

# CORE SKILLS TRAINING

## Trauma Informed Care: Supporting Refugee Families

The session aims to ensure a clear understanding of trauma, to clarify the impacts of trauma on the body, brain and memory, and to demonstrate how these impacts may present in the behaviour and wellbeing of refugee families. It also aimed to demonstrate the value of a trauma informed approach; building trust, a sense of safety and enabling choice through a strength-based approach.



## Understanding Gender Based Violence and Supporting Survivors

The sessions aims to identify gender based violence (GBV) and its impacts, clarify the links between GBV and migration, and demonstrate how to effectively support survivors.

## Volunteer Wellbeing in Community Sponsorship

Supporting refugee families can be emotional and draining. As empathy is at the core of helping and supporting others in distress, it is important that we look after ourselves so that we can feel emotionally able to look after and support refugees. This training will support you to be proactive, recognize the impact your journey has on your own mental health, and to be able to attend to your self-care.



# IOM UK Resettlement and Cultural Adjustment Information Session

This session's content will focus primarily on the global context of displacement, where Resettlement sits within that, the Resettlement process, and cultural adjustment of refugees once they arrive in the UK.



## Country Specific Information Sessions

This session's content will provide awareness on the country's geography, history cultural norms, services, practices, family, and social cultural norms, practices, family, and social life.

## Universal Credit – An Introduction

This course aims to equip you with the practical knowledge you need to help families navigate universal credit and avoid potential pitfalls.



## Universal Credit & Work

This course provides an understanding of how earnings from employment and self-employment affect universal credit entitlement and conditionality.

## Limited Capacity for Work in Universal Credit

This course looks at how limited capability for work rules affect universal credit. The outcome of the work capability assessment has a crucial role in determining claimants' work-related requirements as well as the amount of money they get.



## Recruiting and Welcoming Volunteers to your Community Sponsorship Group: Part 1

This course will focus on the volunteer experience and motivations. It will equip you to design meaningful roles and tasks within your group, recruit new volunteers, and reflect on the importance of wellbeing.

## Working with and Managing Volunteer Teams: Part 2

This course will focus on managing expectations and creating a culture of accountability within your group. You will reflect on team dynamics, the strengths and challenges of your group, and try out different approaches to feedback and problem solving.

