

Learning and Training



Training Programme

Our training is designed to help you learn and develop the skills you need. We provide different training courses every year.

Examples of the courses we offer include:

- Safeguarding children, young people and vulnerable adults
- Working with volunteers
- The roles and responsibilities of committee members and trustees
- Tendering for the Terrified
- Developing your writing skills
- First Aid
- Project Management

Training for volunteers is free, while for member organisation, a charge of £40 per day (£20 per half day) is made. Visit our website for more the latest information on a range of local training opportunities and view our current Training Programme.

www.interlinkrct.org.uk

What do you need?

We are here to support you. So if your group has its own individual learning needs, let us develop a course for you - in your community!

A member of staff will visit you, find out what you need to learn, and develop a course for your group.

Well-Being Courses

The **Expert Patient Programme** runs for 6 weeks with a weekly two and a half hour class. It offers people with a long-term limiting illness with the opportunity to self-manage their illness and improve their well-being.

Routes to Recovery is an award winning 7 week learning programme with weekly two and a half hour class. It includes confidence building, benefits advice and recovery.

To find out more contact
the HelpDesk on 01443 846200