

Community Training Programme Overview

An Overview of the Community Training Programme The Social and Health Education Project provides support to groups in the community and voluntary sector by making available tutors who are trained and capable of conducting a variety of courses in social and health education in a manner which is safe as well as effective. In setting up these courses, the Project works in partnership with other agencies working in the community. Funding for the courses is generally sourced from statutory providers with an interest in supporting the development of the groups concerned. Community courses currently on offer include

- Introduction to Personal Development,
- Assertive Communication for Better Relationships,
- Managing Stress in Our Daily Lives,
- Family Communication,
- Parents, Infants and Toddlers - Developing Relationships,
- Children and Bullying - A Course for Parents,
- Child Abuse and Neglect,
- Women's Wellbeing,
- Men's Wellbeing,
- Health, Wellbeing and Empowerment for Older People,
- Coping with Grief, Loss and Change in Life and
- Inter-Cultural Awareness. Additional courses are offered in response to the specific needs of certain groups, including those who face especially significant challenges.