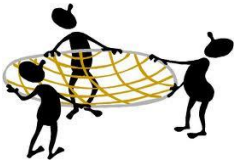


Free Volunteers Training

Delivered as part of the new Volunteer Network BANES; enabling volunteers to access a wide variety of training opportunities across Bath and NE Somerset.

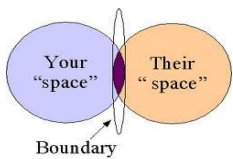


Safeguarding

Tues 11th Oct, 6pm – 9.15pm
Central Bath – [Map](#)

- What is abuse
- The signs of abuse
- What to do if you think
- Someone is at risk

Booking
[Wellbeing College](#)



Boundaries

Wed 2nd Nov, 1pm – 4.30pm
Central Bath – [Map](#)

- Different types of boundaries
- Effect of good & poor boundaries
- Confidentiality
- Communicating effectively

Booking
[Wellbeing College](#)



Understanding PTSD

Thurs 17th Nov 6pm – 9.15pm
Central Bath – [Map](#)

- The impact of trauma
- Common myths
- Paths to recovery
- Anxiety symptoms

Booking
[Wellbeing College](#)



Intro to Trainer Skills - Qualification

Mon 7th & Tues 8th Nov
9.30am – 3.30pm
Central Bath – [Map](#)

- Identify participant's needs
- Planning and preparing
- Designing resources
- Delivering sessions
- Assess learning & progress

Booking
[Wellbeing College](#)



Facilitators Course

Six day course: Wed & Thurs
Nov 23rd, 24th, 30th,
Dec 1st 7th, 8th 10am–3pm
Central Bath – [Map](#)

- Skills, knowledge & confidence, for everyday life and facilitating groups

Booking
[Wellbeing College](#)



Diversity & Inclusion

Thurs 19th Jan, 1pm – 4.30pm
Central Bath – [Map](#)

- What is diversity & Inclusion
- Diversity and the law
- Understanding discrimination
- Increase inclusivity

Booking
[Wellbeing College](#)



Introduction to Motivational Interviewing

Wed 16th Nov, 9.15am – 4.45pm
Central Bath Location TBC

- Helps you to help others...
- Overcome 'stuck' behaviour
 - Make positive change
 - Build self-efficacy

Booking/Info
richardbrookes
@dhibath.org.uk

The Volunteer Network BANES

The Volunteer Network is a network of organisations that aspire to support each other in the development of good practice through collaboration in volunteer recruitment, training and support; in the development of consistent policies and procedures, and also developing a volunteer pass making it easy to volunteer in another organisation and develop or progress.

We are trialling the use of a resource exchange model, with the aspirations of:

- Volunteers having open and easy access to a wide range of training beyond what any single organisation can offer
- Organisations maximising use of their existing training resource/capacity
- Developing the positive impact volunteers are able to make
- Ensuring volunteers feel valued and are supported to develop

Our aspiration is that lots of organisations provide open access training or other resource to their own volunteers and volunteers from other organisations.

We are recruiting a network Coordinator to build the network into something all volunteers can benefit from. To get involved or find out more please contact any of the steering group:

| | | |
|------------------|--------------------------------|--|
| Kate Morton | Bath Mind | Katemorton@bathmind.org.uk |
| Richard Brookes | DHI | RichardBrookes@dhibath.org.uk |
| Ralph Lillywhite | St Mungo's | Ralph.Lillywhite@Mungos.org |
| Michael Plows | Volunteer Centre Bath & beyond | mike.plows@vol-centre.org.uk |
| Lucie Fowler | Alzheimers Society | lucie.fowler@alzheimers.org.uk |
| Emma Prout | Soundwell | emma.prout@soundwell.org.uk |
| Cathryn Bartrum | B&NES Council | Cathryn_Bartrum@BATHNES.GOV.UK |
| Philippa Forsey | Creativity Works | philippa.forsey@creativityworksforeveryone.co.uk |
| Anna Ferguson | St John's Hospital Trust | Anna.ferguson@stjohnsbath.org.uk |