

Volunteer training Fresh Community Wellness SCIO, OSCR no. SC051346

For our current Aberdeen Central – Seaton, Linksfield, Pittodrie focus.

We are working to regenerate a deprived area; this has priority status.

Like many deprived areas this has high rates of Alcohol, drug, and other dependencies. As well as our utilising motivational interviewing techniques while volunteering with groups. As such we offer free, simple, online training in these areas. 3 quick courses with the induction allow you to be able to potentially save lives, be aware of potential risks and ensure you understand how motivation/ change talk should be used correctly. These courses are nationally recognised, do not take long to complete, they can be completed on an ongoing basis. So, you can stop and start modules as required. Some volunteers have completed all these courses in as little as 3 hours.

We are committed to offering further options to our volunteers or making them aware of locality & city-wide options, in numerous areas & fields of study. **Volunteers who are on student placements, or with us for work experience can be assured of a reference from us, which looks good on any CV, helping a registered charity.**

<https://www.sdftraining.org.uk/online-learning>

<https://www.sdftraining.org.uk/online-learning/156-overdose-prevention-intervention-and-naloxone-3>

<https://www.sdftraining.org.uk/online-learning/277-drug-awareness-an-introductory-course>

<https://www.sdftraining.org.uk/online-learning/652-motivational-interviewing-in-brief-conversations>

Use the SDF links to complete these courses in your own time, as induction courses a person is not considered to be a Fresh Volunteer until completed. When you click **REGISTER**. You enter: Your Name, A username, password, your email address.

Job Title = **Volunteer** | Organisation = **Fresh Community Wellness** | Contact Number is your own number. Sector = **Charity and voluntary work** | Location = **Aberdeen city**

When you have finished the courses, you will fill out a quick survey then be sent through your nationally recognised certificates. Please then forward these on to any of the team leads/ committee and we will issue the new badges for Fresh Community Wellness, registered Scottish Charity.

To become a team lead, work unsupervised, or to start the volunteer's pathway you will complete a PVG application. This will be done with us, for free, as **part of our safeguarding procedures**. This is through disclosure Scotland, confidential, and they provide the facts and evidence, then we decide. Following receipt of your information for this application, we may decide to issue, a risk assessed PVG volunteers position approval. This would allow you start PVG volunteering roles, whilst you await the return of your application.

Further training available is food safety & hygiene, safeguarding, health & safety, nutrition. As well as options for First Aid with the Red cross. Please email chair@freshcom.org.uk to find out about these opportunities.