

New Skills for



FREE Saturday-morning training sessions for community volunteers

at Christ Church Community Hall, Cockermouth

Supported by **Cockermouth Town Council**

Making Digital Accessible to Everyone

10am to 12.30pm, Saturday 14 March

Led by Digital Unite

Hands-on training for anyone who would like to help their friends and neighbours use their phones, tablets and computers and feel more included in the digital world

Effective Listening

9am to 1pm, Saturday 18 April

Led by NISCU

Learn to listen effectively using an Active Learning Listening model of listening to support pastoral work with people of any age

Supporting Mental Health and Trauma in Everyday Situations

10am to 12.30pm, Saturday 16 May

Led by Step Forward/Cumbria CVS

For anyone supporting adults who have suffered trauma or mental health experiences – find out how to listen and communicate more sensitively

For more information about any session, or to book your place, please contact **Sue Lake**, on gmcoffice@grasmoormc.church or **07593 265593**, or book online at

www.grasmoormc.church/community

