



Free training for **Preston** **Volunteers**

FREE VOLUNTEERING ESSENTIALS TRAINING

Are you new to or looking to start volunteering?

We're offering this free training to help you find out what volunteering is, gain transferable skills, build your confidence & meet new people. All delivered in friendly, face-to-face, informal workshops.

Through the sessions you will explore:

DAY 1

- What is volunteering & why is it important
 - Volunteer roles
 - Benefits of volunteering
- Volunteering & Skills for Work
 - Expectations
 - Volunteer responsibilities
 - Team working & Communication

DAY 2

- GDPR, Data protection & Online Safety
- Confidentiality, Boundaries & Supervision
- H&S and Volunteering safely
 - Safeguarding
 - Communication
 - Confidence & Self esteem

DAY 3

- Volunteering & professional standards of behaviour
 - Boundaries
 - Attitudes, Values & Beliefs
- Respecting Equality & Diversity & challenging discrimination
 - Reflective practice
 - Dealing with Conflict
 - Lone working

Training Dates & Times

DAY 1	DAY 2	DAY 3
<i>Introduction to Volunteering</i> 10am – 2.30pm	<i>Volunteering in Practice Part 1</i> 10am – 2.30pm	<i>Volunteering in Practice Part 2</i> 10am – 2.30pm
Monday 30th September	Monday 7th October	Monday 21st October
@ Preston Town Hall	@ Preston Town Hall	@ Preston Town Hall

To book visit: <https://forms.gle/WufVW17TDZPidgic8>

For details email: Joseph.Cooper@communitycvs.org.uk

Or, give us a call on: 07947 934986