

Croydon APCMH Volunteer Training

Training for volunteers with Croydon APCMH and for anybody working in a supportive role with people experiencing mental and emotional distress.

Especially suitable for anyone active in the pastoral care offered by churches and other faith communities and community groups.

Trainers

- Revd. Andrew Wilson - Spiritual & Pastoral Care Director, Bethlem Royal Hospital + the Croydon Community.
- Sue Albery - Project Co-ordinator for Croydon APCMH. Sue has teaching plus training and volunteer management experience.
- Representatives from Hear Us - Mental Health Service User organisation.

The training takes place on
Wednesday evenings

7.30 pm—9.30 pm

at St. Mildred's Community Centre
Bingham Road
CR0 7EB

(Corner of Sefton Road and close to
Addiscombe tram stop)

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11th Feb.	Introduction to mental health issues
18th Feb.	Recovery
25th Feb.	Working in groups
4th March	Listening skills
11th March	Managing difficult situations
18th March	Spirituality
25th March	Valuing difference
1st. April	Being a volunteer

P.T.O.

**for application form
or phone Sue Albery**

I should like to book a place on the Volunteer Training course
Wednesdays 11th Feb to 1st April inclusive

Name

Address

Tel. No.

Email

Postcode



Please return completed form to:

Sue Albery
Croydon APCMH
Cornerstone House
14 Willis Road
Croydon
CR0 2XX



Mental health problems cross all boundaries of race, gender, culture, faith, social status, sexuality and all other social categories you can think of.

APCMH welcomes all people.

Having a mental health problem can be a very isolating experience.

APCMH offers friendship, accepting people as they are.

When people feel lonely life often seems pointless.

APCMH works to sow the seeds of hope by demonstrating that people are valued and loved.

Mental health problems can reduce a person's opportunities for making choices.

APCMH promotes the participation of members in the decisions which affect them.

Sue Albery - Croydon APCMH Project Co-ordinator
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Email: apcmh@cornerstonehouse.org.uk
www.croydon-apcmh.co.uk

"The road is long,
with many a winding
turn....."



Croydon A P C M H
Association for Pastoral Care
in Mental Health

(Affiliated to the National APCMH)

**VOLUNTEER
TRAINING**

Spring 2009

Reg. Charity No 1097979

Supported by
**CROYDON
COUNCIL**