

Free Volunteer Training

Enabling volunteers to access a wide variety of training opportunities across Bath and NE Somerset

We aim to have as many organisations as possible delivering courses in their specialist areas. If your organisation wants to be involved in providing training, a room or anything else please get in touch.

St Mungo's coordinates volunteer training in the social care sector in Bath & NE Somerset. Courses are open to any volunteer and 424 volunteers from 52 organisations have booked on 22 different types of course so far.

The Volunteer Network and Pass

The volunteer Network is a network of organisations, in the social care sector, who aspire to provide volunteers with a positive experience of volunteer recruitment, training and support. This includes the development of the **Volunteer pass** where volunteers can easily:

- Book training and automatically record attendance
- Record their volunteering roles and achievements
- Record DBS and referees

This is designed to make it easy to see what you've achieved, volunteer somewhere else or create a CV.

Which training

We recommend that all volunteers attend core training – **Safeguarding, Boundaries** and **Confidentiality**, going on to attend further training which enables them to have a positive impact as a volunteer, to progress and maintain their wellbeing.

Lived Experience

We are particularly interested in enabling people with lived experience to volunteer.

To book Training

Go to Volunteers page of the;

www.wellbeingcollegebanes.co.uk

Or register only once and get your volunteer pass;

www.volunteerpas.org.uk

If the course you want is not currently advertised please call Ralph on 0782 511 5775 to find out when it will next run

Please speak to your volunteer coordinator to ensure the training complements the role and processes where you volunteer.

For more information or to get involved please contact:

Ralph Lillywhite

ralph.lillywhite@mungos.org

Tel: 07825 115 775

Paul Rimmer

paul.rimmer@mungos.org

Core Training

Volunteer Core Training

Delivered by DHI

◆ Aim

That all participants understand their role in relation to professional boundaries and staying safe when working with socially excluded or vulnerable groups or individuals;

◆ What

- Boundaries
- Safeguarding

- Confidentiality
- Personal Safety
- The day also includes an introduction to Drugs and Alcohol and also DHI

A one day course

Boundaries Training

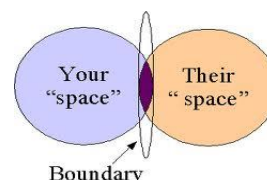
Delivered by St Mungo's

◆ Aim

To provide participants with a clear understanding of boundaries including risks around personal disclosure, dealing with gifts and keeping ourselves and others safe, including the importance of setting and keeping healthy boundaries and identifying situations before things go wrong.

◆ Course Outcomes

- Understand the difference between personal and professional boundaries
- Consider the impact of good and bad boundaries
- Understand how to identify boundary crossing
- Consider the importance of confidentiality
- Know where you can go to raise concerns or gain support



A half day course

Safeguarding Adults and Children

Delivered by St Mungo's

◆ Aim

To provide participants with a clear understanding of their roles and responsibilities in preventing and responding to suspected and actual abuse.

◆ Course Outcomes

By the end of the day participants will:

- Be able to define what adult abuse, child abuse and vulnerable adult abuse is
- Understand the importance of values and attitudes in responding to safeguarding concerns
- Have considered indicators for different types of abuse
- Know what their responsibilities are in relation to safeguarding adults and children
- Apply learning to case studies based on real situations



A half day course

All other Training

Conflict Management

Delivered by Wellbeing College

◆ Aim

A short interactive session for volunteers who may encounter challenging behaviour or situations with clients or vulnerable members of the community.

Delivered by a Registered Mental Health Nurse with over thirty years' experience working with vulnerable individuals and clients in NHS and other social care organisations.

◆ Learning Objectives

- Meet other people in similar roles to you
- Identify the challenging situations you may have come across during your work
- Explore and share strategies to improve our skills and communication styles

A half day course

Connect 5

Delivered by St Mungo's & Creativity Works

◆ Aim

An accessible, evidenced based training that provides participants with skills, competencies and confidence in having conversations about mental health and wellbeing. It gives tools to empower others to take proactive steps to build resilience and look after themselves. Accredited by the Royal Society of Public Health.



◆ Learning Objectives

- Develop your core understanding of mental health, mental wellbeing and how to signpost to local services and resources that will enable individuals to help themselves.
- We don't need to be mental health specialists to support those who are experiencing emotional and mental health problems.

A half day course (day 2 and day 3 – available as required)

Everyday First Aid skills

Delivered by British Red Cross

◆ Aim

To be able to help or respond to someone who is having a medical emergency

◆ Skills to help someone who

- Is bleeding heavily
- Is choking
- Has a broken bone
- Is having a heart attack
- Is having a seizure (epileptic fit)
- Has hypothermia
- Is unresponsive and not breathing/Is unresponsive and not breathing (AED is available)
- Has a burn or scald
- Has a head injury
- Is having a stroke
- Has eaten or drunk something harmful
- Is unresponsive and breathing

A half day course

Facilitators Course

Delivered by St Mungo's

◆ Aim

Run your own group with confidence. By improving your skills, knowledge and confidence for everyday life and for jointly facilitating groups.



◆ Learning Objectives

1. **Introductory Session** - Course overview, getting to know each other, dispel fears. What are the skills of a facilitator? We all have talents, skills and competencies.
2. **Communicating with Confidence** - Understand the benefits and barriers to good communication and consider the different tools that can help improve communication.
3. **It's Ok to be Me** - A deeper understanding of the differing gifts we have by virtue of our personalities.
4. **Assertiveness & Managing a Meeting** - Communicating assertively in different situations. Ground rules and confidentiality. Empowering others to express their needs, wishes and possible ways forward.
5. **Public Presentation Skills** - Developing the ability to give a short presentation and give constructive feedback

A five day course, 10am – 3pm

Introduction to Trainer Skills

Delivered by St Mungo's

◆ Aim

Providing a foundation in training design and delivery, for volunteers planning to co-deliver training through the organisation they volunteer for or the Wellbeing College.

◆ Learning Objectives

- Writing the aims and objectives of a course to meet participants needs
- Developing a training plan
- What is good facilitation and the different methods of delivery



- Practice designing and delivering a short session
- Evaluating learning
- What next and supporting each other as you start to deliver training

This two day course aims to give people, the confidence to start training, usually with an experienced trainer.
Please call Ralph on 07825 115 775 to more info.

Lone Working

Delivered by St Mungo's

◆ Aim

A clear understanding of your role in relation to professional boundaries and staying safe.

◆ Learning Objectives

- Know how lone working fits into your role
- Purpose of professional boundaries to ensure personal safety
- How to stay safe when community lone working
- How to manage difficult situations using Dynamic Risk Assessment
- Apply your learning to case studies based on real situations

A half day course

Managing Challenging Situations

Delivered by Wellbeing College

◆ Aim

To enable volunteers to be better able to manage challenging behaviour or situations with clients or vulnerable members of the community.

◆ Learning Objectives

- Meet other people in similar roles to you and identify the challenging situations you may have come across
- Explore and share strategies to improve skills and communication styles

Delivered by a Registered Mental Health Nurse and independent trainer with over thirty years' experience working with vulnerable individuals and clients in NHS and other organisations.

A half day course

Make Every Contact Count (MECC)

Delivered by St Mungo's & Wellbeing College

◆ Aim

Public Health England's course supporting participants to have confidence to deliver healthy lifestyle messages, to encourage and support people to change their behaviour, and to direct them to local services that can support them.

◆ Learning Objectives

- Able to have healthy conversations to plant the seed for change
- Improve conversation skills
- Able to ask open questions
- Supporting people to identify and set goals
- Improved ability to achieve goals by SMARTER planning

Delivered over 2 half days



Mental health Awareness

Delivered by Bath Mind

◆ Learning Objectives

- What is mental health, spotting the signs and symptoms
- Exploring the 5 ways to wellbeing; Connect, Be Active, Keep learning, Give, Taking notice
- Responding to, and communicating with someone experiencing mental health difficulties (Using the mental health continuum and the ABC Approach)
- Remaining resilient

- Having sensitive conversations around mental health

A half day course

Peer Mentor Training

Delivered by St Mungo's

◆ Aim

To provide volunteers or anyone wanting to support others by becoming a volunteer mentor or befriender with the confidence, skills and knowledge to support others one-to-one. The course aims to support people who wish to utilise their lived experience to support others.

◆ Course Outcomes

- Day One: Boundaries, safeguarding, confidentiality, lone working, equal opportunities, knowing the organisation you volunteer for
- Day Two: What is 'recovery'? Person-centred planning, Wellbeing development plans, SMART goals, handling criticism, keeping well

If you have any questions about the course or joining the St Mungo's peer mentoring team please call Claire Lawrence on 07736 457 670

This is a 2 day course. We recommend that mentors also attend training on; Lone-working, Respecting difference, Safeguarding; MECC, Conflict management and 5 Ways to wellbeing.



Respecting Difference

Delivered by Bath College

An introduction to Equality & Inclusion

◆ Aim

To introduce the principles of equality, diversity and inclusion and how they relate to volunteering.

◆ Learning Objectives:

- Explain the difference between equality, diversity and inclusion, including; why these are valued by social care organisations
- Be able to describe what are protected characteristics and forms of discrimination
- Identify how you can challenge inappropriate behaviour of clients, staff or other volunteers
- Understand unconscious bias and its impact when volunteering

A half day course



Create Your Wellness Plan (WRAP)

Delivered by Wellbeing College

◆ What

Wellness Recovery Action Planning (WRAP) is a personal guide to daily living.

Explore the Wellness Tools that can support you to take care of your health and wellbeing and help you to understand and cope with life challenges.

◆ In this course you will learn:

- About Triggers & Early signs of being out of balance with your mental health & wellbeing
- How to utilise WRAP to make small changes to manage your health & wellbeing proactively
- Consider how to use the tool with the people you support

A half day course

Suicide Awareness

Delivered by Wellbeing College

◆ What

A new course being developed in collaboration with a mental health nurse and Wellbeing College.

This workshop will identify the reasons why someone might want to end their life and how we can respond.

◆ In this workshop you will:

- Identify the reasons why someone might want to end their life and how we can respond

- Explore the myths and facts about suicidal thoughts.
- Develop the knowledge, skills and confidence to support people in similar situations which they may come across in their volunteering roles.

A half day course

PIE for Carers

Delivered by St Mungo's & KS2 carers group

PIE training aims to help family and friends supporting a loved one with a lived experience of mental health problems. It develops understanding and approaches to create the best possible environment that supports everyone's emotional and mental wellbeing.



◆ **The sessions are broken up into four bite size sessions of 3 hours:**

1. **Understanding Mental Health Challenges** - An opportunity to explore what it can be like to experience mental health challenges and how mental health needs can impact on people's behaviour
2. **Support people with mental health needs to make changes** - To explore some of the challenges of supporting people to make changes and introduces some techniques for working with change.
3. **Conflict and Crisis** - Reducing and managing conflict and crises with the person you support
4. **Learning, reflecting and support** - To be better able to establish clear boundaries, positive communication & relationships