

essential core training

Day 1 Peer mentoring training; Thurs 29th Aug- 10.30am-4.30pm @

Day 2 Peer Mentoring training; Thurs 5th Sept 10.30am-4.30pm@

Safeguarding; Thurs 12th Sept 10am-1.30pm @

Lone-working; Tues 17th Sept 1- 4.30pm @

Managing Challenging Situations; Thurs 3rd Oct 10am– 1pm@

Make every contact count; delivered over 2 half days; Weds 9th & Weds 16th Sept 9.45am-1.30pm @

Respecting difference; Equality, Diversity & inclusion; Oct -@

Toolkit training; Tues 29th Oct – 1-3pm @ St Mungo's , Green Park

Not essential but recommended;

Mental Health Awareness; tbc

Suicide Awareness; Thurs 26th Sept 10am-3pm @

Claire Lawrence 07736457670

Claire.lawrence@mungos.org

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WRAP: Wellness Recovery Action Plan— find out how the plan works and how it can be helpful in managing recovery: through the Wellbeing College B&NES website

5 Ways to wellbeing ; learn how the 5 areas impact on our wellbeing; through the Wellbeing College B&NES website

Ward etiquette & move-on ; required if mentoring on the ward and delivered 1:1

Monthly training; as part of your personal development you will be offered a short monthly training session, delivered by other mentors or organisations /service providers

Monthly reflective practice; an opportunity each month to meet with other team members to share experiences, improve personal reflection and share any worries or concerns in a safe and supportive environment.

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