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| Working Safely *For volunteers who often work alone, or in other people’s houses.* | Wed 4th Apr13:30-15:30 |
| This session will look at different ways of ensuring your safety, as well as the safety of the person you help.  | Oak House, Park Lane LS3 1EL |
| It will be fun, interactive, and leave you feeling more confident about your volunteering. | Click here to Book |
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| Communicating more effectively with someone with very basic English*For volunteers who want to feel more confident working with people whose English is limited.* | Tue 6th Feb13:30-15:30Thu 7th Jun18:00-20:00 |
| This session will look at ways of communicating with people who do not have English as first language or where communication is challenging. | Oak House, Park Lane LS3 1EL Click here to book |
| We will explore different ways to communicate, as well as learning some top tips about the use of hand gestures, humour, pen and paper and mobile phones. |  |
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| Mental Health : how to help someone find extra support | Mon 3rd Sept18:00-20:00 |
| *For volunteers who want to feel more confident about supporting people with mental health problems* | Oak House, Park Lane LS3 1EL |
| This session will focus on the practical support you can offer to someone experiencing mental health difficulties – to assist them to find the support they want, how to help them to stay engaged, what to do in a mental health crisis, and how to look after yourself in the process.  | Click here to book |
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| Working in a person centred way  *For volunteers who want their support to be more empowering.* | Tue 6th Nov13:30-15:30 |
| This session will help you look at the way you support the person you help, and ways to ensure your support is empowering. We will look at person-centred ways of working, and community development approaches to provide a framework for understanding what good empowering support looks like. | Oak House, Park Lane LS3 1EL Click here to book |
| It will suit people who find themselves doing a lot for the person they support, and who are worried about creating an unhelpful dependency. |  |
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