

Free Volunteer Training Opportunities

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!

We'll be adding more training throughout the year. To check what's available and book a place visit: www.wellbeingcollegebanes.co.uk/Volunteers

	<p>Safeguarding Training for Volunteers Volunteering & Mental Health Delivered by St Mungos Date: Mon 29th March Time: 9.30am – 12.30pm Venue: Bath City Farm</p>	<p>If you volunteer with vulnerable adults or children it's essential to know how to spot and respond to signs of risk, exploitation or abuse. This session covers...</p> <ul style="list-style-type: none"> • What is abuse? • What are the signs? • How should I respond? 	<p>Booking Wellbeing College</p>
	<p>Every day First Aid Available free to volunteers Delivered by British Red Cross Date: Wed March 29th Time: 1pm - 3pm Venue: Bubble - St John's, Bath</p>	<p>Session to build confidence if you ever need to help someone who is:</p> <ul style="list-style-type: none"> • Having a seizure or heart attack • Unresponsive & breathing/ not breathing & using an AED • Taken something harmful • Has a head injury, burn or scald 	<p>Booking Wellbeing College</p>
	<p>Assertiveness and Confidence Training for Volunteers Delivered by Dorothy House Date: Wednesday 5th April Time: 1.00pm – 4.30pm Venue: The Bubble, Central Bath</p>	<p>Enjoyable and invaluable session that helps you develop the skills and confidence to feel more capable and comfortable when helping others.</p>	<p>Booking Wellbeing College</p>
	<p>Welfare Benefits Awareness Delivered by Bath Mind Welfare Adviser Date: Friday 7th April Time: 10.00am – 12.00pm Venue: Julian House, Bath</p>	<p>Navigating the benefits system is a confusing and frustrating experience. This primer session helps you understand...</p> <ul style="list-style-type: none"> • The key benefit payments • Obstacles clients encounter • Where to turn for expert advice 	<p>Booking Wellbeing College</p>