

Bristol Mind



For better
mental health

Bristol Mind Volunteer Advocates Basic Training (OCN level 3) April – June 2010

Volunteers are required to attend **all** the sessions.

Date		Training Session	
Wednesday 21 st April	am	Introduction to Bristol Mind	Claire
	pm	Introduction to Advocacy	
Wednesday 28 th April	am	Key concepts	Claire
	pm	Listening skills	Claire
Wednesday 5 th May		Mental health awareness	Suzanne Pearson
Wednesday 12 th May		Advocacy Skills 1 Assertiveness	
		Disability Discrimination	Angela Truell
Wednesday 19 th May		Advocacy Skills 2 Negotiation	
Wednesday 26 th May		The mental health Act and other legislation	Claire & Paul
Wednesday 2 nd June		Half Term Break	
Wednesday 9 th June	am	Looking after ourselves as workers/ supervision	Claire
	pm	User empowerment /anti - discrimination	Claire Turner
Wednesday 16 th June		Skills practice Evaluation & Review	Claire