

TRAINING AND EVENTS 2023

What	Who
Groups Drop In Session	Anyone who runs a support group, whether it be an adult, family or community group this is your space to speak to staff and each other.
Coffee and a Catch Up	These are informal chats for anyone connected with us in the north of England. Whether you are a volunteer or one of our supporters. Whether you live with diabetes or support someone who does, this space is for all of us to connect and to find and give support.
Speaker Training	If you would like to become a volunteer speaker, or you already are one and would like to have a refresher then this session is for you. In this training we talk about the role of a speaker and give you tips for delivering a talk. Not interested in being a Speaker? This training may still be useful for you. The first hour is all about diabetes and Diabetes UK, so feel free to join and meet other volunteers. Please email north@diabetes.org.uk to register attendance.
Online Skills Drop In	If you have any questions around Assemble, Zoom or any other digital platform that you would like to better utilise for your volunteering or your support group, then these informal sessions are just the place for you to bring any questions to us.
Peer Support Facilitator Training	Whether you are running a support group or would like to run peer support in other settings, this training is all about how to deliver a session. There will be topics covered such as active listening skills, how to handle any safeguarding concerns, different sessions that you could run and how to ensure everyone gets the most out of the session. Please email north@diabetes.org.uk to register attendance.
Groups Keeping Safe, Legal and Healthy	All staff and some volunteer roles need to complete mandatory refresher training on Safeguarding, Health and Safety and GDPR. If you are the Lead Volunteer or a Committee Member of a group (in this instance it is only the Chair, Treasurer and Secretary for which this training is mandatory, but other committee members are welcome) then you will need to complete this upon beginning your role and then the refresher every three years. You can do this through Assemble, or you can attend one of our online sessions. If you think your group may need this delivering face-face, please get in touch with us. Please email north@diabetes.org.uk to register attendance.

MARCH

- 16th March, 12:30pm-1:30pm
Groups Drop In
- 20th March, 1pm-2pm
Coffee and a Catch Up
- 23rd March, 7pm-9pm
Speaker Training
- 30th March, 7pm-9pm
Groups Keeping Safe, Legal and Healthy
Training

APRIL

- 13th April, 6pm-7pm
Online Skills Drop In
- 19th April, 12:30pm-1:30pm
Coffee and a Catch Up

MAY

- 10th May, 6:30pm-7:30pm
Coffee and a Catch Up
- 18th May, 12:00pm-2:00pm
Groups Keeping Safe, Legal and Healthy
Training
- 24th May, 7pm-9pm
Peer Support Training

JUNE

- 1st June, 1:00pm-2:00pm
Coffee and a Catch Up
- 6th June, 6pm-7pm
Groups Drop In
- 22nd June, 7pm-9pm
Speaker Training

AUGUST

- 22nd August, 1pm-2pm
Coffee and a Catch Up
- 31st August, 6pm-7pm
Groups Drop In

JULY

- 7th July, 11am-12pm
Coffee and a Catch Up
- 11th July, 7pm-8pm
Online Skills Drop In

SEPTEMBER

- 5th September, 7pm-9pm
Speaker Training
- 12th September, 6pm-7pm
Coffee and a Catch Up
- 21st September, 12pm-2pm
Groups Keeping Safe, Legal and Healthy
Training

OCTOBER

- 10th October, 6pm-7pm
Online Skills Drop In
- 19th October, 11am-12pm
Coffee and a Catch Up

DECEMBER

- 4th December, 12:30pm-1:30pm
Groups Drop In
- 5th December, 7pm-9pm
Speaking Training
- 11th December, 7pm-8pm
Coffee and a Catch Up

NOVEMBER

- 8th November, 7pm-8pm
Peer Support Training
- 14th November, 12:30pm-1:30pm
Coffee and a Catch Up
- 16th November, 7pm-9pm
Groups Keeping Safe, Legal and Healthy
Training