

YOU ARE INVITED



Oasis-Talk

**FREE TRAINING
COURSE
FOR BAME
WELLBEING
VOLUNTEERS**

**8 WEEK ACCREDITED COURSE
STARTING ON:
TUESDAY 6TH OCTOBER 2020**

WHERE:

**BANGLADESH CENTRE, MIVERT STREET, EASTON,
BRISTOL, BS5 6JF**

Reserve your place now- Limited spaces

**OASIS-TALK
IS INVITING MEMBERS OF BAME
COMMUNITIES, WHO ARE UNDER 50
YEARS OF AGE, TO TAKE
PART IN A COURSE THAT WILL HELP YOU
TO SUPPORT COMMUNITY GROUPS WITH
THEIR MENTAL HEALTH AND WELLBEING.**

**THIS IS AN ACCREDITED COURSE WHICH
LEADS TO A CERTIFICATE AS A WELL-
BEING VOLUNTEER
FACILITATOR.**

You will learn:

- How to create a safe space for your group
- How to lead and support group discussions on well-being
- Ways of understanding mental health and wellbeing
- How to help people relax and have better sleep
- Ways to support people who are living with pain and illness
- How you can help others to get the support they need



Who can attend?

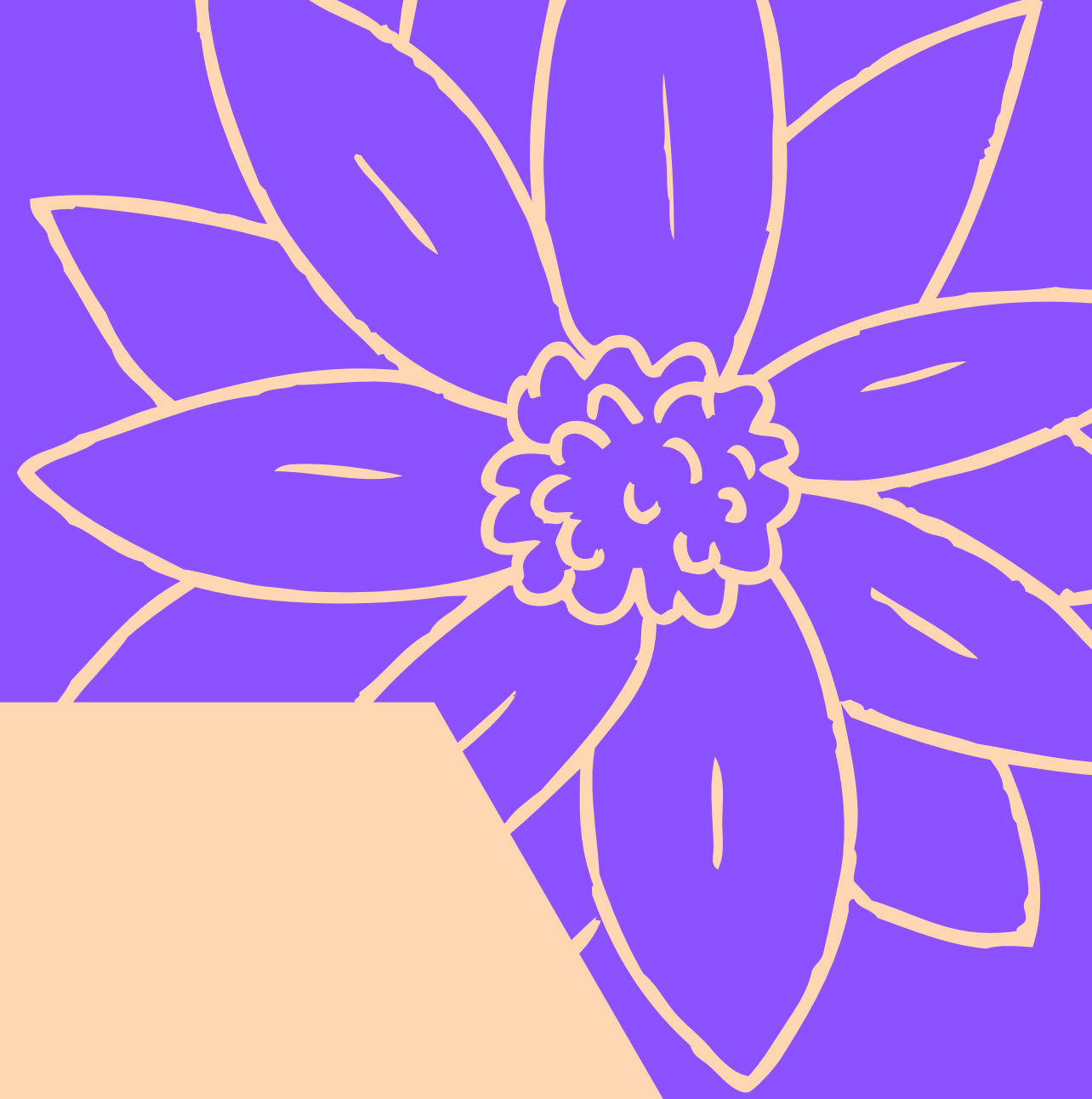
This group is for BAME women who are aged under 50. The course will be delivered in English so you will need a reasonable level of written and spoken English.



WE PLAN TO HAVE MORE GROUPS AVAILABLE IN THE FUTURE FOR MEN AND MIXED GROUPS.

A crèche will be available free of charge for those with young children.





When?

Tuesday 6th October: 10am-1pm
Tuesday 13th October: 10am-12pm
Tuesday 20th October: 10am-12pm
Tuesday 27th October: 10am-12pm
Tuesday 3rd November: 10am-12pm
Tuesday 10th November: 10am-12pm
Tuesday 17th November: 10am-1pm



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Covid-19 information

DUE TO COVID-19 RESTRICTIONS WE WILL BE SOCIALLY DISTANCING. HAND SANITISER WILL BE PROVIDED AND YOU WILL NEED TO WEAR A MASK DURING THE SESSIONS UNLESS THERE IS A MEDICAL REASON WHY YOU CANNOT DO SO.

IN THE EVENT OF FURTHER LOCKDOWN RESTRICTIONS WE WILL RUN THE COURSE ONLINE THROUGH ZOOM.

How to book:

Email info@oasis-talk.org

or

call: 0117 9 277 577

If the course is full you may join our waiting list for the next one



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