

Free Training for Volunteers

During October and November 2008, the Gwynedd Volunteer Centre organised three training days for volunteers. A very good response was received, and all three courses were full to capacity.



i) 29th October

Listening Skills for Volunteers —a basic introduction to counseling skills.

With trainer Mrs Lynne Edwards leading the session, 13 volunteers received a good introduction to coun-

These are some of the comments received from people who attended these courses :-

- Very good. I have enjoyed the day, and learnt a lot.
- The facilitators were excellent and discussed all relevant details plus more for the group
- Well organised, well presented. Very educational. Big insight to St John.
- I have learnt a great deal today and would like to thank you very much
- Great and informal + very inclusive.
- Full of information. Excellent tutor—a brilliant day.
- Yes, a brilliant taster to anyone wanting to further their training in counseling.
- The atmosphere was relaxed and friendly which helped with the interactions, avoiding any embarrassment.
- Good coverage of all forms of emergency first aid. Good practise exercises.

ii) 31st October - **Emergency First Aid** - aimed specifically at young volunteers between 16 and 24 years old.



iii) 6th November—**Emergency First Aid**

22 volunteers came to the Institute Building in Caernarfon to receive training from Neil Adam and Beryl Williams—St John Cymru.



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Trainers :- Neil Adam and Beryl Williams — St John Cymru