



**If your organisation is based in, or benefits, one of the rural wards in Merthyr Tydfil and Rhondda Cynon Taf, the following three training sessions are available FREE (funded by Cwm Taf Rural Development Fund)**

### **Peer Mentoring Training**

**Date: 1<sup>st</sup> and 8<sup>th</sup> March 2018**

**Time: 11:00 am to 2:30 pm**

**Venue: Troedyrhiw Boys & Girls Club**

**Cost: FREE**

*This 2 day course will cover:*

- Definitions of peer mentoring including fears and expectations as a peer mentor / mentee.
- Listening skills – discussion on how to be an active listener with a participative activity.
- Confidentiality and its limits, data protection and a brief mention on protection of vulnerable adults – with follow up training on 12 March 2018
- Breaking down barriers to participation and encouraging mentees to get involved – brick wall participative activity. Ways of mentoring – in person, setting up a virtual online group. Including the risks to mentoring via social media and how to protect yourself. Develop a Facebook peer mentoring group – write the group description together and agree terms and conditions for the group. Also agree admin roles.

### **Adults at Risk Training**

**Date: 12 March 2018**

**Time: 1:00 pm to 4:00 pm**

**Venue: VAMT**

**Cost: FREE**

This is a level 2 awareness raising session for voluntary and community groups which will include:

- The background to legislation
- Definitions and indicators of abuse
- Current trends in adult protection in Cwm Taf

This course is aimed at those with a limited knowledge of safeguarding issues who are looking to set up, or review safeguarding policies and procedures within their organisation.

## **Writing Better Bids**

***Date: 20 March 2018***

***Time: 10:00 am to 12:30 pm***

***Venue: Troedyrhiw Boys & Girls Club***

***Cost: FREE***

For community groups & organisations looking for and applying for funding

The training covers:

- What grant funding is
- What funders are looking for from you and how you show funders you are competent
- What you need to put in place before applying
- How you evidence the need in your project
- What a good application looks like

**To book a place contact Interlink on 01443 846200 or email [kprice@interlinkrct.org.uk](mailto:kprice@interlinkrct.org.uk)**