

## Hiring our centres:

Our centres are available for Hire, for details of our charges and availability, please do get in touch.

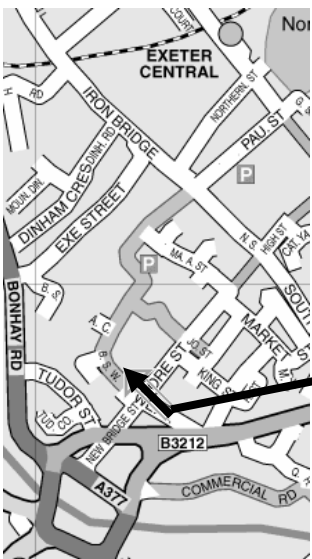
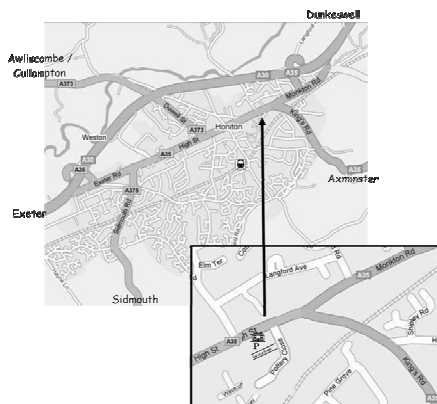
An electronic booking system is in operation. Please visit [www.mindexeter.org.uk](http://www.mindexeter.org.uk) for details to book rooms, or contact the Learning and Development office, details on the front page.

Our prices are very competitive:

### East Devon Centre in Honiton

Main Room  
£14ph

Interview Rooms  
£ 8ph



### PHEW Centre in Exeter

Workshop Room £14ph  
Interview Room £ 8ph



# Learning & Development Opportunities

For further information please contact:

MIND's  
Learning & Development Department

32 - 34 High Street  
Honiton

Devon EX14 1PU

T: 01404 42548

F: 01404 42243

E: [richard.brabrook@mindexeter.org.uk](mailto:richard.brabrook@mindexeter.org.uk)

Learning and Development Department  
MIND in Exeter and East Devon Ltd.

The Haven,  
32 - 34 High Street  
Honiton

Devon EX14 1PU

T: 01404 42548

F: 01404 42243

E: [richard.brabrook@mindexeter.org.uk](mailto:richard.brabrook@mindexeter.org.uk)

W: [www.mindexeter.org.uk](http://www.mindexeter.org.uk)



For better  
mental health



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We have lots of learning and development opportunities open to you. The next section lists out the sessions we are running.

We produce an abridged prospectus which you can take from any of our centres, can be posted to you, downloaded from our website or receive by email.

Our comprehensive prospectus is available from our website and by email.

All of our teachers are:

- qualified and competent to teach,
- meeting the 2007 teaching regulations;
- members of the Institute for Learning which regulates all teachers in the adult and community sector;
- experience with working with learners of all ages, with a range of educational and support needs;
- supervised and receive regular observations of their sessions to ensure equity and standards are maintained.

#### **Refreshments:**

Water, tea, decaffeinated tea, coffee, decaffeinated coffee, a range of fruit & herbal teas and biscuits are available on all our in-house sessions. Lunch is provided where indicated.

#### **Learning and Development Newsletter:**

We produce a learning and development newsletter on a periodic basis. If you would like to have a copy emailed to you, please let us have your email address. All copies are available on our website.

We offer a range of sessions to suit most people:

#### **Vocational Sessions:**

- Support Time and Recovery Level 2 Accredited Course
- Direct Payments Workshop
- Health and Social Care Level 2 Course
- Certificate / Award / Diploma in Progression Sessions
- Employability Skills Level 2 Course
- Information Communication Technology Sessions
- Skills for Life
  - Literacy Courses
  - Numeracy Courses
- Assertiveness & Confidence Level 1 Course
- Effective Communication Level 1 Course
- Return to Learning Course
- Volunteering Programme

#### **Raising Awareness:**

- Mental Health Awareness Workshop
- Exploring Mental Health
- Mental Health Level 2 Course
- Emotional First Aid Course

#### **Self-help & Personal Development:**

- Wellness Recovery Action Plan
- Mindfulness and Stress Reduction Course
- Intentional Peer Support Course
- Human Givens Sessions

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#### **Concessions:**

We offer some concessions on all workshops and courses. Details from the office and the prospectus.

We also offer a selection of sessions for organisations and schools / colleges which we can deliver at your centre / office or at ours:

#### **Organisational 1/2 day Sessions:**

- First Aid for Appointed Persons Workshop;
- Fire Awareness Workshop;
- Safeguarding Adults Workshop;
- Health and Safety Workshop;

#### **Schools and Colleges Sessions:**

All sessions last 50 minutes, but can be amended to suit need.

- Bullying and Mental Health;
- Mental Health Awareness for students;
- A-Typical Mental Health Course;
- Eating Disorder Awareness;
- Reducing Bullying and Promoting Mental Health Course.

For details on these sessions, please get in touch and we will send you full details on these sessions.

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#### **Bespoke Sessions:**

We can also write and deliver sessions aimed towards criteria set by organisations and groups. Details on request.

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All our teachers are members of the South West Network of Teachers.



Many of our sessions are accredited which means that learners can gain National Certificates at a range of levels from Entry Level to Level 3.