

A SUPPORTIVE ROUTE TO VOLUNTEERING

Level 1 Voluntary Work Skills Accredited Course

FREE to people facing Mental Health challenges

Delivered online via
Zoom.

Includes two online
sessions per week for
5 weeks.

Participants complete
assessment booklet
via Moodle.

Focusing on:

Volunteering - roles,
responsibilities, benefits

Communication skills

Positive & assertive
behaviours

Group working skills

Equality

Participants will be
supported to
undertake volunteer
taster sessions in
Flintshire once COVID-
19 restrictions are
lifted.

To find out more about this FREE course,
or to enrol, please contact a
Volunteering Development Officer:

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