



Lancashire
Adult Learning

Volunteer Training

FREE 12 week Volunteer Training programme.
For new and existing volunteers, 19 years and over.

The course includes free accredited training in
First Aid and covers:

- Finding out about volunteering and becoming a volunteer
- Volunteering and voluntary organisations
- Working as a volunteer with a chosen organisation
- Health and Safety
- First Aid (accredited)
- Safe and sound awareness
- Understanding effective customer relations
- Developing interpersonal skills
- Dementia awareness
- Mental health awareness
- Conflict resolution
- Mentoring and befriending

On completion of the course you will be found a
volunteer placement in an appropriate local setting
where you can earn Spice Time Credit vouchers
which can be spent in a wide variety of locations
across the county.

1 hour of volunteering = 1 time credit voucher.

Visit www.justaddspice.org for more details

For more information or to book on a
course close to you please contact
Helen Pass

 01282 508236

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Learn something new today. Make this year, your year...!