

## Training with Birmingham Settlement

Birmingham Settlement is delivering a programme of training suitable for those working in social care or those who simply have an interest in the training topics. All training sessions are half a day (3.5 hours - including break) and cost £50/person.

## Our Training Legacy

More than 120 years of delivering & supporting learning in our communities.

We have offered learning opportunities since we were founded in 1899. From working with partners such as the University of Birmingham in 1916 to support the training of Social Assistance Workers and later Social Workers. During the 1970s, we developed legal welfare specialism by establishing the National Money Advice Training Unit, continuing our journey to partner with Birmingham Tribunal Unit in the 2010's.

## Locations & Fees

Sessions will be delivered from Birmingham Settlement **Sports & Community Centre** in Kingstanding (B44 9SH).

Our aim is to ensure accessibility for all sectors, we aim to reflect this in our fees. Sessions are priced at **£50** per person.

If you are interested in any of the courses or would like more information, contact the Trainer David Coombes.

## Contact us



### Training & Learning

david.coombes@bsettlement.org.uk or  
07399 560 766



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# Training with birmingham settlement



developing communities, changing lives



## March - May 2025

Registered charity no.: 517303  
www.birminghamsettlement.org.uk

## Disability Awareness

**March 27th 9.15am - 12.30pm**  
**Sports & Community Centre,**  
**Kingstanding**

Training will include: Defining disability, disability as a social construct, non-visible disabilities. Barriers facing those with disabilities and the positive actions and reasonable adjustments we all can make to create more inclusive and less discriminatory environments.

## Mental Health Awareness

**April 10th 9.15am - 12.30pm**  
**Sports & Community Centre,**  
**Kingstanding**

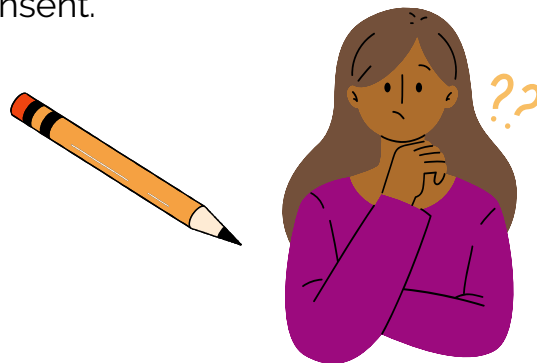
Training will include: Defining mental health and mental illness. Signs and symptoms of the most common mental health conditions. Identifying and responding to a mental health crisis. Maintaining positive mental wellbeing. How best to support mental health recovery.



## Adult Safeguarding

**April 24th 9.15am - 12.30pm**  
**Sports & Community Centre,**  
**Kingstanding**

Training will include: What is Adult Safeguarding? What is abuse? Categories of abuse. Those most at risk of abuse. Identifying the signs of abuse. Taking safeguarding action. The issue of client consent.



## Trauma Informed Practice

**May 1st 9.15am - 12.30pm**  
**Sports & Community Centre,**  
**Kingstanding**

Training will include: What is trauma? Symptoms of trauma. Impact of trauma on children. Understanding the impact of Adverse Childhood experiences. Key principles of trauma informed practice. Managing work stress and undertaking self-care.

## Professional Boundaries

**May 15th 9.15am - 12.30pm**  
**Sports & Community Centre,**  
**Kingstanding**

Training will include: What are professional boundaries and why are they important Professional vs Personal boundaries and how they differ. How trauma impacts personal power and the ability to establish boundaries. Signs of boundary violations. How boundaries support wellbeing.

## Equality, Diversity & Inclusion

**May 29th 9.15am - 12.30pm**  
**Sports & Community Centre,**  
**Kingstanding**

Training will include: The Equality Act and protected characteristics. Different forms of discrimination. How 'membership' of specific groups might bring advantage or disadvantage. Understanding the 'multi layered' nature of discrimination. Understanding how diversity and inclusion can positively impact and change what we do.