

FREE TRAINING FOR COMMUNITY GROUPS, TOWN AND PARISH COUNCILS AND VOLUNTARY ORGANISATIONS IN EAST SUFFOLK

- 1. Last Few Places...Domestic Abuse Community Advocates Training** – 5th and 19th July - Two 2 hour sessions (6.30 – 8.30pm) via Teams (participants need to attend both)
- 2. Mental Health First Aid Aware Training** – choice of four 3.5 hour sessions delivered via Teams (participants to pick one session):
 - Tuesday 6th July – 1.30pm – 5.00pm
 - Thursday 8th July – 5.00pm – 8.30pm
 - Thursday 15th July – 1.30pm – 5.00pm
 - Thursday 22nd July – 9.30am – 1.00pm
- 3. Suicide Awareness Training** – choice of two 2.5 hour sessions delivered via Zoom (participants to pick one session):
 - Tuesday 13th July – 1.00pm – 3.30pm
 - Wednesday 14th July – 6.00 – 8.30pm

Session Details:

1. Domestic Abuse Community Advocates

Session 1

- Myth Busting conversation
- What is Domestic Abuse
- An introduction to Coercive Control
- Power & Control/Equality Wheel

Session 2

- Barriers for victims (personal and community/society based)
- How to start a conversation
- How to respond
- Signposting
- Advocacy in Action

2. Mental Health First Aid Aware course

This introductory four-hour session raises awareness of mental health.

Attendees will gain:

- An understanding of what mental health is and how to challenge stigma.
- A basic knowledge of some common mental health issues.
- An introduction to looking after their own mental health.

. Confidence to offer support to someone in distress or who may be experiencing a mental health issue

3. Suicide Awareness

- listening skills
- conversations about suicide
- how to look after their own wellbeing - boundaries and avenues of self-support
- how to help the speaker to identify avenues of support for companionship and how to start to venture out in to the community
- next steps and other learning needs

To book a place on any of these training sessions, please contact Joanna.jonas@eastsoffolk.gov.uk

Following review of the pilots these sessions will be repeated in September/October this year.