



Dundee Carers Centre

*Because We Care*

# Learned something new?

**Find out how  
you can get  
nationally accredited  
qualifications based on  
your skills and experiences  
as an unpaid carer**

Dundee Carers Centre offers a range of free and flexible ways for you to gain nationally accredited qualifications which recognise the learning, training, skills and personal experience you have gained as an unpaid carer. These opportunities are available if you take part in one-to-one support, groups, learning, training or volunteering.

Some of our awards are available for the whole family to work towards together – so there really is something for everyone.

## **Is Accreditation for Me?**

Being a carer means you might not have time for yourself, or to take part in more formal training or education opportunities.

The accreditation opportunities in this leaflet have been chosen to offer you the opportunity to gain recognition and qualifications for the range of skills and knowledge you gain from your caring role or taking part in informal groups or activities.

They are flexible and designed to fit around you and your caring role and can be completed during the group or support sessions you would attend anyway.

They also offer you the opportunity to use these qualifications to move on to employment or formal education such as college or university, if that is something you want to work towards.

## REHIS Elementary Cooking Skills



THE ROYAL  
ENVIRONMENTAL HEALTH  
INSTITUTE OF SCOTLAND

This is a fun and practical qualification for young people (aged 12+ years) and adults, where you will have the opportunity to take part in practical cookery sessions which aim to increase your skills, confidence and knowledge in relation to basic cooking whilst gaining a nationally recognised qualification.

You will learn food preparation skills, awareness of food safety and hygienic food preparation practices.

REHIS Elementary Cooking Skills has been developed by the Royal Environmental Health Institute of Scotland and has been independently rated on the Scottish Credit Qualifications Framework at Level 4.

I was able to get involved in REHIS Cooking Skills, Cake Decorating, First Aid Training and Adult Achievements Awards. This helped me to get a job to help support my family at home.



## Adult Achievement Awards

Adult Achievement Awards  
*Recognising Learning*

Adult Achievement Awards are nationally recognised awards which have been developed by Newbattle Abbey College and Napier University. They are available at different levels on the Scottish Credit and Qualification Framework:

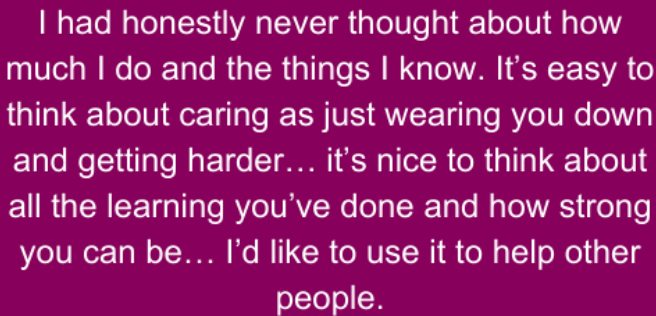
- Level 3 is a great place to start if you've been out of education for some time or don't have a lot of other qualifications
- Levels 4 & 5 are if you are more confident
- Level 6 is at the same level as a Higher

A member of the Dundee Carers Centre team will help you choose which level is right for you.

This has been great for me as I haven't worked for 10 years as I've been a full time mum. This will help me get into College and get a career which is what I really want.

Give it a try, it's amazing what you can learn!

At each level you will be asked to review and reflect on the learning you have undertaken and plan your next steps. The learning can be informal learning at home, in your community, volunteering or more formal training courses you have taken – even college courses.



I had honestly never thought about how much I do and the things I know. It's easy to think about caring as just wearing you down and getting harder... it's nice to think about all the learning you've done and how strong you can be... I'd like to use it to help other people.

If you complete our online e-modules you can use the Adult Achievement Award to gain an additional qualification.

You decide how long you take to do the award and how you complete it – you can write it, type it, have a conversation with someone else who can write out your words, or you can record it via audio or video recording. It really is up to you.

## Hi 5 Awards

Hi 5 is a nationally recognised award which was developed by Youth Scotland for young people aged 5+ to record and evidence their achievements based on activities they have taken part in.



You choose a challenge based on an activity – this can be as part of a group, trip or something you do together as a family.

You complete your challenge, gather evidence such as photos and then review your activity.

*Hi 5 awards are Scottish Credit and Qualification Framework level 2.*

The good thing is that you can go at your own pace. The questions are good because they make you think, but it can be like a conversation so you don't feel under pressure.

## Dynamic Youth Awards & Youth Achievement Awards



These awards are nationally recognised and developed by Youth Scotland. Dynamic Youth Awards are for young people aged 10+ years old and Youth Achievement Awards are for young people aged 14+. They enable you to record and evidence your achievements based on activities you have taken part in or been involved in planning and organising.

You choose a challenge – which can be as part of a group, through one to one support or as a young volunteer – and gather evidence such as photos and references from group leaders or peers. You are then able to review your activity and plan your next steps.

*Dynamic Youth Awards are Scottish Credit and Qualification Framework level 3.*

*Youth Achievement Awards are Scottish Credit and Qualification Framework levels 4-7*

I thought it would be a great qualification to add to my CV. I used it in my College application.

For more information on these great opportunities please contact your Dundee Carers Centre Worker.

If you're new to Dundee Carers Centre, please contact Ellie Julings on 01382 200422 or email: [ellie.julings@dundeecarerscentre.org.uk](mailto:ellie.julings@dundeecarerscentre.org.uk)

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