

**All of our training is open to any
Staff member
Volunteer
Service user
or Carer**

from any mental health voluntary sector organisation , or any voluntary sector organisations with an interest in mental health.

(Some training will be more appropriate to particular groups than others)

Our training is available to organisations throughout the whole North East region.

(Tees valley all the way up to Berwick)

All of our training is free!

(However you will be invoiced £100 if you register and fail to turn up to a session)

As part of your training you will be expected to 'cascade' what you learn to other members of your organisation.

(All materials and guidance you will need, provided for you)

IF YOU HAVE SUGGESTIONS FOR ANY FURTHER TRAINING THAT YOU WOULD LIKE TO SEE PLEASE LET US KNOW.

We can design training to meet the needs of your organisation, and can deliver anywhere in the region.

For more information about our courses or to book a place, please contact: -

Suzy Hall

(0191) 212 6112

suzyhall@wea.org.uk

Or complete the form below and return to: -

WEA, 21 Portland Terrace, Jesmond,
Newcastle Upon Tyne, NE2 1QQ

Name.....
Organisation.....
Address.....
.....
.....
Phone.....
Email.....
Course.....
Date.....
Venue.....

*****PLEASE NOTE*****

Although all of our courses are free, if you fail to attend, your organisation will be invoiced for £100 to cover costs we have incurred .



Exciting Opportunities for You
And
Your Organisation

Moving On Up 1 Project

**Training
Schedule
Autumn/Winter
2008**



The BIG Lottery Wellbeing Project

Learning Life

WHO IS THE TRAINING MOST APPROPRIATE FOR?

STAFF AND VOLUNTEERS

TRAINING THE TRAINERS (OCN Accredited)
Mon 15th, 22nd Sept & 6th Oct 10:00—4:00
Venue NIWE, 1 Pink Lane, Newcastle, NE1 5DW
A 3 day course (all 3 days must be attended) looking at, planning, learning styles, teaching methods, managing groups, evaluation. Learners will also do a micro teach session.

TRAINING THE TRAINERS (OCN Accredited)
Mon 13th, 20th Oct & 3rd Nov 10:00—4:00
Venue Bliss Ability, 34-36 New Green St, South Shields NE33 5DL
A 3 day course (all 3 days must be attended) looking at, planning, learning styles, teaching methods, managing groups, evaluation. Learners will also do a micro teach session.

EFFECTIVE NEWSLETTERS AND FLYERS
Tuesday 28th October 10:00—4:00
Venue Bliss Ability, 34-36 New Green St, South Shields NE33 5DL
Learn how to sell your organisation and be noticed. This course will show you how to use Microsoft Publisher © to produce fabulous advertising materials.

EQUALITY & DIVERSITY
Tuesday 7th October 11:00—4:30
Venue Newton Aycliffe YC, Burn Lane, DH5 4HT
Looking at stereotyping and challenging ideas and perceptions around race, sexuality, class, ability, religion etc. How they affect individuals and society. Legal requirements and the law. All done in a safe non-judgmental environment.

SERVICE USERS AND CARERS

ASSERTIVENESS
Monday 27th October 10:00—4:00
Venue Bliss Ability, 34-36 New Green St, South Shields NE33 5DL
What is assertiveness? Differences between assertiveness, aggression and passivity. Understand why we are not assertive and learn techniques to help you become more assertive.

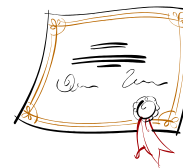
MEETINGS AND HOW THEY WORK
Thursday 13th November 10:00—4:00
Venue MIND Gateshead, Wellbeing Centre, Dunsmuir Rd, NE8 4QL
Why do we need meetings? What is my role? What do I need to prepare? What will happen? What is good meeting etiquette? All of your questions answered.

Lunch will be provided on all full day courses. Please make us aware when you book if you have any special dietary needs.



We can cover transport costs for service users and carers. (Receipts must be provided)

All participants on non accredited courses will receive a certificate of attendance.



EVERYONE

HANDLING THE MEDIA
Tues 16th September 9:30—12:30
Venue WEA 21 Portland Terrace, Newcastle NE2 1QQ
Writing a press release. How to get your message across. Raising your organisation's profile. Raising awareness. Getting media coverage for your organisation. How to write a short and punchy story.

HANDLING THE MEDIA
Tuesday 23rd September 9:30—12:30
Venue Bliss Ability, 34-36 New Green St, South Shields NE33 5DL
Writing a press release. How to get your message across. Raising your organisations profile. Raising awareness. Getting media coverage for your organisation. How to write a short and punchy story.

MENTAL HEALTH AWARENESS
Monday 29th September 10:00—4:00
Venue NIWE, 1 Pink Lane, Newcastle, NE1 5DW
This course will raise awareness of some of the main mental health illnesses and their associated issues. It will look at stereotyping and media coverage of mental health, and also the effect of cultural diversity and mental health.

MENTAL HEALTH AWARENESS
Tuesday 21st October 11:00—4:30
Venue Newton Aycliffe YC, Burn Lane, DH5 4HT
This course will raise awareness of some of the main mental health illnesses and their associated issues. It will look at stereotyping and media coverage of mental health, and also the effect of cultural diversity and mental health.