

Volunteer Training Programme

Spring and Summer 2014

Welcome to our new Volunteer Training Programme!



All these courses are **FREE** for volunteers*

Booking is easy: Simply complete our **online form** at www.cumbriacvs.org.uk/training-and-events or send a completed booking form to info@cumbriacvs.org.uk or 6 Hobson Court, Gillan Way, Penrith CA11 9GQ

For further information: Email info@cumbriacvs.org.uk or call 01768 800350 or visit our website: www.cumbriacvs.org.uk/

If you require this information in an alternative format, please contact us on 01768 800350



Training Course	Date	Time	Venue
Heartstart A short course covering a range of Emergency Life Support Skills (ESL) including cardiac arrest, choking and serious bleeding.	Thursday 3 April	1-3pm	Penrith Community Fire Station Carleton Avenue Penrith CA10 2FA
Befriending Gain a better understanding of the role, skills including active listening and questioning, confidentiality, boundaries of being a befriender, referring concerns, safeguarding and valuing differences	Friday 4 April	9.30am - 12.30pm	Whitehaven Leisure Centre Flatt Walks Whitehaven CA28 7RJ
Befriending Gain a better understanding of the role, skills including active listening and questioning, confidentiality, boundaries of being a befriender, referring concerns, safeguarding and valuing differences	Tuesday 29 April	9.30am - 12.30pm	Shaddon Gateway Centre Shaddongate Carlisle CA2 5TY

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Training Course	Date	Time	Venue
Food Safety Awareness An accredited level 1 course to provide the basics in food safety	Tuesday 6 May	9.30am - 1pm	49 Spencer Street Carlisle CA1 1BB
Heartstart A short course covering a range of Emergency Life Support Skills (ESL) including cardiac arrest, choking and serious bleeding	Tuesday 13 May	1 - 3pm	Workington Fire Station Moorclose Road Workington CA14 5BF
Befriending Gain a better understanding of the role, skills including active listening and questioning, confidentiality, boundaries of being a befriender, referring concerns, safeguarding & valuing differences	Thursday 22 May	9.30am - 12.30pm	Quaker Tapestry Centre Friends Meeting House Stramongate, Kendal LA9 4BH
Wheelchair Awareness and Skills Training A fun and interactive course providing specific mobility training, advice and skills around the safe and effective use of wheelchairs	Tuesday 27 May	10am - 4pm	Greystone Community Centre Close Street Carlisle CA1 2HA
Heartstart A short course covering a range of Emergency Life Support Skills (ESL) including cardiac arrest, choking and serious bleeding	Tuesday 10 June	2 - 4pm	Kendal Fire Station Busher Walk Kendal LA9 5RH
Heartstart A short course covering a range of Emergency Life Support Skills (ESL) including cardiac arrest, choking and serious bleeding	Wednesday 11 June	1 - 3pm	Carlisle East Fire Station Eastern Way Carlisle CA1 3RA
Heartstart A short course covering a range of Emergency Life Support Skills (ESL) including cardiac arrest, choking and serious bleeding	Tuesday 17 June	2 - 4pm	Millom Network Centre Salthouse Road Millom LA18 5AB
Heartstart A short course covering a range of Emergency Life Support Skills (ESL) including cardiac arrest, choking and serious bleeding	Tuesday 15 July	2 - 4pm	Barrow Fire Station Phoenix Road Barrow in Furness LA14 2NS

To Book: Visit www.cumbriacvs.org.uk

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