



OPEN AWARDS LEVEL 1 AWARD in Physical Health and Mental Wellbeing

OPEN AWARDS LEVEL 1 CERTIFICATE in Physical Health and Mental Wellbeing

PeoplePlus are partnering with Open Awards to deliver two brand new Level 1 training pathways in Physical Health and Mental Wellbeing. Part of the YouCan suite of wellbeing training launched with PeoplePlus Restart participants, the modules have supported learners into work quicker, and helped them sustain their new employment.

Suitable for employed and unemployed learners, these accessible modules are ideal to use for stretch, challenge, progression, and additionality to complement existing delivery.

Course content is delivered in a blended format. Interactive e-learning modules featuring quizzes are auto-assessed, freeing tutor time to focus on group work. An activity workbook consolidates outcomes and serves as a record of learning and achievement.

The partnership with awarding body Open Awards enables delivery of the accredited Level 1 Award or Certificate.

A complimentary 60-minute train the trainer session is included in both the Award and Certificate packages. This session is delivered by one of our specialist wellbeing coaches.

Open Awards Level 1 Award in Physical Health and Mental Wellbeing (RQF) 603/5785/X Cost - £70

Funding Value - **£300**

The Level 1 Award features 2 units Guided Learning Hours – 54

Unit 1: YouCan Be Aware (Alcohol and substance misuse)



Module 1: Alcohol Awareness.

- Know about differences in unit strengths
- Know about the health issues associated with alcohol misuse
- Know about the effects of alcohol misuse
- Know about agencies offering help and information about alcohol misuse



Module 2: Substance misuse.

Part 1: Develop an awareness of substance misuse:

- Know what substances are commonly misused and why
- Recognise possible signs of substance misuse
- Be aware of the social and personal effects of substance misuse
- Be aware of perceptions of and responses to substance misuse



Part 2: Issues of Substance Misuse

- Know about different types of legal and illegal substances
- Know about the impact of the use and misuse of substances
- Know about sources of support relating to misuse of substances

Unit 2: YouCan Build Your Future (Self-esteem, Confidence & Dealing with problems)

- Know about the impact of confidence
- Know what is meant by self-esteem
- Understand ways of building confidence and self-esteem
- Be aware of problems when they arise
- Know who to ask for help when a problem arises
- Be able to participate solving a problem



learningplus@peopleplus.co.uk
www.peopleplus.co.uk

Open Awards Level 1 Certificate in Physical Health and Mental Wellbeing (RQF) 603/5801/4

Cost - £155

Funding Value - **£724**

The Level 1 Certificate features 4 units Guided Learning Hours – 117

Unit 1: YouCan Be Aware (Alcohol and substance misuse)



Module 1: Alcohol Awareness.

- Know about differences in unit strengths
- Know about the health issues associated with alcohol misuse
- Know about the effects of alcohol misuse
- Know about agencies offering help and information about alcohol misuse



Module 2: Substance misuse.

Part 1: Develop an awareness of substance misuse:

- Know what substances are commonly misused and why
- Recognise possible signs of substance misuse
- Be aware of the social and personal effects of substance misuse
- Be aware of perceptions of and responses to substance misuse



Part 2: Issues of Substance Misuse

- Know about different types of legal and illegal substances
- Know about the impact of the use and misuse of substances
- Know about sources of support relating to misuse of substances

Unit 2: YouCan Control your emotions (Anger management) *

- Understand how emotions can affect behaviour
- Know how anger can affect society
- Understand biological changes in relation to anger
- Understand where to get support and help

Unit 3: YouCan Bounce Back (Causes of anxiety & personal resilience) *

- Know about anxiety
- Recognising and dealing with anxiety
- Know about traits of personal resilience/ mental toughness
- Be able to identify traits of personal resilience/ mental toughness
- Be able to identify personal areas for improvement in personal resilience/ mental toughness
- Recognising and understanding emotions
- NHS 5 ways of Wellbeing

Unit 4: YouCan Build Your Future (Self-esteem, Confidence & Dealing with problems)

- Know about the impact of confidence
- Know what is meant by self-esteem
- Understand ways of building confidence and self-esteem
- Be aware of problems when they arise
- Know who to ask for help when a problem arises
- Be able to participate solving a problem

