



Community wellbeing

Training sessions for frontline staff and volunteers in Reading community groups and charities

- ADHD / ASD awareness
- Alcohol – Brief Interventions
- Dementia awareness
- Equality, diversity and inclusion
- Learning disabilities awareness
- Managing healthy boundaries
- Menopause awareness
- Making Every Contact Count
- Mental health first aid (2-day course)
- Motivational interviewing and behavioural change (whole day)
- Safeguarding Adults
- Time management

Places are limited to 20 per session. Most sessions will be from 9.30am to 1pm on Wednesdays between March 2024 and May 2025.

Please check our training page for updates - sessions will be added over the coming weeks: <https://rva.org.uk/training/>