

Voluntary Community, Social Enterprise and Faith Sector Training Offer

VCSEF Training Offer

Funded training for the Voluntary, Community, Social Enterprise and Faith Sector (VCSEF). Brought to you by Medway Council and funded by Health Education England.

Medway's Public Health team have been successful in a bid to obtain funding to provide training to those working and, or volunteering in the VCSEF.

Following a training needs analysis and feedback from a number of VCSEF organisations, we are pleased to offer the following FREE training sessions to your organisation running from January to March 2026.

- Managing Volunteer Wellbeing
- Managing Boundaries for Volunteers and Managers
- Resilience
- Handling Difficult Conversations
- Neurodiversity Awareness
- Grief and Bereavement
- Connect 5 – Mental Health Training

Managing volunteer wellbeing

This half-day session supports those who volunteer or manage volunteers, to maintain their wellbeing while working with others, particularly when exposed to sensitive or distressing situations. Participants will explore the emotional impact of their role, learn how to recognise signs of stress or compassion fatigue, and develop strategies for setting boundaries and managing emotional responses. The session also provides practical tools for self-care, reflection, and accessing appropriate support, helping volunteers build resilience and continue making a positive impact safely and sustainably.

By the end of the session, participants will be able to:

- Recognise the importance of maintaining personal wellbeing while supporting others. Identify the emotional impact of exposure to sensitive or distressing situations.
- Understand the signs of stress, burnout, and compassion fatigue in themselves and others.
- Apply practical strategies to set and maintain healthy boundaries.
- Use techniques to process and manage emotional reactions after challenging interactions.
- Develop a personal plan for self-care and recovery.
- Know when and how to access supervision, peer support, or professional help.
- Understand their organisation's role in promoting and supporting volunteer wellbeing

This course will take place on the following dates.

Spaces are limited, to book please click on link for the date you require.

Tuesday 20th January 2026 from 09:30 to 12:30 at the Innovation Centre, Maidstone Road, Chatham. [Book this session](#)

Wednesday 25th February 2026 from 13:30 to 16:30 at The Rivermead Inclusive Trust, Long Catlis Road, Rainham. [Book this session](#)



Managing Boundaries for Staff, Volunteers and Managers

This interactive session helps participants understand and manage professional boundaries when supporting others. Working in community and voluntary settings can be rewarding but also emotionally demanding.

This session explores the importance of boundaries for both wellbeing and effectiveness, how to recognise when boundaries are becoming blurred, and practical ways to maintain them. Participants will leave with increased confidence in setting clear, compassionate limits and tools to protect their own wellbeing while continuing to offer meaningful support.

By the end of the session, participants will be able to:

- Define what professional and personal boundaries mean within VCSEF roles.
- Recognise early signs that boundaries are becoming blurred.
- Communicate boundaries clearly and assertively while maintaining empathy.
- Identify and navigate the unique challenges that arise when transitioning from service user to volunteer.
- Apply practical strategies to manage challenging situations and requests.
- Understand how maintaining boundaries supports personal wellbeing and professional integrity.
- Access support and reflect after boundary challenges or breaches.

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Resilience Training

Resilience training will focus on equipping those who work or volunteer in the sector, with the skills to handle stress, adapt to challenges, and support others effectively across a range of situations. It blends practical techniques with emotional wellbeing strategies so staff and volunteers can sustain their commitment while looking after their own wellbeing. In this session we will explore the following:

- Explore what resilience really means and why it matters for people and communities.
- Understand the everyday influences on resilience, from personal experiences to the environments we live and work in.
- Learn practical ways to build emotional strength and mental wellbeing, even during challenging times.
- Find approaches to cope with change and recover from setbacks, while supporting others along the way.
- Create a personal plan for resilience, reflecting on your own strengths and areas for growth.
- See how resilience helps individuals and communities thrive, promoting wellbeing and hope for the future.

This course will take place on the following dates.

Spaces are limited, to book please click on link for the date you require.

Thursday 29th January 2026 from 09:30 to 12:30 at the Innovation Centre, Maidstone Road, Chatham. [Book this session](#)

Wednesday 18th March 2026 from 13:30 to 16:30 at Lordswood Leisure Centre, The Quee Suite, Northdane Way, Chatham. [Book this session](#)



Handling Difficult Conversations

Avoiding tough conversations often creates bigger challenges but facing them with skill can transform relationships and outcomes.

This interactive workshop will help you discover why these conversations matter, practice active-listening techniques that ensure everyone feels heard and strengthen your ability to express concerns with clarity and compassion. You'll learn strategies to manage emotions in sensitive moments and work through realistic scenarios to build confidence, practical tools, and frameworks for success.

In this session you will explore the following:

- Discover why difficult conversations matter and the consequences of avoiding them.
- Learn active-listening techniques.
- Develop skills to use compassionate communication with confidence.
- Managing our own emotions and those of others.
- Work through real-life scenarios to build confidence and gain practical tools you can use in everyday life.

This course will take place on the following dates.

Spaces are limited, to book please click on link for the date you require.

Thursday 29th January 2026 from 13:30 to 16:30 at The Innovation Centre, Maidstone Road Chatham. [Book this session](#)

Wednesday 18th March from 09:30 until 12:30 at Lordswood Leisure Centre, Northdane Way, Chatham. [Book this session](#)



Neurodiversity Awareness

Delivered by STAK.life CIC (Stefan's Acts of Kindness) a multi-award-winning, neuro-affirming, neurodivergent-led training organisation.

We invite you to join a course that offers a deeper, evidence-informed understanding of neurodiversity at a time of significant national scrutiny. The House of Lords report "Time to deliver: The Autism Act 2009 and the new autism strategy" (23 November 2025) highlights that systems are still failing to deliver meaningful change for autistic and otherwise neurodivergent people, and calls for better training, accountability and practice.

This course responds directly to that call by turning policy into practical action you can use. Grounded in lived experience and current research, it will support you to reflect, adapt and "get it right" in real-world settings.

By attending this course you will learn:

What neurodivergence actually means, the neurodiversity paradigm, and how neurodivergent people are often framed.

Why language matters so deeply, and the real-world impact of getting it right (or wrong).

Communication differences and styles.

Sensory differences and how they shape daily life.

SPELL – a practical framework for supporting neurodivergent people.

STAK.life training is trusted by schools, health teams, charities and community organisations because it combines rigorous evidence, lived experience and a consistently neuro-affirming approach.

This course will take place on the following dates.

Spaces are limited, to book please click on link for the date you require.

Thursday 5th February from 13:00 to 16:30 at the Innovation Centre, Maidstone Road, Chatham. [Book this session](#)

Tuesday 3rd March from 09:30 to 13:00 at the Rivermead Trust, Long Catlis Road, Rainham. [Book this session](#)

Grief and Bereavement

Bereavement is something that affects us all in our lives but can come in many ways and has varying impact from one person to another.

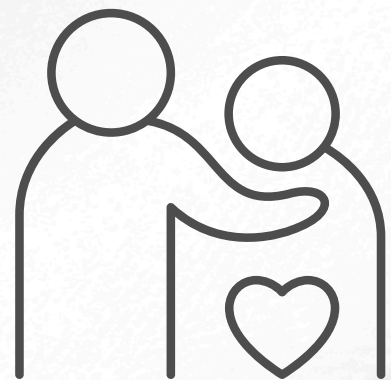
This training offers voluntary sector workers a supportive space to explore grief, bereavement, and loss in all forms – from the death of a loved one, to life changes such as relationship breakdowns as well as major life transitions. Together, we will look at how different cultures understand and express grief, as well as how attitudes to bereavement have evolved over time. Participants will look at how to hold compassionate, validating conversations with people who are grieving and how creating this space can strengthen connection, support mental health and enhance overall wellbeing for both practitioners and the communities they work with.

This course will take place on the following dates.

Spaces are limited, to book please click on link for the date you require.

Monday 9th February 2026 from 10:00 until 12:00 The Community Room, Morrisons supermarket, Strood. [Book this session](#)

Tuesday 24th March 2026 from 12:00 until 14:00 Lordswood Healthy Living Centre, Lordswood. [Book this session](#)



Connect 5 – Mental Health Training

Connect 5 is an incremental three-session programme. The programme underpins the principle of 'Making Every Contact Count' and supports the aim of making the best use of the skills and local contacts of frontline staff.

Session 1 is Brief Advice designed to help participants better understand mental health, mental wellbeing and mental illness. Participants will also learn about local services and resources that enable people to help themselves. Participants will become confident to offer wellbeing advice within their everyday work role.

Session 2 builds on the learning from Session 1 and offers brief wellbeing advice to help participants develop their understanding, skill and confidence to work with and improve the mental health and wellbeing. Participants will learn how to support greater insight into experiences of stress and distress and how to help people take first steps to make themselves feel better. This session covers what to do when people need more specialist help.

Session 3 is Extended Wellbeing Advice where you will look at practical tools that you can use yourself, or with others to make changes that are motivational and will help to make changes that last.

Dates for these sessions are as follows: **Please note, you must attend Session 1 in order to progress to sessions 2 and sessions 1&2 to attend session 3.**

All sessions will take place in the Nightingale Room at the Innovation Centre, Maidstone Road, Chatham.

To book, please click on each session below in order to secure your place.

[Session 1](#) Session 1: Thursday 12th February 2026 10:00 to 13:00

[Session 2](#) Session 2: Friday 27th February 2026 12:30 to 15:30

[Session 3](#) Session 3: Monday 16th March 2026 12:30 to 15:30



For further information or questions
please email

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Funded by



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