

KINDAKAFE'S UPCOMING WORKSHOPS

KindaKafe hosts and supports a wide range of peer support and community groups who are all working to help build community and reduce loneliness and social isolation.

Thanks to Better Together Norfolk, we are able to offer free training and workshops for people aged 18+ who are involved in a peer support or community group in Norwich (not just through KindaKafe) or are interested in setting one up.

SAFEGUARDING AWARENESS

Trainers: Jacqui Starling, Lola Stafford Consultancy

Date: Next date to be announced - please express your interest

This half day workshop will explore multiple areas of safeguarding and give you the skills to support your community.

EQUALITY, DIVERSITY AND INCLUSION

Trainers: Jacqui Starling, Lola Stafford Consultancy and Reannon Tapp, Hidden Capacities

Date: Next date to be announced - please express your interest

This half day workshop will explore what equality, diversity and inclusion mean, their impact and how it relates to the law, and how we can all personally demonstrate inclusive behaviours towards others.

MENTAL HEALTH AWARENESS

Trainer: Catherine Gray, Cup-O-T: Wellness and Therapy Sessions

Date: Next date to be announced - please express your interest

This 2 hour mental health awareness training will raise awareness of mental health, provide tools and guidance for improving and managing your own wellbeing and that of the group you are part of, and take positive steps to remove the stigma surrounding mental health.

GROUP & ACTIVITY HOSTING

Trainer: Jacqui Starling, Lola Stafford Consultancy

Date: Next date to be announced - please express your interest

This workshop will take place over 2 days and will help to increase confidence and knowledge of how to be an effective host of a group or activity in a variety of settings. It will suit anyone who currently runs or is interested in running a support group/activity or simply sharing a skill or interest for the benefit of others. No prior experience needed.

GETTING THE MOST OUT OF ZOOM

Trainer: Simone Black, Your Own Place

Date: Next date to be announced - please express your interest

This workshop will take place over 2 days and is ideal for anyone who is interested in learning how to use Zoom to connect with people and host groups and activities. If you're already familiar with the basics of Zoom, this workshop will help you develop your skills in facilitating Zooms effectively and using different tools and techniques to encourage interaction and engagement.

GETTING TO GRIPS WITH CANVA

Trainers: Willow Farrell & Red Imlah, KindaKafe

Date: Next date to be announced - please express your interest

If you've never heard of Canva or are familiar with it but want to learn how to do more this workshop is for you. We'll show you how you can create beautiful designs, quickly and professionally for free! Learn how to utilise Canva's templates and features to design anything from a flyer, social media post or magazine.

APPLYING FOR GRANT FUNDING

Trainer: Jacqui Starling, Lola Stafford Consultancy

Date: Next date to be announced - please express your interest

This workshop will provide you with the knowledge and understanding of how to apply for grant funding for your support group/activity. It will include handy tips on what funders are looking for and how to write an effective grant application.

IDEAS INTO ACTION

Trainers: Willow Farrell and Tom Gaskin, KindaKafe

Date: to be confirmed - please express your interest

This workshop will give you the skills and confidence to take a passion or idea and turn it into a supportive, rewarding community group or activity. It will cover the support available at KindaKafe to help your group or activity grow including free or subsidised use of meeting spaces.

EMAIL TEAM@KINDAKAFE.ORG OR CALL 01603 850309 IF YOU ARE INTERESTED IN ATTENDING ANY OF THESE UPCOMING WORKSHOPS OR WOULD LIKE TO EXPRESS INTEREST IN FUTURE COURSES.