

UK Meeting Centres Support Programme Training for staff/volunteers

We have now developed a 5 week fully online training programme to help staff/volunteers understand how to develop an enjoyable and flexible Meeting Centre which is key to the development of a successful Centre.

This 5-week fully online training will support you to consider the different elements that make up a Meeting Centre and explore the practicalities of implementing it. This will include looking at:

- The Meeting Centre ethos
- The Essential Features of a Meeting Centre
- The Adjusting to Change model and how this model can be used in practice to support both members with dementia and family carers
- The physical, social and psychological effect of movement on individuals, with the opportunity for staff/volunteers to start to consider how this can be incorporated into the Meeting Centres programme.

Whilst we do not expect staff/volunteers to have in-depth knowledge of dementia, we do expect that they have some understanding, we therefore request that all those attending have become Dementia Friends see [this link to access Dementia Friends](#)

Mode of delivery: This fully online training will be delivered using the University's online learning platform, which will include weekly scheduled online sessions where you will meet your tutor and fellow students, and independent study which you will complete independently at your own pace. Typically, you should spend approximately 4 hours each week working through this training programme. Two further online support sessions will take place at month two and five post completion of the programme.

Access Requirements: As a fully online training course you will require a reliable **computer/laptop** and internet access. You will require audio and video capability for the online sessions so that you can connect with your tutor and fellow students.

Target audience: This training is specifically to support frontline staff/volunteers who will have day to day responsibility of running a Meeting Centre but may also be of interest to Trustees/other supporters.

Start Dates: 2 November 2020, 1 February 2021, 3 May 2021, 2 August 2021.

Workshop Fee: The training is free.

For further information and details of how to book: Please email meetingcentres@worc.ac.uk or tel: 01905 542531. We will then contact you to give more information and access details.