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**Free Training for VCSE Organisations**

The UK Shared Prosperity Fund (UK SPF) has provided funding to establish digital inclusion projects across North Yorkshire through the creation of digital hubs. These hubs are supported by a comprehensive training program delivered by both Public Sector partners (North Yorkshire Council Adult Learning and Support Service) and VCSE partners (Mind and AbilityNet).

In addition to digital-specific learning, the sessions cover a wide range of topics, including mental health awareness, safeguarding, and motivational training. This includes a fully accredited two-day Mental Health First Aid course.

While the courses are primarily designed for individuals enrolled in the program, additional spaces are occasionally available. If you are interested in securing a space, please refer to the contact details in the attached document. Confirmation of availability will be provided two weeks prior to the course date.

The courses are available free of charge, with options for both face-to-face and online sessions.

If you have any questions, please contact michael.fletcher@communityfirstyorkshire.org.uk

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| **February 2025** |

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| **Signposting Skills: Making Every Contact Count** |
| **Provided by:**  | **North Yorkshire Council Adult Learning and Skills Service** |
| **Course Summary:**  | Attendees will be equipped with the skills to effectively encourage and motivate others toward healthier behaviours, making a significant impact with every contact they have. |
| **Date** | **Time** | **Venue** | **Register Interest** |
| Wednesday 12th February |  9:45 - 12:45 | Online via Teams | [Course Details | ontrack: Learner Hub](https://ebsontrackprospect.northyorks.gov.uk/Page/Prospectus_CourseOverview?uio_id=24432) |
| Wednesday 19th February | 10:00 - 13:00 | Skipton Library | [Course Details | ontrack: Learner Hub](https://ebsontrackprospect.northyorks.gov.uk/Page/Prospectus_CourseOverview?uio_id=24436) |
| Wednesday 26th February | 18:00 - 21:00  | Online via Teams  | [Course Details | ontrack: Learner Hub](https://ebsontrackprospect.northyorks.gov.uk/Page/Prospectus_CourseOverview?uio_id=24438) |

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| **Accessible Digital – Thriving Online** |
| **Provided by:**  | **AbilityNet** |
| **Course Summary:**  | Designed to make technology and online media more accessible, this session will highlight the benefits of being online and the support available to help you. We'll also help you stay safe by identifying common scams and answering all your questions about the upcoming digital switchover—ensuring a smooth transition. Empower yourself with the knowledge and skills to navigate the digital world confidently. Let’s connect and bridge the digital divide together! |
| **Date** | **Time** | **Venue** | **Register Interest** |
| Thursday 13th February |  10:00 -12:00 | Online | Email: michael.fletcher@communityfirstyorkshire.org.uk |
| Thursday 13th February | 13:00 – 15:00 | Online | Email: michael.fletcher@communityfirstyorkshire.org.uk |

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| **Mental Health First Aid** |
| **Provided by:**  | **Mind** |
| **Course Summary:**  | This course will help develop a deeper understanding of mental health and the factors that can affect people’s wellbeing, including your own, This will include:− Practical skills to spot the triggers and signs of mental health issues− Confidence to step in, reassure and support a person in distress− Enhanced interpersonal skills such as non-judgemental listening− Knowledge to help someone recover their health by guiding them− How to look after your own mental well-being, remain resilience and get the most out of life.**This is a two-day accredited course** |
| **Date** | **Time** | **Venue** | **Register Interest** |
| Wednesday 19th- Thursday 20th February | 9.30-4.30 | Online | Please note this session is fully booked but to go on the waitlist contact: michael.fletcher@communityfirstyorkshire.org.uk |

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| **Mental Health Awareness** |
| **Provided by:**  | **Mind** |
| **Course Summary:**  | This course will help develop an understand as to what mental health and wellbeing is* Dispel stigma surrounding mental health issues
* Recognise the signs of mental health and wellbeing
* Be aware of common mental health conditions and treatments
* Explore ways to support others
* Examine ways of maintaining our own mental health and wellbeing
* Look at available resources
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| **Date** | **Time** | **Venue** | **Register Interest** |
| Monday 10th February | 10:00 | Boroughbridge, Library  | Email: michael.fletcher@communityfirstyorkshire.org.uk |

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| **March 2025** |

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| **Motivational Interviewing / Coaching** |
| **Provided by:**  | **North Yorkshire Council Adult Learning and Skills Service** |
| **Course Summary:**  | Practical training in techniques to inspire and facilitate personal change. Participants will learn the core principles of motivational interviewing, including how to build rapport, explore and resolve ambivalence, and encourage self-efficacy. The course focuses on effective communication strategies, active listening, and goalsetting to support individuals in making and sustaining positive behavioural changes. |
| **Date** | **Time** | **Venue**  | **Register Interest** |
| Tuesday 4th March | 12:30 - 15:30 | Online via Teams | [Course Details | ontrack: Learner Hub](https://ebsontrackprospect.northyorks.gov.uk/Page/Prospectus_CourseOverview?uio_id=24440) |
| Tuesday 11th March |  9:30 - 12:30 | Northallerton County Hall Classroom | [Course Details | ontrack: Learner Hub](https://ebsontrackprospect.northyorks.gov.uk/Page/Prospectus_CourseOverview?uio_id=24442) |
| Wednesday 12th March | 13:30 - 16:30 | Scarborough Town Hall | [Course Details | ontrack: Learner Hub](https://ebsontrackprospect.northyorks.gov.uk/Page/Prospectus_CourseOverview?uio_id=24444) |
| Thursday 20th March | 17:00 - 20:00  | Northallerton County Hall Classroom | [Course Details | ontrack: Learner Hub](https://ebsontrackprospect.northyorks.gov.uk/Page/Prospectus_CourseOverview?uio_id=24448) |

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| **Alexa! What Can you do for me? Voice Activated Devices** |
| **Provided by:**  | **North Yorkshire Council Adult Learning and Skills Service** |
| **Course Summary:**  | A comprehensive understanding of how to leverage smart speakers for everyday convenience and enhanced living. This course covers essential features such as voice-activated commands, smart home integration, and accessibility options, enabling users to streamline tasks like setting reminders, controlling home devices, and accessing information hands-free. |
| **Date** | **Time** | **Venue** | **Register Interest** |
| Monday 17th March | 18:00 - 21:00  | Online via Teams  | [Course Details | ontrack: Learner Hub](https://ebsontrackprospect.northyorks.gov.uk/Page/Prospectus_CourseOverview?uio_id=24450) |
| Tuesday 18th March | 12:30 - 15:30 | Online via Teams  | [Course Details | ontrack: Learner Hub](https://ebsontrackprospect.northyorks.gov.uk/Page/Prospectus_CourseOverview?uio_id=24452) |
| Wednesday 19th March | 13:30 - 16:30 | Scarbough Town Hall  | [Course Details | ontrack: Learner Hub](https://ebsontrackprospect.northyorks.gov.uk/Page/Prospectus_CourseOverview?uio_id=24454) |
| Tuesday 25th March |  9:00 - 12:00 | Northallerton County Hall Classroom  | [Course Details | ontrack: Learner Hub](https://ebsontrackprospect.northyorks.gov.uk/Page/Prospectus_CourseOverview?uio_id=24456) |
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| **Mental Health First Aid** |
| **Provided by:**  | **Mind** |
| **Course Summary:**  | This course will help develop a deeper understanding of mental health and the factors that can affect people’s wellbeing, including your own, This will include:− Practical skills to spot the triggers and signs of mental health issues− Confidence to step in, reassure and support a person in distress− Enhanced interpersonal skills such as non-judgemental listening− Knowledge to help someone recover their health by guiding them− How to look after your own mental well-being, remain resilience and get the most out of life.**This is a two-day accredited course** |
| **Date** | **Time** | **Venue** | **Register Interest** |
| Wednesday 12th- Thursday 13th March | 9.30-4.30 | Skipton  | Email: michael.fletcher@communityfirstyorkshire.org.uk |