





# Free Volunteer Training Opportunities

Do you volunteer your time and energy to help others? Then why not come along to some of our free volunteer training sessions?

Gain the skills and knowledge to feel confident, capable, and make the most of your volunteer experience. Sessions are open to anyone who volunteers in Bath and North East Somerset. And they're all FREE!

This training is provided by **Volunteer Network BANES**, helping not-for-profit organisations to support, develop, and value their volunteers.

We'll be adding more training throughout the year. Check what's available at [www.wellbeingcollegebanes.co.uk/Volunteers](http://www.wellbeingcollegebanes.co.uk/Volunteers)

	<p><b>Supporting People with Mental Health needs</b>  <b>Volunteering &amp; Mental Health</b>  <b>Trainer: Lauri Grandi</b> <a href="#">ACE Mungo's</a>  <b>Date: Tues 21<sup>st</sup> Feb</b>  <b>Time: 10.00am – 1.00pm</b>  <b>Venue: <a href="#">Museum of Bath Architecture</a></b></p>	<ul style="list-style-type: none"> <li>• What is health &amp; mental health</li> <li>• Barriers to engagement</li> <li>• Mental Health recovery approach</li> <li>• Psychological distress, what to do</li> <li>• Support skills</li> <li>• Looking after yourself</li> </ul>	<p><a href="#">Booking</a>  <a href="#">Wellbeing</a>  <a href="#">College</a></p>
	<p><b>Intro to Motivational Interviewing Skills</b>  <b>Volunteer Skills Building</b>  <b>Trainer: Phil Johnston-Smith,</b> <a href="#">DHI</a>  <b>Date: Wed 15<sup>th</sup> March</b>  <b>Time: 9.15am – 4.45pm</b>  <b>Venue: <a href="#">Bubble - St John's, Bath</a></b></p>	<p>This enjoyable session will help volunteers develop the tools to help others...</p> <ul style="list-style-type: none"> <li>• Overcome 'stuck' behaviour</li> <li>• Make positive change</li> <li>• Build self-efficacy</li> </ul>	<p><a href="#">Booking</a>  <a href="#">Wellbeing</a>  <a href="#">College</a></p>
	<p><b>Attachment Theory</b>  <b>Volunteering &amp; Mental Health</b>  <b>Trainer: Dr Nick Benians,</b> <a href="#">AWP</a>  <b>Date: Tues 28<sup>th</sup> March</b>  <b>Time: 10.30am – 12.30pm</b>  <b>Venue: <a href="#">Museum of Bath Architecture</a></b></p>	<ul style="list-style-type: none"> <li>• What is Attachment Theory?</li> <li>• How can it negatively affect someone's life in the long-term?</li> <li>• How does it relate to Mental Health care and other issues?</li> </ul>	<p><a href="#">Booking</a>  <a href="#">Wellbeing</a>  <a href="#">College</a></p>
	<p><b>Every day First Aid</b>  <b>Volunteering with people who use Drugs &amp; Alcohol</b>  <b>Trainer: Kathryn Clements</b>  <b><a href="#">British Red Cross</a></b>  <b>Date: Wed March 29th</b>  <b>Time: 1pm - 3pm</b>  <b>Venue: <a href="#">Bubble - St John's, Bath</a></b></p>	<p>Session to build confidence if you ever need to help someone...</p> <ul style="list-style-type: none"> <li>• Having a seizure or heart attack</li> <li>• Unresponsive &amp; breathing/ not breathing &amp; using an AED</li> <li>• Who's taken something harmful</li> <li>• Who has a head injury, burn or scald</li> </ul>	<p><a href="#">Booking</a>  <a href="#">Wellbeing</a>  <a href="#">College</a></p>



**Personality Disorder**  
**Volunteering & Mental Health**  
**Trainer: Louise Holmes or Jimmy Lowther, [AWP](#)**

**Date:** Tues 25<sup>th</sup> April  
**Time:** 10.30am – 12.30pm  
**Venue:** [Museum of Bath Architecture](#)

- What do we mean by Personality Disorder?
- How should we treat it; and just as importantly, how should we *not*?

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**Understanding PTSD**  
**Volunteering & Mental Health**  
**Trainer: Phoebe Kitcher, Mungo's Jimmy Lowther, [AWP](#)**

**Date:** Tues 30<sup>th</sup> May  
**Time:** 10.30am – 12.30pm  
**Venue:** [Museum of Bath Architecture](#)

- A chance for volunteers and peer mentors to learn more about...
- The impact of trauma
  - Common myths
  - Paths to recovery
  - Anxiety symptoms

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**Know Your Rights: The Mental Health Act**  
**Volunteering & Mental Health**  
**Trainer: Karyn Yee-king & Lee Rawlings, [AWP](#)**

**Date:** Tues 20<sup>th</sup> June  
**Time:** 10.30am – 12.30pm  
**Venue:** [Museum of Bath Architecture](#)

- A short session to help volunteers and staff understand the impact of this act on their clients' independence and wellbeing.
- What does it do?
  - Sectioning – when, why & rights
  - Consent to treatment

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**Wellbeing Brunch**  
**Volunteering & Mental Health**  
**Trainer: Sal Cook, [Bath Mind](#)**  
**Date:** TBD Feb/March  
**Time:** 10.30am – 12.30pm  
**Venue:** [Bubble - St John's, Bath](#)

- Spotting signs of mental ill health
  - Different mental health conditions
  - Language and communication
  - Appropriate support and response
  - Local signposting/services
- You've done all you can, next?

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**Volunteer Network BANES**

In addition to free training the Volunteer Network BANES is continually developing new ways to help organisations help their volunteers. These currently include; A Volunteer Pass, A Volunteer Progression App, Volunteer Support Sessions, and a Good Practice Library.

If your organisation would like to get involved, has a suggestion, or just wants to know more please get in touch at [volunteernetworkbanes@gmail.com](mailto:volunteernetworkbanes@gmail.com)