Free Training to Support Community Volunteers

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| We have been asked by Active Norfolk to send this to all Town & Parish Clerks and ask you  to give it the widest publicity possible to your local volunteer groups.  Vol Volunteers provide an incredible range of support for their communities, and as we find our  Sel selves in a winter lockdown the need for volunteers to support the coronavirus response with  Se services like telephone support and befriending has never been greater.  Checking in with someone who's vulnerable and shielding is a fantastic way to check that  they're are looking after their health and wellbeing as best they can, help reduce feelings of  loneliness and isolation, and confirm they have the essentials they need.  Even a few minutes of physical activity can bring mental and physical health benefits. When volunteers are checking in on people in their communities, they should be able to ask about  how active someone is as part of their overall health and wellbeing check.  Not everyone is comfortable talking about physical activity, so Active Norfolk is hosting two  free training courses to help those working in the voluntary sector feel more confident in  talking about it.  Whether you're a regular volunteer or have stepped in to support the coronavirus response,  this free training will help you feel confident in talking about exercise and in supporting  residents in their community with their health and wellbeing.  The course covers practical elements such as conversation starters, how to recommend  physical activity, and ideas and resources to signpost to amongst others.  The sessions will be held virtually on Thursday 11th February 10:00 – 11:30 a.m.  and Wednesday 10th March 1:30 – 3:00 p.m.  To find out more information and book your place,  email [Amy.Story@activenorfolk.org](mailto:Amy.Story@activenorfolk.org)  or visit  [www.activenorfolk.org/news/2021/01/training-to-help-community-volunteers-talk-about-pa](http://www.activenorfolk.org/news/2021/01/training-to-help-community-volunteers-talk-about-pa)  \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |
| Hope you find this useful and can pass it on to the appropriate people in your parish  With kind regards  John W Pennell  Chairman: Well-Being Initiative  Norfolk Association of Local Councils Limited (Trading as Norfolk ALC)  [www.norfolkalc.gov.uk](http://www.norfolkalc.gov.uk/)  Our Privacy Policy, which outlines personal information we collect, why we collect it, and how we use it, can be viewed [here](http://www.norfolkalc.gov.uk/norfolk-association-of-local-cou.html). | |
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