



Ascentis Short Course List Autumn 2025

Welcome to Springboard's Ascentis Short Courses

Whether you're embarking on your first job hunt, considering a career shift or simply aiming to boost your confidence, Springboard's Ascentis Short Course qualifications offer the perfect launchpad.

Each qualification is accredited by a nationally respected awarding organisation, which adds strength to your CV and showcases your commitment to personal and professional development.

Flexible Learning: Study online at your own pace, choose your start date, and balance your studies with other commitments.

Dedicated Support: Every learner is guided by a personal Springboard tutor, ensuring you're supported from start to finish.

Learning Your Way: Whether you prefer face-to-face learning in a community setting or the flexibility of remote study, the choice is yours.

Entry Requirements

Cheshire East resident aged 19+; Good level of English; Basic IT skills; Ability to register and attend a 40 minute multiple choice test at either Congleton Riverside or Macclesfield Library.

Essential Workplace Safety Short Courses

These short **workplace safety** courses are designed to give you the confidence and knowledge to protect yourself and others in everyday life and professional settings. Whether you're entering the workforce, starting a business or building essential life skills, these accessible courses help you stay safe and protect others.

Level 1 Award in Personal Safety: Learn how to stay safe in everyday situations by understanding personal safety, the impact of crime and substance misuse and how to respond in emergencies.

Level 1 Award in Health and Safety: Understand the basics of workplace safety, including identifying hazards, responsibilities and safe working practices.

Level 2 Award in Food Safety in Catering provides essential knowledge for anyone working in food preparation, focusing on hygiene practices, contamination risks, and legal responsibilities to ensure safe food handling in catering environments.



Health and
Safety

Personal Development Short Courses

Empower Yourself with Skills for Life. Take charge of your wellbeing and everyday life. Whether you're aiming to improve your health, boost your mental wellbeing or manage your finances with confidence, these courses offer tools and supportive guidance to help you thrive.

 **Level 1 Award in Personal Health and Wellbeing:** Learn how to make informed lifestyle choices, understand personal health and relationships and build confidence and self-esteem.

 **Level 2 Award in Healthy Living:** Explore the principles of healthy living, including balanced diets, physical health and long-term lifestyle habits.

 **Level 1 Award in Mental Health and Well-Being:** Understand mental health, explore common mental health issues and learn how to support your own and other people's wellbeing.

 **Level 1 Award in Managing Personal Finance:** Gain essential money management skills, from budgeting and spending to understanding financial products.



Education & Community Setting

Short Courses

These short courses are perfect for anyone looking to work in schools or community settings. If you're aiming to become a teaching assistant or classroom support worker, they offer a strong foundation in key areas like safeguarding, inclusion and equality—helping you build the confidence and knowledge to support learners effectively.

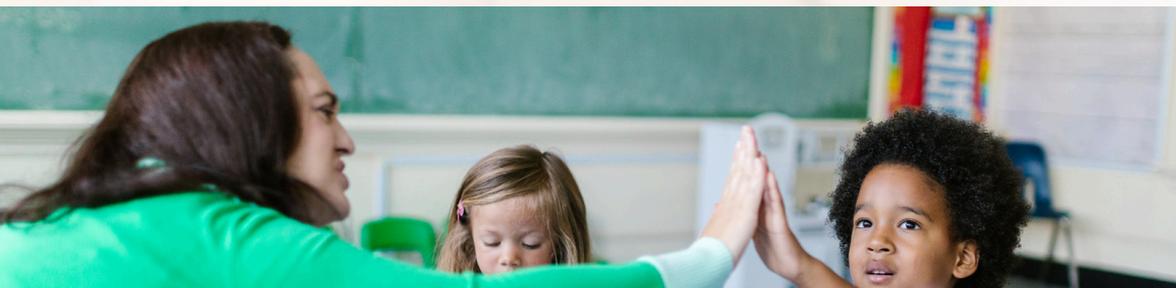
 **Level 1 Understanding Safeguarding:** Learn how to recognise and respond to safeguarding concerns across educational, workplace, and community settings.

 **Level 1 Understanding an Inclusive Environment:** Explore how to foster inclusive spaces and effectively address discrimination and bullying.

 **Level 1 Equality and Diversity:** Discover the importance of diversity and learn how to promote equality through respectful communication.

 **Level 1 Citizenship:** Gain insight into UK democracy, government, and the justice system—key topics embedded within the KS3 curriculum.

 **Entry 3 Introduction to British Values:** This short course supports the active promotion of five core British values: democracy, rule of law, individual liberty, mutual respect, and tolerance.



Health Professionals & Care Sector Short Courses

If you're looking to begin a rewarding role in the care sector, our short courses offer the essential knowledge and skills to help you get started.

Learn how to work safely and respectfully with others and build confidence in supporting vulnerable individuals. These accessible qualifications are ideal for anyone preparing to work in health, social care, or community support roles.

Level 1 Award in Personal Safety: Learn how to stay safe in

everyday situations by building awareness of risks and emergency responses.

Level 1 Award in Infection Control and Prevention: Gain essential

knowledge for care settings by learning how infections spread and how to prevent them through effective hygiene and safe working practices.

Level 1 Award in Understanding Safeguarding: Understand how to recognise signs of abuse or neglect and how to respond appropriately to protect vulnerable individuals in your care.

Level 1 Award in Equality and Diversity: Learn how to support and respect individuals from all backgrounds by promoting inclusion, fairness, and dignity in care settings.



Sustainability, Citizenship & Enterprise

Short Courses

Sustainability is essential to business success. Discover how you can contribute by learning to live and work more sustainably, tackle plastic pollution, understand your role as a citizen, and get to grips with the world of work and business.

 **Level 2 Award in Environmental Sustainability:** Explore sustainability principles, environmental impacts and how to make eco-friendly choices in daily life and work.

 **Level 1 Award in Preventing Plastic Pollution:** Understand the impact of plastic waste and learn practical ways to reduce, reuse, and recycle.

 **Level 1 Award in Citizenship:** Learn how the UK government works, how decisions are made and how you can take part as an active citizen.

 **Level 1 Award in Understanding Employment, Business & Enterprise:** Discover the basics of work, business and enterprise and explore your potential as an entrepreneur.



How to Sign Up for an Ascentis Short Course with Springboard

1. **Visit:** www.springboard.me.uk
2. **Browse Courses:** Find the course that interests you.
3. **Book Your Course:** Click the “Book a Course” button next to your chosen course. Fill in the short online form.
4. **Springboard will send you with an email** with details of how to register. You will need to do this at either Congleton Riverside or Macclesfield Library.
5. **Once registered** you can start Learning! Choose to study at Springboard or from home.
6. **Achieve a qualification:** When you have completed your course, book in a slot to take your assessment and gain your qualification.

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