



*presents*

# **Helping Vulnerable People**

*the volunteer training programme*

**2014-2015**

# Helping Vulnerable People

## **Who?**

This training is aimed at current and potential volunteers: people who have an interest, but perhaps no experience, in helping vulnerable people and those with life-disrupting problems. While our main focus is on homelessness and the problems that tend to go with it, the content is relevant to all situations where you want to help or care for someone.

## **What?**

You will be given the core facts and principles you need to understand, and time is given to allow people to ask questions and challenge the standard answers – so participants will be expected to think! The training is delivered from a Christian perspective, but is open to everyone and does not assume that those taking part have any faith commitment.

We will supply detailed course notes, but please bring a pen.

## **When?**

The programme runs from September through to July (but we miss December and May is different), and each session is delivered twice. You can usually come either on the second Wednesday of the month (at Crisis Centre Ministries) or on the second Saturday (at Trinity Tabernacle).

Please aim to be with us for coffee and registration by 7.30 pm on the Wednesday evenings, or 9.45 am on the Saturday mornings. On nine of the ten sessions, the training will run from 7.35 to 9.30 pm (Wednesdays) and 10 am to 1 pm (Saturdays), but *Share Your Faith* will extend over three consecutive Tuesday evenings and will run from 10 am until 5 pm on the third (not the second) Saturday at One25 (not Trinity).

## **Cost**

The cost on the day is £6 for the course notes plus £6 per session (£5 for each if you book in advance) or £40 for everything – all ten sessions and the notes. However, CCM volunteers are welcome to attend for free.

## **About us**

This training is being arranged by the BCAN (Bristol Christian Action Network) Homeless Forum (or 'BHF'). BHF works to link the people and groups serving the homeless community in and around Bristol. For more information about BHF, please visit the web site:

<http://www.bcan.org.uk/bhf>

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## *Programme 2014-2015*

| <b>Date</b>  | <b>Topic</b>  |
|--|---|
| <b>September 2014</b><br>10 (CCM)<br>13 (Trinity)      | <b>Introduction</b> – what we are aiming to do, working together with each other, working with other groups; policies, personal safety.   |
| <b>October 2014</b><br>8 (CCM)<br>11 (Trinity)         | <b>Personal effectiveness</b> – boundaries, resources, essential personal skills (such as communication and listening); ways to grow.   |
| <b>November 2014</b><br>8 (Trinity)<br>12 (CCM)        | <b>Connections</b> – understanding our clients, recognising the effects of drugs and alcohol, what it is like to live on the street; what makes a difference short term and what sustains a difference long term. |
| <b>January 2015</b><br>10 (Trinity)<br>14 (CCM)        | <b>Homelessness</b> – what it is like; why people become homeless; the family; sources of help and barriers to being helped; what we can do.  |
| <b>February 2015</b><br>11 (CCM)<br>14 (Trinity)       | <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; what we can do.  |
| <b>March 2015</b><br>11 (CCM)<br>14 (Trinity)          | <b>Mental health</b> – understanding the main areas of mental illness; addiction and mental health; sources of help, barriers to being helped; what we can do; avoiding unhelpful responses.                      |
| <b>April 2015</b><br>8 (CCM)<br>11 (Trinity)           | <b>Faith and social action</b> – different ways they have been linked; why both are needed; the place of prayer, prophecy and deliverance in helping people.  |
| <b>May 2015</b><br>16 (Trinity)<br>12, 19 & 26 (One25) | <b>Share your faith</b> – communicate what you believe in a way that works, both for you and for the people you talk with: sensitive, gentle, attractive and enjoyable; how to answer those difficult questions.  |
| <b>June 2015</b><br>10 (CCM)<br>13 (Trinity)           | <b>Work</b> – the importance of work; the difficulty of getting and keeping it; what unemployment is like; why people become unemployed; schemes, organisations and programmes that help.                         |
| <b>July 2015</b><br>8 (CCM)<br>11 (Trinity)            | <b>Supporting people</b> – how and why people change; helping people survive through change; counselling in its many forms; alternative approaches.   |

# Helping Vulnerable People

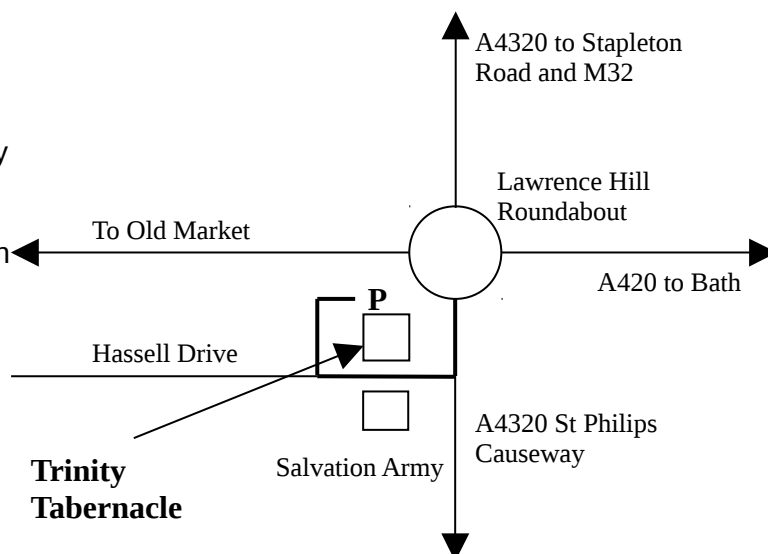
## Directions

To get to Trinity Tabernacle:

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.



If you would like further directions to Trinity Tabernacle or to CCM, please visit the BCAN web site at

<http://www.bcan.org.uk/bhf/training/venues.htm>

CCM volunteers can contact the CCM office for more details or to book; other people can contact BCAN at:

BCAN, 57 Avon Way, Bristol, BS9 1SL

Telephone: (07816) 893 676      Email: [admin@bcan.org.uk](mailto:admin@bcan.org.uk)

## 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.

Please send the form below (with your payment, if possible) to the BCAN office. Cheques should be made payable to 'Crisis Centre Ministries'. Feel free to photocopy this form as required; more copies are available from the BCAN web site or the CCM office.

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Please book me in to *Helping Vulnerable People*. I enclose:

( ) £40 / ..... for the complete set of ten sessions, including notes, OR

( ) £10 / ..... for one session, including notes (Session Date: ..... )

Name: .....

Address: .....

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