

Free Volunteer Training

Volunteer training is free to anyone living or volunteering in Bath & NE Somerset. The aim is to give you the knowledge and confidence to be a great volunteer, who is able to keep you and others safe.

The training is open to anyone who is or wants to start volunteering. We are particularly interested in supporting anyone with lived experience to continue to progress by becoming a volunteer.

If you would like more information or if your organisation would like a specific course for your volunteers please contact Ralph on 07825115775 or ralph.lillywhite@mungos.org

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. Plus 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

Safeguarding Adults and Children

Delivered by St Mungo's

◆ Aim

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

◆ Course Outcomes

By the end of the session participants will:

- Be able to define what adult abuse, child abuse and vulnerable adult 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

Make Every Contact Count (MECC) Delivered by St Mungo's

◆ Aim

This Public Health England's course supporting participants have competence and 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.

Telling people what to do is not the most effective way to help them to change. Making Every Contact Count is about altering how we interact with people through learning how to recognise opportunities to talk to people about their wellbeing.

◆ 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



Mental Health Training for Non-Paid Carers

Delivered by KS2 & St Mungo's

Non paid carers are Family, friends supporters of a loved one with mental health challenges. Carers group KS2 Bath believe that carers, who can feel isolated and overwhelmed, should receive quality training in the same way that staff do. KS2 Bath commissioned and developed the carers training in collaboration with St Mungo's and with support from the local Avon and Wiltshire Mental Health Partnership (AWP) NHS Trust and BANES Carers Centre.

The four sessions:

1. Understanding mental health challenges

An opportunity to explore what it can be like to experience mental health challenges & 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

Supporters who come on the course have usually been caring for over a year and are looking to enhance the way they provide support.

Resource Pack

All participants will receive a copy of the training resource pack, with notes and materials covered within each of the sessions.

Introduction to Supporting People with Mental Health Needs

◆ Aim

This session looks at what mental health and wellbeing are. It then considers how to recognise psychological distress, our reaction to it and how to be confident in helping someone in psychological distress whilst also looking after yourself.

◆ Trainer Info:

Laurie is a Clinical Psychologist currently based in Cornwall. Prior to completing clinical training, he worked for 14 years in various community mental health and youth service roles in London and Bristol. He has developed and delivered various mental health training programmes while coordinating a community based mental health training project in Bristol. He is also certified to deliver other national and accredited training courses including KUF Personality Disorder training. His areas of interest in his work include engaging marginalised and disadvantaged groups, masculinity, and the experience of hearing voices and seeing visions.

◆ Learning Objectives:

- Introduce the concept mental health and wellbeing.
- Discuss how to recognise psychological distress and our reaction to it.
- Be more confident to know what to do to help someone in psychological distress.
- Discuss ways to look after yourself in your work.

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
- Has a burn or scald
- Is choking
- Has a broken bone
- Has a head injury
- Is having a heart attack
- Is having a stroke
- Is having a seizure (epileptic fit)
- Has eaten or drunk something harmful
- Has hypothermia
- Is unresponsive and breathing

- Is unresponsive and not breathing/Is unresponsive and not breathing (AED is available)

A half day course

Dementia Awareness (Dementia Friends Information Session)

◆ **Aim**

Delivered by Dementia Friends, this engaging information session aims to make people more aware of the nature of dementia and the challenges faced by those living with the condition, and their carers.

◆ **More Information**

The material is devised by the Alzheimers society in conjunction with the Dept of Health. It seeks to challenge misconceptions and explain how the brain is affected as it progresses over time. The training will include some copying strategies and further sources of information and support.

This is an accessible session suitable for anyone hoping to develop a greater understanding to help others.