



Training and Networking Calendar 2011-2012

November 2011

The Alternative Treasurer's Workshop: Money Worries

Friday 18 November 10.30am - 3.30pm

Venue: Self Help Nottingham

A one day workshop for Treasurers, group members and committee members who are interested in learning:

- How to spot problems before they get too serious
- How to promote sound financial policies and procedures
- How to reduce the risk of liability
- How and why things go wrong

January 2012

Group M.O.T.



Throughout the following four months, groups will have the opportunity to sign up for a group M.O.T. Sessions will be held in the morning, on the last Friday of the month, from January through to April.

So if your group is lacking in 'va va voom', your policies are in need of an overhaul or your committee has simply run out of steam, give us a call and we will book you in for an M.O.T and full service.

Social Media 4 U



Tuesday 17 January
10.00am - 12.30pm
Venue: Self Help Nottingham

A drop in session giving groups the opportunity to learn how other groups are using today's social media to network between meetings, attract and gain new members and to keep in-touch with fresh ideas. If you have no experience of Facebook, Twitter, You Tube and Blogging come and join us, you're sure to go home a little wiser. If on the other hand, your group is social media savvy and could teach us all a few tricks, drop in and share some of your expertise.

February



Network meeting for facilitators of SMART Recovery Groups
Thursday 16 February
1.30pm - 4.00pm
Venue: Self Help Nottingham

A new opportunity for facilitators of SMART Recovery groups to meet, build relationships and exchange news and views. Come along and hear about new resources, the availability of training, coaching and support and meet fellow SMART facilitators.

Demonstrating the value of your group
Tuesday 21 and 28 February
10.30am - 12.30pm
Venue: Self Help Nottingham

Most self help groups are worth their weight in gold - but how could you prove this?

- Do you know what a positive difference your group makes?
- What would members' lives be like without it?
- If people had to pay for what you provide, how much would it cost?

An opportunity to reflect upon the benefits of your group and to learn how to translate these benefits into tangible outcomes you can communicate to potential funders.

March

Work Club Volunteers Network Meeting

Location and date TBC

Work clubs are run along the same lines as self help groups and involve using the experience of looking for work, to help other job seekers to find work. This informal network will enable volunteers to share their experiences of facilitating a work club and to hear about resources and contacts to assist them in their role.

Bereavement Groups' Network

Wednesday 28 March

2.00pm - 4.00pm

Venue: Self Help Nottingham

A useful networking opportunity designed for members of bereavement self help groups. Come and meet other people involved in local bereavement support groups, up-date your support and signposting information and share some of the highs and lows of your group.

April

Improving your group facilitation skills

Thursday 26 April

10.30am - 3.30pm

Venue: Self Help Nottingham

“Good facilitators see and hear not only the obvious, but are tuned in to what else might be going on that isn't quite so apparent.”

A course to help deepen your understanding of facilitation, enhance your skills and build greater confidence in facilitating self help group meetings.

You will enjoy a structured, safe and creative environment in which to get to grips with and master the fundamental aspects of group facilitation.

June

New Groups Evening

Monday 11 June

7.00pm - 9.00pm

Venue: Self Help Nottingham

This is a friendly and informal event that aims to give participants the opportunity to share ideas, swap experiences and learn from each other.

This event aims to bring together:

- Members of new self help groups
- Individuals thinking about starting a new self help group
- People involved in setting up a new group

Getting back to basics: fund-raising for your group

Friday 22 June

10.30am - 3.30pm

Venue: Self Help Nottingham

Times are tough right now and groups are finding it increasingly difficult to raise money through grants and trusts alone. **Getting back to basics** will explore ways groups can raise money through their own efforts or guile - from car boot sales and fun runs, to sponsorship and fees.

This workshop will provide participants with:

- Ideas on ways to have fun and raise money
- Ways of assessing effort verses income
- Information on risk assessments, insurance, licensing etc.
- A guide to what's legal and what's not

All our training events are managed and facilitated by the groups Training and Development Team at Self Help Nottingham. If you want to know more or have any questions about a training event, please contact Caroline Bell, Training and Development Manager, on 0115 911 1662, Monday-Friday, 9.00am-5.00pm or e-mail training@selfhelp.org.uk.

Self Help Nottingham is also interested in ensuring that as many group members as possible know about our training so we now operate an e-mail distribution list to e-mail group members and keep in touch about training events. To subscribe to this list please send an e-mail to: groupstraining@selfhelp.org.uk.
