Foundation training programme for new volunteers, Spring 2014
Held at Nacoa’s office in Bristol city centre – directions to follow

Tuesday 18 February, 6.00 - 7.30pm
Intro evening - Meet the team and find out more about volunteering at Nacoa and what Nacoa expects from you

Tuesday 25 February, 6.00 - 7.30pm
Life stories - personal experience of the impact of alcoholism and how children cope
Guest speakers: Nacoa volunteers

Saturday 1 March, 10.30am - 3.30pm
Looking at the many faces of alcoholism plus co-dependency and compulsive behaviours

TBC Tuesday 4 March, 6.00 - 7.30pm
The neurochemistry of alcohol and the experience of the science
Guest Speakers: Dr Peter Taberner and John Fenston

Saturday 8 March, 10.30am - 3.30pm
Discovering the complexity of how families adapt to alcoholism and coping strategies used

TBC Tuesday 11 March, 6.30 – 8.00pm
Experience an Al-Anon Family Groups meeting (12-step fellowship providing support to relatives and friends of alcoholics)
Guest Speakers: Members of Al-Anon Family Groups

Saturday 15 March, 10.30am - 3.30pm
The opportunity to define abuse - introduction to child protection procedures
How do you listen? Do you simply wait for someone to stop talking - or do you really listen?
Tolerating and learning to enjoy silence and looking at self-awareness

Tuesday 18 March, 6.00 - 7.30pm
Helpline scenarios – a chance to talk through example helpline scenarios and be assigned a buddy to help support your volunteering.

From 19 March onwards (for helpline volunteers in small groups at a variety of times – see inductions sign-up sheet)
1 x 2.5 hour session - Working within Nacoa helpline protocol and procedures
1 x 2 hour session - Nacoa resources induction

Inductions are followed by a series of mentored shifts with experienced volunteers

Tuesday 1 April, 6.00 – 8.00pm
Volunteers’ Monthly Meeting – held first Tuesday of every month to support helpline volunteers’ and ensure we are working consistently with callers. Provide a chance to share helpline experiences and talk about how you’re getting on.
Future meeting dates: 6 May, 3 June, 1 July etc.

All sessions are compulsory for volunteer helpline counsellors and researchers.
Evening sessions are recommended but optional for non-Bristol speaker volunteers.