participants will also be trained in the use of AAC, visual aids and be given a very basic introduction to Makaton.

Audiobook Courses





ANGER AND AGGRESSION MANAGEMENT AUDIO COURSE

£15

Why do some of us get so angry, whilst others remain calm in even the most stressful of situations? This course uncovers the reasons behind our anger, the effects it has on our mind and body and on others, and how to relieve and prevent anger through proven techniques, strategies and lifestyle choices.



ASPERGERS AWARENESS AUDIO COURSE

£15

This course is designed to help you enhance your relationships with individuals affected by Asperger Syndrome. You will understand the characteristics of the condition, how it is diagnosed, and the challenges it presents to individuals and families in their personal, school and working lives. You will also learn how you can provide support and build on the strengths of those living with the condition.



CHILD PSYCHOLOGY AUDIO COURSE

£15

The Child Psychology Diploma Course will vastly improve your understanding of the unique and complex minds of children and the effect external and internal influences have on their development. By studying this course, you will gain knowledge that can help you to raise well-balanced, productive individuals as well as discover some universal insights into human nature.



ADDICTION THERAPY AUDIO COURSE

£15

The Addiction Therapy Diploma Course has been created with the goal of enabling you to understand both 'traditional' addictions and other behaviours and negative lifestyle choices, and how to overcome these afflictions with positive action.



SPECIAL EDUCATIONAL NEEDS AND DISABILITY (SEND) AUDIO COURSE

£15

The Special Educational Needs and Disability (SEND) Diploma Course is designed to arm its students with a comprehensive knowledge that will enable them to utilise a variety of teaching methods and practices to suit the different preferred learning styles of the children they teach.



UNDERSTANDING DYSLEXIA AUDIO COURSE

£15

The Understanding Dyslexia Diploma Course helps students to better comprehend dyslexia, as well as how it can affect a child's self-esteem, how to identify it, and importantly it covers the many ways in which teaching can be adapted to help a dyslexic learner.



Our Training Manager

Philip Hazlehurst – has a vast amount of experience as an adult instructor both for Sheffield City Council and The Burton Street Foundation as Training Manager and holds the Award in Education and Training. He obtained instructor qualifications in the following disciplines: Moving and Handling, First Aid, Administration of Medication, Children's Safeguarding, Adult Safeguarding, Anaphylaxis Awareness, Epilepsy, and Administration of Rescue Medication, Fire Warden and Fire Marshall, and has developed his own courses for Health and Safety, Autism Awareness and Food Safety.

Philip also has significant experience as a Health and Social Care manager and holds an NVQ 5 in that discipline, specialising primarily with children with Special Needs. In the many years of running training for Sheffield City Council and the Burton Street Foundation Philip has gained a well respected reputation amongst the social care industry professionals in Sheffield and is well known and vastly experienced with over 15 years of training under his belt. Philip is a true expert when it comes to the courses that he runs and always endeavours to make them as fun, engaging and informative as possible.

