

Spring has finally fully sprung and May has seen some brighter weather, and I have taken the opportunity to get out across the District and start to meet people. Your hospitality and welcome I thank you all for, and look forward to meeting more people over the coming weeks and months. One thing I have learnt is that pre Covid a good deal of training was carried out. As such many people are hitting that 4 years on period where a refresher is due.

Dates for both Foundation and Advanced Module are being added to the website all the time, and as such there are plentiful opportunities to find a suitable date and location to either book on for initial training or for that just as important 4 yearly refresher.

If you are a trainer planning a training session, you need to contact [Lynne](#) who will add the bookings to the website. We are trying to roll out a good mix of training option both online, but also face to face providing Geographic locations to support as many as we can. Please see the upcoming dates on this newsletter some of which are soon, so please book on as soon as you can.

With best wishes,

*Neil*

### Training Opportunities

#### Foundation Module Face to Face (\*\*4 new dates\*\*)

Wednesday 14 <sup>th</sup> June	Brooke Methodist Church, Norwich	10am
Saturday 17 <sup>th</sup> June	Haslingfield, Cambridge	1.30pm
Monday 19 <sup>th</sup> June	ChristChurch, Newmarket	2pm
Tuesday 27 <sup>th</sup> June	Cromer Methodist Church	10am

#### Foundation Module Online

Tuesday 20 <sup>th</sup> June	6:30pm - 9:15pm
Wednesday 19 <sup>th</sup> July	2:00pm - 4:45pm

#### Advanced Module Face To Face

Mon 24 July 2023	Haslingfield, Cambs	9.30am
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#### Advanced Module Online

Thursday 13 <sup>th</sup> July	2.00 pm
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**E-learning for online Advance Module should be completed at least 2 days before the Gathered Session.**

**To book a place on your desired training session please follow the links to the relevant Safeguarding page and find the EventBrite booking link for the course you wish to attend.**

**Foundation Training**      <https://eangliamethodist.org.uk/safeguarding/training-foundation>

**Advanced Training**      <https://eangliamethodist.org.uk/safeguarding/training-advanced>

### Mental Health Awareness week

As I type I note it to be the end of Mental Health Awareness week, and my attention was drawn to an article about the positive effects of Nature on Mental Health. We are fortunate to be surrounded by nature across the district.

#### Connecting with nature in a meaningful way

Evidence shows us that the quality of our relationship and connection with nature is vital to the mental health benefits of being in nature. Improving people's relationship with nature comes through simple yet meaningful engagement with nature. Try to notice nature wherever you are, in whatever way is meaningful for you.

<https://www.mentalhealth.org.uk/our-work/research/our-top-tips-connecting-nature-improve-your-mental-health>