



Training





There are many, many, many **free resources** and training available to everybody – including you!

While you're taking a lead role with OurRoad, you might find it useful to read up, or follow some of the below online training.

This is not required, not essential and not tested(!), but it could help you recognise a situation which might need specialist help, or put you in a strong position to give somebody the right information to find themselves help.



# General Online Resources



## Thurrock CVS

Thurrock CVS is the community and voluntary sector group with offices in Grays. They have a menu of training available including:

- Health and Wellbeing
- Safeguarding for workers entering other people's homes
- Digital Skills

<https://thurrockcvs.org/online-training-2/>

## Thurrock Community College

Although many courses listed on their website have a charge, you may be eligible for reduced fees. You can find full information on their website below. However, there are some introduction courses available online and in classroom settings including:

- Bookkeeping
- Childcare
- Creative Writing
- Confidence building and moving forward
- Positive thinking
- Counselling skills
- Self-esteem

<https://www.tacc.ac.uk/>

## Future Learn

Future learn provides lots of online training and education including degrees and very specialist subjects from experts across the world's top universities and organisations. However, they also offer short, free, digital courses across lots of areas. Just like:

- Managing Mental Health
- Start Writing fiction
- Supporting adolescent learners
- Introduction to cyber security
- Podcasting
- Collaborative Team working remotely

[https://www.futurelearn.com/courses?filter\\_category=open&filter\\_course\\_type=sponsored&filter\\_availability=started&all\\_courses=1](https://www.futurelearn.com/courses?filter_category=open&filter_course_type=sponsored&filter_availability=started&all_courses=1)



# General Online Resources

## Learn My Way

Learn my way has lots of basic guides, broken into manageable modules for you to pick up when you have time. They include:

- Computer and online basics
- Microsoft Office programmes
- Internet skills and online safety
- Finding a job online
- Improving your health
- Managing your money online

<https://www.learnmyway.com/>

## The Skills Toolkit

Find free, high quality digital and numeracy courses in The Skills Toolkit.

<https://theskillstoolkit.campaign.gov.uk/>

## Virtual College

Virtual college requires registration to complete their free courses, but as soon as you receive your online log in information you can get started! They have plenty of courses for £0 including:

- An introduction to Infection Prevention and Control
- Mental Health and Wellbeing Resource Pack
- Prepared to save a life
- Understanding Young Minds
- Awareness of Forced Marriage

<https://www.virtual-college.co.uk/resources/free-courses>







## Joe Wicks

Fitness coach Joe Wicks has been christened “the nation’s PE teacher” during lockdown – and his 30-minute 9am classes have brought an army of new fans to his YouTube channel, The Bodycoach TV, which now has 2.2 million subscribers. There are more than 250 work-outs to choose from for every level, including a 10-minute work-out for seniors. Playlists range from “7 Days of Sweat” to “Leg Day Workouts” and “15 Minute Fat Burners”.

[youtube.com/thebodycoach1](https://youtube.com/thebodycoach1)

## Frame

“Endorphins on demand” is how Frame describes its energy-fizzing collection of work-outs, which fall into three categories: sweat, party and sculpt. This part of the Frame site was rushed out to help with the new situation, so it is a little less than slick. But that doesn’t detract from the work-outs.

[online.moveyourframe.com](https://online.moveyourframe.com)

## Dance to the beat

DancePlug has a community feel. It was created to connect a global network of dancers and the site is a mix of classes and choreography. The online dance page has a filter for free classes where you can find routines and steps covering contemporary, jazz, hip-hop, ballet, Bollywood, tap and more. There is a bar icon that shows the skill level, and a video icon that links through to the lesson breakdown. For routines, there is a full preview, slow breakdown of steps with count and a mirror view with count.

[danceplug.com/classes](https://danceplug.com/classes)



# Wellbeing





## Alo Yoga 7 Days of Gratitude

The American yogawear brand Alo Yoga was started by best friends Danny and Marco, who had the idea to create a brand that inspires a yoga way of life on the mat and beyond. That ambition fuelled a YouTube channel that started with yogis leading practices filmed in Alo Yoga's flagship stores, for anyone to follow, anywhere in the world. Today, the channel has hundreds of videos, covering everything from energising morning flows to arm balances, handstands to power vinyasa flows and multi-day challenges such as "7 Days of Gratitude", which includes detoxifying, heart-opening, energising and restorative flows.

<https://www.youtube.com/watch?v=8CaQuPOG7vc&list=PL-cOasrzjtZKHMqSGRZSWNrsRRjlfKjCN>

## A 30 Day Yoga Journey

Adriene Mishler runs a 30-day challenge each January that remains available to users and subscribers to her YouTube channel, Yoga With Adriene. The programme starts with day zero, a six-minute orientation video where Adriene shares tips to prepare you for the 30-day yoga journey ahead. Elsewhere on the channel, you can filter practices by length of time and types – yoga for beginners, yoga for back pain, yoga for weight loss and more.

<https://www.youtube.com/watch?v=KWBfQjuwp4E&list=PLui6Eyny-UzzFFpiil94CUrWKVMaqmkm>



# Lifestyle





## Houseplant Parenting Course

Alice Vincent, author of the recent hit memoir *Rootbound: Rewilding a Life*, takes you through a video course that breaks down the basics of indoor plant care. The team at Patch has gathered tips and advice from experts and condensed everything into 16 bitesize videos – the average run time is two minutes. Learn how to pick the right plant, water it correctly, clean its leaves and understand why leaves fall off, then step up the skill level with tips on repotting, growing from cuttings and making natural pesticides.

[patchplants.com/gb/en/care/indoor-plant-care/](https://patchplants.com/gb/en/care/indoor-plant-care/)

## Online Barista Training

This series of videos may be five years old, but there is a rich harvest of knowhow and skill to learn from this collection created by the American Barista & Coffee School. For the most comprehensive training, follow the playlist of 21 videos created by Cody Lorange. Learn how to use an espresso machine, store coffee, steam milk, clean tools and create latte art.

[https://www.youtube.com/channel/UCnIN1\\_vQvSzzBElyPPu2xIA](https://www.youtube.com/channel/UCnIN1_vQvSzzBElyPPu2xIA)

## Bake bread

Skillshare is a vibrant online learning community where creators and makers share their knowhow. Get started with a 28-minute class on “The One Yeast Dough You Need To Know”, taught by acclaimed cook Julia Turshen.

[skillshare.com/browse/bread](https://skillshare.com/browse/bread)

## Sharpen your digital photo skills

Sign up to Alison.com’s Introduction to Digital Photography course and learn what all the buttons on your digital camera do, different styles of photography to help you decide the form you enjoy most (landscape, street, portrait), types of image files and more.

[alison.com/courses?&category=photography](https://alison.com/courses?&category=photography)