

## Helping Vulnerable People 2006–2007

### ***Who?***

This training is aimed at current and potential volunteers: people who have an interest, but perhaps no experience, in helping folk with life-disrupting problems. Our main focus is on homelessness and the problems that tend to go with it.

### ***What?***

The training is intended primarily for people from Christian organisations, but most of the content will be appropriate for anyone. There will be time given to allow people to ask questions and challenge the standard answers, so participants will be expected to think! We will supply detailed notes, but please bring a pen.

### ***When?***

There will be ten sessions, each delivered twice: on the second Wednesday (at the CCM office) and the second Saturday (at Trinity Tabernacle) of each month from September to July, apart from December.

Please aim to be with us for coffee and registration by 7:30 pm on the Wednesday evenings, or 9:45 am on Saturday mornings. On nine of the ten sessions, the training will run from 7:35 to 9:30 pm (Wednesdays) and 10:00 am to 1:00 pm (Saturdays), but *Share Your Faith* will extend over three consecutive Wednesday evenings and will run until 5:00 pm on the Saturday – please bring a packed lunch for this.

### ***Cost***

There will be a nominal charge of £4 for a full set of notes, plus £3 per session to cover the cost of administration, tea and coffee, and a contribution to the room hire; or you can pay £25 for everything – all ten sessions and a set of notes. If the cost causes difficulty, please contact CCM or the organisation for which you volunteer.

### ***Bookings***

If it is possible, please let us know by the previous Monday if you plan to come. You can just turn up on the day, but there may not be enough copies of the training notes and handouts for everyone if you do!

To book places or for more information, please contact the CCM office:

Crisis Centre Ministries, 12 City Road, Bristol, BS2 8TP  
Telephone: (0117) 942 3088 Email: [admin@crisis-centre.org.uk](mailto:admin@crisis-centre.org.uk)

## Programme 2006–2007

Date	Topic
<b>September 2006</b> 9 (Trinity) 13 (CCM)	<b>Introduction</b> – what we are aiming to do, working together with each other, working with other groups, policies, personal safety.
<b>October 2006</b> 11 (CCM) 14 (Trinity)	<b>Personal effectiveness</b> – boundaries, resources, essential personal skills (such as communication and listening), ways to grow.
<b>November 2006</b> 8 (CCM) 11 (Trinity)	<b>Reaching out</b> – understanding our clients, recognising drugs and their effects, what it is like to live on the street, what makes a difference short term, what sustains a difference long term.
<b>January 2007</b> 10 (CCM) 13 (Trinity)	<b>Homelessness</b> – what it is like, why people become homeless, the family, sources of help, barriers to help, and what we can do.
<b>February 2007</b> 10 (Trinity) 14 (CCM)	<b>Addiction</b> – what it is like, why people become addicted and how they can get free, family and friends, sources of help, barriers to help, and what we can do.
<b>March 2007</b> 10 (Trinity) 14 (CCM)	<b>Mental health</b> – understanding the main areas of mental illness, addiction and mental health, sources of help, barriers to help, what we do to help and avoiding unhelpful responses.
<b>April 2007</b> 11, 18 & 25 (CCM) 14 (Trinity)	<b>Share your faith</b> – communicate what you believe in a way that gets you invited back: gentle, attractive and enjoyable for both of you, and how to answer those difficult questions.
<b>May 2007</b> 9 (CCM) 12 (Trinity)	<b>Faith and social action</b> – different ways they have been linked, why the combination is essential, the place of prayer, prophecy and deliverance in helping people.
<b>June 2007</b> 9 (Trinity) 13 (CCM)	<b>Work</b> – the importance of work, the difficulty of getting and keeping it, what unemployment is like, why people become unemployed, schemes and programmes that help.
<b>July 2007</b> 11 (CCM) 14 (Trinity)	<b>Supporting people</b> – how and why people change, helping people survive through change, counselling in its many forms, alternative approaches.

### Directions:

From the Lawrence Hill roundabout, turn South onto St Philips Causeway (the A4320), taking care to be in the right hand lane. Immediately take the short slip road on your right, then across the other carriageway and into Hassell Drive.

Trinity Tabernacle is on your right, and the Salvation Army on your left.

Take the first right just past Trinity Tabernacle, then right again into the car park.

