

Free Training for Volunteer Community Health Mentors

- *Could you help someone to help themselves?*
- *Are you a good listener and do you enjoy meeting new people?*

THEN THIS COURSE MAY BE FOR YOU!

We need volunteers who can support others to make positive choices and changes which will improve their health.

Introduction to Mentoring Skills Course

**Netherton Feelgood Factory
5 sessions Thursdays 1.30 - 4.30
Commencing 15th October
to 12th November**

This training will also give you a lot of information about stopping smoking to help you offer support to people who are thinking about quitting.

On completion of this training you can do additional training including:

- *Stop Smoking* •
- *Planning and cooking for healthy lifestyle* •
- *To become a Food Peer Mentor* •

**To apply for a place contact:
Netherton Feelgood Factory
Glovers Lane, Netherton, L30 5QW
Telephone 291 8010 or 291 8011**

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