

APRIL 2022

Events calendar

Training and Development

W/C 4th April

Mon 4th April
10:00AM - 1:00PM
Introduction to Volunteer Management:
Part 1- Plan and Include
(Zoom)

Mon 4th April
10:00AM - 1:00PM
Governance and legal structures
(Zoom)

Tues 5th April **FREE**
10:00AM - 11:00AM
Let's Talk Manager of Volunteers
Networking meeting
(Zoom)

Weds 6th April **New** **SUBSIDISED**
2:00PM - 5:00PM
Equality, Diversity and Inclusion training
in youth work
(Zoom)

Thurs 7th April **New** **SUBSIDISED**
9:30AM - 12:00PM
Domestic Violence Training for youth
work
(Zoom)

W/C 11th April

Tues 14th April **New** **SUBSIDISED**
10:00AM - 11:30AM
East Suffolk Volunteering Pathways:
'What is volunteering?'
(Zoom)

W/C 18th April

Weds 20th April **New** **SUBSIDISED**
1:00PM - 3:30PM
Domestic Violence Training for youth
work
(Zoom)

W/C 25th April

Mon 25th April
10:00AM - 12:30PM
Introduction to Safeguarding
(Zoom)

Tues 26th April
10:00AM - 12:30PM
Introduction to Volunteer Management.
Part 2 - Support and Celebrate
(Zoom)

Tuesday 26th April **SUBSIDISED**
1:00PM - 4:30PM
Suicide First Aid (SFA Lite)
(Zoom)

Tues 26th April **FREE**
2:00PM - 3:30PM
Understanding the pros and cons of
becoming a CIC
(Zoom)

Weds 27th April **New** **SUBSIDISED**
9:45AM - 2:45PM
East Suffolk Volunteering Pathways
Volunteer Passport
(Zoom)

Weds 27th April **SUBSIDISED**
1:00PM - 3:30PM
Youth Work Conversations: Mentoring
(Zoom)

Thurs 28th April **New**
9:30AM - 12:30PM
Stress awareness and building resilience
(Zoom)

For more information and to book

Go to our Events Calendar page, click on the event you want to attend for more details and to register

<https://www.communityactionsuffolk.org.uk/events/>

FAQ

How do I book?

Go to our events calendar on our website. Locate the event on the relevant date or by searching via event category. Each event has its own booking link at the bottom of the course description.

<https://www.communityactionsuffolk.org.uk/events/>

What does VCSE mean?

It stands for Voluntary, Community and Social Enterprise. The term also includes Charities.

Can you run a course just for our organisation?

Yes we can. All of our courses can be run solely for your organisation in their current form or adapted to meet your needs.

Spotlight on ...

New Courses

April

East Suffolk Volunteering Pathways: 'What is volunteering?'

This course is specifically for people who live or want to volunteer in East Suffolk. It provides an overview of volunteering, the benefits for the volunteer and organisation and how volunteering can help gain experience for future careers.

Stress awareness and building resilience

Raising awareness of your own personal stress and awareness of potential stress in your colleagues and Service Users. This session will help you to identify techniques to help in challenging situations, and build resilience.

Domestic Violence Training for youth work

An introduction to supporting young people who may be experiencing domestic violence. This is being delivered by Teri Cudby, Domestic Abuse Champions Co-Ordinator at SCC.

May

Meet the expert: The Law - Children and Volunteering

This session will focus on explaining the legal implications of involving children and young people as volunteers within your organisation or group.

Confidence and Assertiveness

This new session will help you to identify areas where confidence could be built and provide some techniques and practical steps for building confidence. It also covers the basics of self esteem and self-image

SFA - Understanding Suicide Intervention

Teaching the theory and practice of suicide intervention skills that can be applied in any professional or personal setting, captured in a one-day event accredited by City and Guilds of London

What people have said about our training

Very useful and informative course which should help new organisations decide which legal structure they should adopt

Understanding the proc and cons of becoming a CIC (Feb 2022)

A great introduction into how to plan and include volunteers with the chance to interact with other VCSEs and share ideas.

Introduction to Volunteer Management Part 1 (Jan 2022)

An encouraging, inspiring, informative and worthwhile afternoon!

Youth Work Conversations (Nov 2021)

Coming up in May

Dealing with Challenging Volunteer Situations

Introduction to Safeguarding

Introduction to Trustee Roles and Responsibilities

NOCN Level 2 Theory of Youth Work

Meet the expert: The Law - Children and Volunteering

How to write a Successful Funding Application

Developing Business Partnerships

Writing Good Policies and Procedures

SFA - Understanding Suicide Interventions

Health and Safety Premises Management

Lets Talk Volunteer Managers Network Meeting

Volunteers and the Law

Confidence and Assertiveness

Subsidised Training

Our Youth Work courses are currently subsidised by Suffolk Youth Focus.

This means that there is no charge to participants.

If you are involved in youth work or a youth organisation, Suffolk Youth Focus can also subsidise your place on any other relevant CAS course e.g governance, volunteering, funding and sustainability.

Please contact
Helen.Bateman@communityactionsuffolk.org.uk

1-1 Surgeries

We offer FREE 1-1 surgeries with our officers on a variety of subjects:

- Funding & Sustainability
- Safeguarding
- Governance
- HR (for employers)

To book a 1-1 please visit our 1-1 calendar:
<https://www.communityactionsuffolk.org.uk/organisation-support/traininganddevelopment/1-to-1-surgeries/>