

# 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.



## Working Effectively with Interpreters

In this training, you will be equipped with the knowledge and skills to successfully work with your Community Sponsorship group's interpreter



## IOM 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.



## Supporting Refugee Children in Schools

Learn how to best support refugee children in schools. We will explore an overview of the education system in Syria and Afghanistan, cultural considerations around education, challenges and barriers to accessing and thriving at school, and navigating key transition points in education.

## Supporting Refugee Students in Further Education - Part 1 and 2

In these trainings, you will learn how to support refugees to access further education. We will explore an overview of the education system in the UK, funding entitlements, how to support with enrolment, barriers that may arise when accessing further education, and where to get help and further support.



## Anti-Racism Workshop

In this workshop, we will explore definitions of racism and systemic oppression, racialisation of refugees and migrants, anti-racism as continuous learning, and actions and solutions we can take at an individual and group level.