

Lancaster Training Schedule

Date	Venue	Training	Trainer
Wednesday 7 th March	Lancaster (Gregson)	Drug and Alcohol Awareness	Maggie Messenger
Monday 12 th March	Lancaster (Gregson)	Young People and Domestic Abuse	Angie Boyle
Wednesday 4 th April	Lancaster (Gregson)	Assertiveness Skills	Maggie Messenger
Wednesday 25 th April	Lancaster (Gregson)	Drug Misuse and Young People	Maggie Messenger
Thursday 26 th April	Lancaster (Gregson)	Working with Child to Parent Violence	Angie Boyle
Wednesday 2 nd May	Lancaster (Gregson)	Emotional Resilience	Angie Boyle
Monday 14 th May	Lancaster (Gregson)	Domestic Abuse and MARAC	Angie Boyle
Friday 1 st June	Lancaster (Gregson)	Working with Co-dependency	Maggie Messenger
Wednesday 13 th June	Lancaster (Gregson)	Caring for People with Drug and Alcohol Issues	Maggie Messenger
Friday 15 th June	Lancaster (Gregson)	Coping with Change	Angie Boyle
Wednesday 20 th June	Lancaster (Gregson)	Working with Vulnerable People	Angie Boyle

All training will take place in The Gregson Centre, 33 Moorgate, Moor Lane, Lancaster, LA1 3PY.

Refreshments and buffet lunch will be provided. Please arrive for a prompt start at 10am. The day will close at 4pm.

Price per delegate £70. Payment due at time of booking (Contact us if you need invoiced). To book or for further information please contact Angie Boyle on 01900 825788 or 07920866193 or email Hello@redhenttraining.co.uk

You can also book online at www.redhenttraining.co.uk/events

Event Overviews

Drug and Alcohol Awareness

To increase knowledge and awareness of drug and alcohol problems, its use and misuse, its effects on society today, and ways of dealing with the repercussions of dependency and addiction.

Drug Misuse in Young People

To identify and demonstrate an understanding of young people and their drug misuse. Recognising signs and coping with effects. Its impact on the family, social situations and other relevant issues effecting young people.

Assertiveness Skills

To help participants distinguish between assertive, aggressive and passive behaviours. To explore how assertive we are in a range of situations and to practise assertiveness techniques and skills to make personal changes.

Working with Co-dependency

To recognise what a co-dependent relationship is? To understand the behaviour thoughts and feelings, of co-dependent partners and carers, and to explore the role of co-dependency within addiction fuelled relationships.

Caring for People with Drug and Alcohol Issues

To increase knowledge and awareness of drug/alcohol problems, their effect on the individual, and their loved ones, and ways of dealing with the repercussions of dependency and addiction of people that you care about.

Domestic Abuse and MARAC

To define Domestic Abuse and familiarise participants with local and national statistics. By exploring stereotypical assumptions and belief systems We will help you increase you're understanding and promote good practice guidelines. An introduction to MARAC (Multi Agency Risk Assessment Conference) will aid confidence in dealing with disclosures, assessing risk and making onward referrals.

Young People and Domestic Abuse

To understand the nature and prevalence of abuse in young people's relationships and promote awareness of the issues involved. To outline and demonstrate practical tools for staff to use to challenge stereotypical assumptions and belief systems with young people and reinforce the need for stringent boundaries and promote good practice in this area.

Working with Child to Parent Violence

To understand the nature and prevalence of child to parent violence and promote awareness of the issues for family members. To outline and demonstrate practical tools for staff to use to promote respect and equality between family members and deal with challenging and aggressive behaviour.

Coping with Change

To understand the process of change and need for adaptation. To enable participants to identify strengths and support needs. To equip participants to cope with change and prepare for the future.

Emotional Resilience

To define the concept of Emotional Resilience and help enhance the quality of worker/client relationships. To promote understanding and enhance empathy by using participatory exercises to aid self-awareness and promote resourcefulness and growth.

Working with Vulnerable People

To define vulnerability as a concept and examine the nature and context of working with vulnerable people. To look at how we interact with other's and deal with power imbalances. To reinforce the need for stringent boundaries and adapt good practice guidelines.