

Training Details - (Ladies only sessions)

To attend any of the trainings below please contact Rowshonara Reza: 02392 841 762 / 07539 351371




Email: rowshonara.reza@portsmouthcc.gov.uk

Training & Awareness Sessions Details	Venue Details
<p style="text-align: center;">Stonham Women's Refuge</p> <ul style="list-style-type: none">• Awareness training on Women's Refuge and how to access support.• Effects on children• What is a refuge	<p>Date: Monday 2nd February 2015 Time: 10:30 - 12:00pm Venue: Landport Community Centre, Charles St, Portsmouth PO1 1JD</p>
<p style="text-align: center;">Adult Social Care & safeguarding</p> <ul style="list-style-type: none">• Awareness training on how to access the adult social care service.• At some point in our lives most of us will need help with an aspect of everyday living. This could be the result of an illness, a stay in hospital, a disability, or simply because we are getting older and need some support to carry on living independently.• Adult social care helps almost 6,000 people, providing a wide range of services, as well as helping you to organise your own support.	<p>Date: Wednesday 4th February 2015 Time: 12:00 - 2:00pm Venue: Friendship House, Elm Grove, PO5 1JT.</p>
<p style="text-align: center;">Mindfulness Training</p> <ul style="list-style-type: none">• Learn about what is Mindfulness...• Have you ever noticed that when you are doing quite familiar and repetitive tasks, like driving your car, or vacuuming, that you mind is often miles away thinking about something else? You may be fantasising about going on a vacation, worrying about some upcoming event, or thinking about any number of other things....• Mindfulness aims to develop a skill to place you in a better position to break free of unhelpful habits that are causing distress and preventing positive action.• Learn how to practise it in your everyday life...	<p>Date: Monday 9th & 23rd February 2015 Time: 10:30 - 12:00pm Venue: Landport Community Centre, Charles St, Portsmouth PO1 1JD</p>

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<p style="text-align: center;">Balanced Life & Wellness</p> <div style="display: flex; justify-content: space-around;"></div> <ul style="list-style-type: none">• Awareness and understanding on Talking Change Service.• Common Difficulties, Depression, Worry & Stress etc....• Referral and how to access service• Good mental wellbeing is about more than avoiding mental health problems; it means feeling good and functioning well.• Many factors influence our wellbeing. Evidence shows that the actions we take and the way we think have the biggest impact. It can help to think about “being well” as something you do, rather than something you are. The more you put in, the more you are likely to get out.• Depression is a common mental health problem thought to affect 1 in 5 adults in the UK at some point in their lives. It is characterised by feelings of low mood, loss of interest or pleasure, low energy, and poor concentration.	<p>If you are interested in attending this training you must attend all sessions. (Please note this is a 5 weeks course)</p> <p>Date: Wednesday 11th, 25th February & 4th, 11th & 18th March 2015. Time: 12:30 - 2:00pm Venue: Friendship House, Elm Grove, PO5 1JT.</p>
<p style="text-align: center;">Zumba Fitness Class</p> <ul style="list-style-type: none">• Fitness class for all women• We have up to 22 ladies attending this session from different minority ethnic groups. Please contact Shefali Uddin our Safeguarding Champion if you are interested in attending.• Her mobile - 07852 614 826	<p>Date: Every Wednesday (term Time Only) Time: 11:30 - 12:30pm Venue: Landport Community Centre, Charles St, Portsmouth PO1 1JD</p>
<p style="text-align: center;">Every Day First Aid  BritishRedCross</p> <ul style="list-style-type: none">• Everyday First Aid is a flexible way of learning basic first aid skills - simple to learn and easy to remember. Using realistic scenarios, these sessions cover the first aid skills that are most relevant to you in a relaxed and informal atmosphere.	<p>Date: Thursday 12th March 2015 Time: 12:00 - 2:00pm Venue: Portsmouth Central Library Room F, 3rd Floor. Guildhall Walk, PO1 2DX</p>

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Barnardo's Child Sexual Exploitation Awareness Training

- What is child sexual exploitation?
- Who does it affect?
- How does it happen?
- Key Signs of sexual exploitation
- How you can offer support to any young person who goes missing or is at risk of sexual exploitation

Date: Thursday 5 March 2015

Venue: Navigators Resource Centre

36-40 Isambard Brunel Road, Portsmouth

PO1 2DP

Time: 9:30 - 2:30pm