

# Training Programme 2017/18



Training Event	Location	Date	Time	Members	Non Members
<b>First Aid at Work QCF – Level 2 Award</b> <i>(must attend both sessions)</i>	Worcester (HOR)	Mon 2 <sup>nd</sup> & 9 <sup>th</sup> Oct	6-9pm	£15	£30
<b>The Basics of Good Youth Work</b>	Worcester (PYPLC)	Tue 3 <sup>rd</sup> Oct	6-8pm	£10	£25
<b>Safeguarding</b>	Malvern (MC)	Thurs 12 <sup>th</sup> Oct	6-8pm	£10	£25
<b>Food Hygiene Level 2</b> <i>(must attend both sessions)</i>	Kidderminster (KDYT)	Thurs 26 <sup>th</sup> Oct & 2 <sup>nd</sup> Nov	6-9pm	£30	£50
<b>CSE Awareness</b>	Worcester (PYPLC)	Mon 30 <sup>th</sup> Oct	6-8pm	£10	£25
<b>Basic Drug &amp; Alcohol Awareness</b>	Worcester (PYPLC)	Tue 7 <sup>th</sup> Nov	6-8pm	£10	£25
<b>Young People’s Mental Health</b>	Worcester (HOR)	Thurs 9 <sup>th</sup> Nov	6-9pm	£10	£25
<b>Operating Safely</b>	Kidderminster (KDYT)	Thurs 16 <sup>th</sup> Nov	6-9pm	£10	£25
<b>Dealing with Challenging Behaviour</b>	Malvern (MC)	Thurs 23 <sup>rd</sup> Nov	6-9pm	£10	£25
<b>Safeguarding</b>	Worcester (HOR)	Wed 29 <sup>th</sup> Nov	6-8pm	£10	£25
<b>Coaching &amp; Mentoring Young People</b>	Malvern (MC)	Mon 4 <sup>th</sup> Dec	6-9pm	£25	£50
<b>Safeguarding Adolescents</b>	Worcester (HOR)	Tue 5 <sup>th</sup> Dec	6-9pm	£25	£50
<b>Detached Youth Work</b>	Kidderminster (KDYT)	Thurs 14 <sup>th</sup> Dec	6-9pm	£10	£25
<b>First Aid at Work QCF – Level 2 Award</b> <i>(must attend both sessions)</i>	Malvern (MC)	Thurs 25 <sup>th</sup> Jan & 1 <sup>st</sup> Feb	6-9pm	£15	£30
<b>Sustainability and Environmental Awareness and Young People</b>	Worcester (PYPLC)	Thurs 8 <sup>th</sup> Feb	6-8pm	£10	£25
<b>Planning Safe Trips &amp; Residentials</b>	Kidderminster (KDYT)	Thurs 15 <sup>th</sup> Feb	6-8pm	£10	£25
<b>CSE Awareness</b>	Malvern (MC)	Mon 19 <sup>th</sup> Feb	6-8pm	£10	£25

To book places please visit  
[www.youngsolutions.org.uk/training](http://www.youngsolutions.org.uk/training)

### Training venues:

Perdiswell Young People’s Leisure Club (PYPLC), Worcester  
Kidderminster District Youth Trust (KDYT), Kidderminster  
Malvern Cube (MC), Malvern  
Horizon Community Centre, Worcester (HOR)



## The Basics of Good Youth Work

This course will explore what Youth Work is and the difference between it and other professions / vocations. It will give you an understanding of the unique relationship between a young person and youth worker. It will help you to become familiar with the different types of youth work, understand how you can encourage participation and empowerment and discuss ways to continue developing your practice.

## Safeguarding

Safeguarding is everyone's responsibility. It is important that organisations and individuals have the skills and knowledge of what to do if a safeguarding issue arises. This 2 hour course will cover: What is safeguarding, what is abuse and neglect, what to do if you suspect these and what additional support/services are available.

## Safeguarding Adolescents

This course is a progression from our Safeguarding course it explores the issues young people face and helps you to identify when these issues start to raise concerns. It will add to your experience and knowledge and allow you to work through different scenarios to increase confidence in identifying the kind of risk-taking behaviours that require intervention by professionals. It will allow you to reflect on issues to record and report, when and who to, including discussion of your organisations safeguarding procedures. You will explore appropriate ways of providing support for a young person including issues around consent and confidentiality and will consider the importance of the inclusion of young people in the safeguarding process.

## CSE Awareness

Recent high profile events have placed Child Sexual Exploitation (CSE) into the media spotlight. It is imperative that voluntary organisations, staff, volunteers and leadership teams are fully aware of what CSE is and play a key role in stopping it. Young Solutions have developed a two hour training session that will raise awareness of the background to CSE.

## Introduction to Dealing with Challenging Behaviour

Our Dealing with Challenging Behaviour course enables you to have an awareness and understanding of the reasons why a young person may present challenging behaviour. We explore a range of tactics, methods and approaches to support the young person that can reduce challenging behaviour with short and long term strategies. Our course is designed to help you realise how to manage situations safely and reduce stress and anxiety for all involved.

## An Introduction to Young People's Mental Health

Why should we do 'Mental Health' work with young people in youth work settings?

This introductory course will cover what mental health is, how to identify risk factors, mental illness and young people, how to promote protective factors and where to signpost.

## Operating Safely

A serious approach to health and safety is a fundamental part of building a safe youth work environment for young people, volunteers and workers. It is important that new volunteers know about and understand their responsibilities.

This course looks at basic health and safety in a youth work setting:

- Health and Safety Practice and Procedures
- How to Manage Risk
- Volunteer Induction Exercise

All organisations have a duty to take reasonable care to avoid causing harm to service users, volunteers and the public. In practice this may mean providing suitable equipment, training and/or supervision based on a risk assessment of the activity, event or work being undertaken.

## Detached Youth Work

This course is for practitioners new to street work or those who are planning new projects. Exploring all of the stages of quality street work, from assessing young peoples need through to making contact and enthusing young people to get involved on to evaluating the effectiveness of work done and exit strategies. This session also offers some good practice guidelines for effective detached projects and looks at issues for workers including safety on the streets and effective partnership work.

## Planning Safe Trips and Residentials

Taking young people off site can cause anxiety, what if something went wrong? This course is designed to help you plan trips safely ensuring you have everything in place to run successful off site visits. It covers topics such as parental consent, what to look for from activity providers and risk assessment.

## Basic Drug and Alcohol Awareness

This course will explore why people use drugs, what the most commonly misused drugs are and how to recognise them, including their street names and legal status, some of the effects of misusing drugs and ideas for activities to use with young people as well as signposting to relevant services.

## Emergency First Aid at Work Level 2 Award (you must attend both 3 hour sessions)

Level 2 award involves written multiple choice question paper. Understand the role and responsibilities of an Emergency First Aider, know how to assess an incident, manage an unresponsive casualty who is breathing normally, manage an unresponsive casualty who is not breathing normally, recognise and assist a casualty who is choking, manage a casualty who is wounded and bleeding, manage a casualty who is in shock and manage a casualty with a minor injury.

## Coaching and Mentoring Young People (This session is delivered at an introductory level)

If you work with young people then you will know that one of the most significant factors that enables them to move forward is the quality of the relationships that they have with you. Recent neuro scientific research evidences that once a young person feels safe, valued and respected their brain physiology becomes more conducive to learning and developing the confidence and resilience needed to move forward and fulfil their potential. Communication is the bridge that connects human beings which is why it is so important that we are constantly refreshing, developing and honing our communication skills. This course will illustrate and explain how key communication skills, when developed proficiently, are powerful tools in meeting young people's emotional needs and as a result creating the optimum conditions for success:

- Understanding key components for learning
- Building deep rapport to create the ideal learning conditions
- Developing the ability to listen deeply and providing powerful feedback
- Asking the right questions to empower young people
- Person-centred goal setting

## Food Hygiene Level 2 (you must attend both 3 hour sessions)

This qualification will benefit anyone working where food is prepared, cooked and served. It is relevant to all catering operations including restaurants, care homes, schools, fast food outlets and contract catering.

The learning outcomes of the course are:

Understanding of the importance of food safety and knowledge of the systems, techniques and procedures involved

Understanding of how to control food safety risks (personal hygiene, food storage, cooking and handling)

Confidence and expertise to safely deliver quality food to customers

This accredited qualification promotes good working practice and safer working environments, reducing the risk of litigation. It may also reduce insurance premiums.

## Sustainability and Environmental Awareness and Young People

'Leave the world better than you found it, take no more than you need, try not to harm life and the environment, make amends as you go'.

This new training course provides a description of sustainability including how youth organisations practice and activities can contribute to their environment including recycling, reusing and not wasting resources. It will look at use of energy, travel and combating pollution. The training will also touch on some broader environmental issues that will provide additional advice to encourage young people to be aware of their impact on the environment.

It will also offer a template for a sustainability policy for a youth organisation. Funders are increasingly expecting organisations to have sustainability policies. It will look at use of energy, travel and combating pollution.

## | How to Book

To book spaces on any of our courses please visit our website:

[www.youngsolutions.org.uk/training](http://www.youngsolutions.org.uk/training)

alternatively contact: [office@youngsolutions.org.uk](mailto:office@youngsolutions.org.uk) or call 01905 795098.

You can apply online or we can send an application form (either by email or post). To confirm your place we need to receive the completed form and payment at least three weeks before the date of the course.

If sufficient numbers for a course haven't been reached three weeks before its date, then the course will not run.

## | Training Cancellation Policy

Young Solutions are pleased to be able to offer training courses at a subsidised rate so that as many people can access them as possible. So this can continue we have introduced a cancellation policy to help recoup unnecessary losses. Please be aware when booking training:

- We require 10 working days' notice to cancel your reservation, if 10 working days' notice is given there will be no charge.
- If less than 10 working days' notice is given the full cost of the place will be charged to your organisation unless you can find someone suitable to fill the place.
- Non-attendance of a confirmed place will incur the full fee of the course.

## | Training Venues

Perdiswell Young People's Leisure Club (PYPLC)  
Perdiswell Park, Droitwich Road, Worcester, WR3 7SN

Kidderminster District Youth Trust (KDYT)  
Kidderminster Youth House, Bromsgrove Street, Kidderminster, DY101PF

Malvern Cube (MC) Albert Rd North, Malvern, WR14 2YF

Horizon Community Centre (HOR) Midland Rd, Worcester WR5 1DS