

Accredited Courses and Qualifications



About Us

We're a passionate, lived experience-led team delivering training and consultancy across health and social care.

With over 30 years' experience, our teams have worked with organisations such as the NHS, local authorities, and large care groups to develop and roll out training programmes, safeguarding strategies and more.

Our training is shaped by those who know care best. Every member of our training team brings a unique depth of insight, either through active roles on the social care frontline or through personal lived experience. This brings authenticity, empathy, and relevance to every session, making learning practical and deeply impactful.

We don't just deliver training. We partner with organisations to understand their needs, support workforce development, and drive meaningful change in practice.

Our mission is to empower people, shift cultures and drive quality.

**Quality assured care learning that is current,
accessible, real and engaging**



2,600

Care staff trained



200+

Courses delivered



94%

Average course rating

EXCELLENT



Based on 52 reviews

Google



Sue Middleton
9 April 2025



Laura Templeman
8 April 2025



Just had Oliver McGowan training with one stop training. very engaging and easy to understand, easy to follow but



We had Jenny and the team come to my workplace and carry out the training for Tier 2 Oliver McGowan, we all found the

Commitment to Quality

We're proud to hold a number of nationally recognised quality marks that reflect our commitment to delivering safe, inclusive, and impactful training across health and social care. These endorsements are more than just badges. They represent our dedication to meeting national standards, championing lived experience, and continuously improving the way we support learners and services.

Each [Quality Mark](#) we hold has been earned through rigorous assessment and reflects the trust placed in us by organisations such as the Department of Health and Social Care, Skills for Care, Highfield, and the Hertfordshire Care Professional Academy.

*We value 1Stop as an independent business and organisation, who are able to really understand our needs. They are an excellent partner of ours and we really value working with them – **Druglink***

Funding for Training

1Stop Training are proud to be a Hertfordshire Care Professional Academy Quality Assured Training Partner for the year 2025/2026.

If you are a care service based in Hertfordshire, and you are an [HCPA Member](#), you can access funding for social care training.



Training subjects that can be funded include: Adult safeguarding and capacity, Care Planning and Recording, Caring for individuals living with Dementia, Fire safety, Food hygiene, Infection prevention and control, Medication administration, Mental Capacity, Moving and Assisting people, Supporting Autistic individuals and Supporting individuals with a Learning Disability. Terms and conditions apply. [Click here to find out more.](#)



**Department
of Health &
Social Care**

Eligible adult social care employers in England can also claim staff training costs from the Adult Social Care Learning and Development Support Scheme, provided by the DHSC. The LDSS is available for non-regulated care staff, including deputy and Care Quality Commission-registered managers and agency staff, within the adult social care workforce. [View funded training courses and qualifications here.](#)

Funded opportunities include the Oliver McGowan Training and the Level 2 Adult Social Care Certificate. You can read more about the LDSS scheme and eligibility criteria [here](#).

Accredited Courses and Qualifications List

Programme	Type	Overview	Method	Duration	Maximum Number of Learners
Level 2 Adult Social Care Certificate	Qualification	Coming Soon	-	-	-
Level 2 Award in Basic Life Support and Safe Use of an Automated External Defibrillator	Qualification	This qualification is designed to allow learners to develop their knowledge and skills in basic life support to meet the needs of their role in work or another setting. Topics include assessing the scene of an accident and the casualty, managing an unresponsive casualty, CPR and AED, how to use an AED with a child casualty and effectively handing over the casualty.	In Person	4 hours	12
Level 3 Award in Adult Basic Life Support and Automated External Defibrillation	Qualification	The objective of this qualification is for learners to attain the knowledge and practical competences required to deal with a casualty who is unresponsive. Topics include assessing an emergency situation safely, providing first aid to an	In Person	3 hours	12

		unresponsive casualty who is not breathing normally and providing first aid to an unresponsive casualty who is breathing normally.			
Level 3 Award in Adult Basic Life Support and Management of Anaphylaxis in Clinical Practice	Qualification	The objective of this qualification is for learners to attain the knowledge and practical competences required to deal with a casualty (an adult) who is unresponsive, experiencing an anaphylactic reaction, or choking. Topics include assessing an emergency situation safely, providing first aid to an unresponsive casualty who is breathing/not breathing normally, providing first aid to a casualty with anaphylaxis, and providing first aid to a casualty who is choking.	In Person	4 hours	12
Level 3 Award in Adult Basic Life Support in Clinical Practice	Qualification	The objective of this qualification is for learners to attain the knowledge and practical competences required to deal with a casualty who is unresponsive or chocking. Learners undertaking this qualification may or may not be qualified clinicians. Topics include assessing an	In Person	3 hours	12

		emergency situation safely, providing first aid to an unresponsive casualty who is not breathing normally, providing first aid to an unresponsive casualty who is breathing normally, and providing first aid to a casualty who is choking.			
Level 3 Award in Adult Basic Life Support, Automated External Defibrillation and Management of Anaphylaxis	Qualification	The objective of this qualification is for learners to attain the knowledge and practical competences required to deal with a casualty (an adult) who is unresponsive or experiencing an anaphylactic reaction. Topics include assessing an emergency situation safely, providing first aid to an unresponsive casualty who is not breathing normally, providing first aid to an unresponsive casualty who is breathing normally and providing first aid to a casualty with anaphylaxis.	In Person	3 hours	12
Level 3 Award in Basic Life Support and Automated External Defibrillation for Adults, Children and Infants	Qualification	The objective of this qualification is for learners to attain the knowledge and practical competences required to deal with a casualty (an adult, child or infant) who is unresponsive. Topics include	In Person	4 hours	12

		assessing an emergency situation safely, providing first aid to an unresponsive casualty who is not breathing normally, and providing first aid to an unresponsive casualty who is breathing normally.			
Level 3 Award in Basic Life Support and Management of Anaphylaxis for Adults, Children and Infants in Clinical Practice	Qualification	The objective of this qualification is for learners to attain the knowledge and practical competences required to deal with a casualty (an adult, child or infant) who is unresponsive, experiencing an anaphylactic reaction, or choking. Topics include assessing an emergency situation safely, providing first aid to an unresponsive casualty who is not breathing properly, providing first aid to an unresponsive casualty who is breathing properly, providing first aid to a casualty with anaphylaxis and providing first aid to a casualty who is choking.	In Person	5 hours	12
Level 3 Award in Basic Life Support for Adults, Children and Infants in Clinical Practice	Qualification	The objective of this qualification is for learners to attain the knowledge and practical competences required to deal with a casualty (an adult, child or infant) who is unresponsive or choking. Topics	In Person	4 hours	12

		include assessing an emergency situation safely, providing first aid to an unresponsive casualty who is not breathing normally, providing first aid to an unresponsive casualty who is breathing normally and providing first aid to a casualty who is choking.			
Level 3 Award in Basic Life Support, Automated External Defibrillation and Management of Anaphylaxis for Adults, Children and Infants	Qualification	The objective of this qualification is for learners to attain the knowledge and practical competences required to deal with a casualty (an adult, child or infant) who is unresponsive or experiencing an anaphylactic reaction. Topics include assessing an emergency situation safely, providing first aid to an unresponsive casualty who is not breathing normally, providing first aid to an unresponsive casualty who is breathing normally and providing first aid to a casualty with anaphylaxis.	In Person	4 hours	12
Level 3 Award in Emergency First Aid at Work	Qualification	This qualification is specifically for those individuals who are to become an emergency first-aider in the workplace. This one-day qualification meets the	In Person	7 hours	12

		requirements of both the Health and Safety (First Aid) Regulations 1981 and the Health and Safety (First Aid) Regulations (Northern Ireland) 1982. Topics include the roles and responsibilities of a first-aider, assessing an emergency situation safely, CPR and AED, administering first aid to a choking casualty and dealing with shock, burns, scalds, bleeds and minor injuries.			
Level 3 Award in First Aid at Work	Qualification	The objective of this qualification is to support those individuals needing to become a first-aider in the workplace. Topics include the roles and responsibilities of a first-aider, assessing an emergency situation safely, CPR and AED, administering first aid to a choking casualty, putting a casualty in the recovery position, dealing with shock, burns, scalds, bleeds and minor injuries and using adrenaline auto-injectors.	In Person	18 hours	12
Level 3 Award in First Aid at Work (Requalification/Refresher)	Qualification	This qualification is designed for individuals who are renewing their First Aid at Work certification. It ensures that first-aiders remain confident and	In Person	12 hours	12

		<p>competent in their role, maintaining the skills and knowledge necessary to respond effectively in emergency situations in the workplace. The course revisits and reinforces key first aid principles, including the roles and responsibilities of a first-aider, assessing an emergency situation safely, performing CPR and using an AED, administering first aid to a choking casualty, placing a casualty in the recovery position, managing shock, burns, scalds, bleeds, and minor injuries and using adrenaline auto-injectors.</p>			
Level 3 Award in Emergency Paediatric First Aid	Qualification	<p>This qualification is designed for individuals wishing to gain the knowledge and skills required to enable them to provide effective emergency paediatric first aid. It is ideal for pre-school or nursery staff, toddler group volunteers and childminders. It is also suitable for parents, relatives and foster carers. Topics include the roles and responsibilities of a paediatric first-aider, assessing an emergency situation safely,</p>	In Person	7 hours	12

		CPR and AED, administering first aid to a choking infant or child, putting a casualty in the recovery position and dealing with shock, bleeds, bites, stings and minor injuries.			
Level 3 Award in Paediatric First Aid	Qualification	The objective of this qualification is to support learners wishing to become a paediatric first-aider in the workplace with a responsibility for the welfare of infants and children. Topics include the roles and responsibilities of a first-aider, assessing an emergency situation safely, CPR and AED, administering first aid to a choking infant or child, dealing with shock, scalds, bleeds, bites, stings and minor injuries, providing first aid to an infant or child with anaphylaxis, and dealing with casualties with fractures, and spinal or head injuries.	In Person	12 hours	12
Level 5 Safeguarding Adults Accredited Course	Accredited Course	Coming Soon	-	-	-



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