New Skills for SUMMER

FREE Saturday-morning training sessions for community volunteers

at Christ Church Community Hall, Cockermouth
Supported by **Cockermouth Town Council**

Supporting People with Dementia

10am to 12pm, Saturday 13 June
Led by Dignity in Dementia, Sponsored by Linking Lives

For anyone who would like to connect more effectively with the people they support – including listening and communicating better and dealing with challenging behaviour

Staying Safe Online

10am to 12pm, Saturday 11 July
Led by the Cumberland with support from Cumbria Constabulary

Vital advice for anyone using digital or supporting others to use to do their banking, shopping or anything else online on how to keep their personal information secure

Cockermouth Volunteer Fair

11am to 12.30pm, Saturday 12 September
Pop in for coffee, cake and chat with local groups (no need to book!)

For anyone wanting to know more about local groups or looking for a new way to get involved and make a difference, learn new skills and meet new people

For more information about any session please contact **Sue Lake**, on **gmcoffice@grasmoormc.church** or **07593 265593**, or book online at

www.grasmoormc.church/community