



**A helping hand for you
and your community.**

**Training and networking opportunities available FREE to community volunteers
across Monmouthshire and Rural Newport Wards.**

All opportunities are provided through virtual training.

Safeguarding L1 awareness—MCC (Feb 4th 6.00pm—8.00pm)

**Understanding Yourself and Others to Promote Wellbeing—Talent lab (Feb 17th 11.00am—
12.30pm)**

Introduction to Grant Writing Online Workshop—Grant Start (Feb 23rd 6.00pm—7.00pm)

Interview Techniques—Talent lab (Mar 11th 1.00pm—3.30pm)

Social Media: Be Engaging Online—Promo Cymru (Mar 16th 6.00pm—8.00pm)

Introduction to Canva: A Graphic Design Tool—Promo Cymru (Mar 23rd 6.00pm—8.00pm)

Food Hygiene Training, Level 2 For Volunteers—Blaise First Aid Training(Mar 29th*)

Health & Safety in the Workplace Level 2—Blaise First Aid Training (Mar 31st*)

Mental Health Awareness For Volunteers—Mind Monmouthshire (Apr 15th 6.00pm– 8.00pm)

* This qualification is completed by working through online learning it is possible that the course will take up to three hours to complete. Due to the self-directed nature of the course the time taken to complete will vary depending on you. After you have signed up for the course we will contact you to provide you with further information and a joining link.

To book your place please visit <https://www.eventbrite.com/o/be-community-leadership-programme-18657790658>

**If you want to find out more please contact:
owenwilce@monmouthshire.gov.uk or 01633 644420
[monmouthshire.gov.uk/community-leadership-programme](https://www.monmouthshire.gov.uk/community-leadership-programme)**

