



Training Programme January - March 2015

Welcome to US Chesed's Training Programme.

We will be updating the programme during the year, as new opportunities arise.
We will send an updated programme to co-ordinators every month.

Please ensure that this programme is circulated to all volunteers monthly.

If there is anything else you would like us to offer, then please let Sharon know on sdaniels@theus.org.uk

**To book a place on any training, please contact Bracha Schneider on
Email: bschneider@theus.org.uk Tel: 020 8343 6238**

Places on all training are limited, so please book early
Once you have booked a place, you will receive full venue details

US Chesed Training

What?	When?	Where?
Mental Health: Visit to JAMI Visit the Martin B Cohen JAMI Centre, which offers everything from gardening to meditation, education to outings. Find out more about what is on offer, the support they can give you and how to refer people if needed	Monday 12 th January 11.15am – 1.00pm	The Martin B Cohen Centre, Edgware
Induction Training Basic training for all our volunteers, covering the skills needed in Chesed work, and how your roles fits into US Chesed <i>You need to attend both sessions</i>	Sundays 18 th and 25 th January 9.30 – 12.30	United Synagogue Head Office, Finchley
Supporting people experiencing stress Most of us, as well as the people we support, are experiencing stress. Find out more about what stress is, how it affects people and how we can help people who experience stress. This session will be facilitated by JAMI	Monday 9 th February 7.45-10pm	Venue to be confirmed

Chai Cancer Support Find out about the support our communities can give to people with cancer, as well as what Chai can offer to complement this. The session will include a tour around Chai to see in person what they do.	Thursday 12 th February 10.30-12.30	Chai, Hendon
Domestic Abuse Facilitated by Jewish Women's Aid, this session will look at the signs of domestic abuse and how to respond if domestic abuse is disclosed to you, or if you suspect it is happening.	Wednesday 11 th March 7.45 – 10.00pm	Hendon United
Induction Training Basic training for all our volunteers, covering the skills needed in Chesed work, and how your roles fits into US Chesed <i>You need to attend both sessions</i>	Tuesdays 10 th and 17 th March 7.45 – 10.00	United Synagogue Head Office, Finchley