



# Community Resilience Project

## Calendar

of information, guidance and skills building  
events 2021-2022

September 2021			
Event	Date & Time	Contact for bookings	Notes
Building Resilience with the Brain in Mind ( <b>live online</b> )	14 September 2021 (Tuesday) 10:00-12:00	Zoryna O'Donnell <a href="mailto:zodonnell@actioniw.org.uk">zodonnell@actioniw.org.uk</a>	Trainer: Zoryna O'Donnell
October 2021			
Event	Date & Time	Contact for bookings	Notes
Mental Health Aware – Young People ( <b>live online</b> )	12 October 2021 (Tuesday) 9:00 -13:00	Zoryna O'Donnell <a href="mailto:zodonnell@actioniw.org.uk">zodonnell@actioniw.org.uk</a>	Trainer: Kate Golding, MHFA England <b>1 place left</b>
Advice First Aider Volunteer – <b>Part 1 (live online)</b>	6 October 2021 (Wednesday) 13:00-14.00	Simon Barton <a href="mailto:simonb@iwcab.org.uk">simonb@iwcab.org.uk</a>	Trainer: Simon Barton, Citizens Advice
Advice First Aider Volunteer – <b>Part 2 (live online)</b>	14 October 2021 (Thursday) 10.00 – 12:00	Simon Barton <a href="mailto:simonb@iwcab.org.uk">simonb@iwcab.org.uk</a>	Trainer: Simon Barton, Citizens Advice
November 2021			
Event	Date & Time	Contact for bookings	Notes
Mental Health Aware – Adults ( <b>face-to-face, West Wight</b> ) <b>FULLY BOOKED</b>	9 November 2021 (Tuesday) 9:00 -13:00	<b>FULLY BOOKED</b>	Trainer: Kate Golding, MHFA England
Safeguarding Vulnerable Adults /Adults at Risk Awareness Workshop ( <b>live online</b> )	9 November 2021 (Tuesday) 10:00 -12:00	Zoryna O'Donnell <a href="mailto:zodonnell@actioniw.org.uk">zodonnell@actioniw.org.uk</a>	Trainer: Joanna Smith, Healthwatch IW <b>5 places left</b>
Suicide First Aid Understanding Suicide Intervention ( <b>full day</b> ) <b>FULLY BOOKED</b>	23 November 2021 (Tuesday) 9:00-16.00	<b>FULLY BOOKED</b>	Trainer: Kate Golding, MHFA England

December 2021			
Event	Date & Time	Contact for bookings	Notes
Introduction to Motivational Interviewing ( <b>comprises 3 live online sessions</b> ). <b>All three sessions must be attended to receive a certificate.</b>	<b>Part 1:</b> 6 December 2021 10:00-13:00  <b>Part 2:</b> 8 December 2021 10:00-13:00  <b>Part 3:</b> 10 December 2021 10:00-13:00	Zoryna O'Donnell <a href="mailto:zodonnell@actioniw.org.uk">zodonnell@actioniw.org.uk</a>	Trainer: Zoryna O'Donnell  <b>12 places left</b>
January 2022			
Event	Date & Time	Contact for bookings	Notes
Adult Mental Health First Aid (2 days) <b>FULLY BOOKED</b>	11-12 January 2022	<b>FULLY BOOKED</b>	Trainer: Kate Golding, MHFA England
Suicide First Aid Lite ( <b>live online</b> )	19 January 2022 (Wednesday) 10:00-13:00	Zoryna O'Donnell <a href="mailto:zodonnell@actioniw.org.uk">zodonnell@actioniw.org.uk</a>	Trainer: Kate Golding, MHFA England  <b>14 places left</b>
February 2022			
Event	Date & Time	Contact for bookings	Notes
Continue and Begin Fast Coaching® <b>Face-to-face or online training - TBC</b>	4 February 2022 (Friday) 9:00-17:00	Zoryna O'Donnell <a href="mailto:zodonnell@actioniw.org.uk">zodonnell@actioniw.org.uk</a>	Trainer: Zoryna O'Donnell  <b>12 places left</b>
Mental Health Aware – Adults ( <b>live online</b> )	9 February 2022(Wednesday) 9:00 -13:00	Zoryna O'Donnell <a href="mailto:zodonnell@actioniw.org.uk">zodonnell@actioniw.org.uk</a>	Trainer: Kate Golding, MHFA England  <b>4 places left</b>
Introduction to Active Listening Skills <b>Online live session</b>	22 February 2022 (Tuesday) 10:00-13:00	Zoryna O'Donnell <a href="mailto:zodonnell@actioniw.org.uk">zodonnell@actioniw.org.uk</a>	Trainer: Toby Wallis, Samaritans  <b>12 places left</b>

March 2022			
Event	Date & Time	Contact for bookings	Notes
Mental Health Aware – Adults <b>(live online)</b>	9 March 2022 (Wednesday) 9:00 -13:00	Zoryna O'Donnell <a href="mailto:zodonnell@actioniw.org.uk">zodonnell@actioniw.org.uk</a>	Trainer: Kate Golding, MHFA England  <b>15 places left</b>
Accessibility Awareness training <b>(live online)</b>	15 March 2022 (Tuesday) 10:00-12:00	Zoryna O'Donnell <a href="mailto:zodonnell@actioniw.org.uk">zodonnell@actioniw.org.uk</a>	Trainer: Jan Brookes, Isle Access  <b>15 places left</b>
Suicide First Aid Understanding Suicide Intervention <b>(full day)</b>	16 March 2022 (Wednesday) 9:00-16.00	Zoryna O'Donnell <a href="mailto:zodonnell@actioniw.org.uk">zodonnell@actioniw.org.uk</a>	Trainer: Kate Golding, MHFA England  <b>7 places left</b>
April 2022			
Event	Date & Time	Contact for bookings	Notes
Adult Mental Health First Aid <b>(2 days)</b>  <b>FULLY BOOKED</b>	4-5 April 2022	<b>FULLY BOOKED</b>	Trainer: Kate Golding, MHFA England
May 2022			
Event	Date & Time	Contact for bookings	Notes
Introduction to Active Listening Skills <b>Online live session</b>	10 May 2022 (Tuesday) 10:00-13:00	Zoryna O'Donnell <a href="mailto:zodonnell@actioniw.org.uk">zodonnell@actioniw.org.uk</a>	Trainer: Toby Wallis, Samaritans  <b>14 places left</b>
Suicide First Aid Understanding Suicide Intervention <b>(full day)</b>	16 May 2022 (Monday) 9:00-16.00	Zoryna O'Donnell <a href="mailto:zodonnell@actioniw.org.uk">zodonnell@actioniw.org.uk</a>	Trainer: Kate Golding, MHFA England
June 2022			
Event	Date & Time	Contact for bookings	Notes
Accessibility training for businesses <b>(full day face-to-face)</b> Venue TBC	1 June 2022 (Wednesday) 9:00-17:00	Zoryna O'Donnell <a href="mailto:zodonnell@actioniw.org.uk">zodonnell@actioniw.org.uk</a>	Trainer: Jan Brookes, Isle Access  <b>15 places left</b>
Mental Health Aware – Adults <b>(live online)</b>	8 June 2022 (Wednesday) 9:00 -13:00	Zoryna O'Donnell <a href="mailto:zodonnell@actioniw.org.uk">zodonnell@actioniw.org.uk</a>	Trainer: Kate Golding, MHFA England  <b>13 places left</b>

July 2022			
Event	Date & Time	Contact for bookings	Notes
Mental Health Aware – Adults <b>(live online)</b>	14 July 2022 (Thursday) 9:00 -13:00	Zoryna O'Donnell <a href="mailto:zodonnell@actioniw.org.uk">zodonnell@actioniw.org.uk</a>	Trainer: Kate Golding, MHFA England  <b>20 places left</b>
August 2022			
Event	Date & Time	Contact for bookings	Notes
TBC			
September 2022			
Event	Date & Time	Contact for bookings	Notes
TBC			
October 2022			
Event	Date & Time	Contact for bookings	Notes
TBC			