

INTRODUCTION TO COMMUNITY DEVELOPMENT AND HEALTH COURSE (ICDH) SEPTEMBER 2017

Where: Burngreave Vestry Hall, 2 Burngreave Road, Sheffield S3 9DD
CRECHE IS AVAILABLE ON THIS COURSE

Start: Tuesday 12 September 2017, 9.30 - 2.30, Taster + 15 weeks

Contact: Mai 0773 679 3272 or Email mai.mustaphanin@sheffield.gov.uk

Where: ShipShape, The Stable, Sharrow Lane, Sheffield S11 8AE

Start: Thursday 14 September 2017, 9.30 - 2.30, Taster + 15 weeks

Contact: ShipShape 2500222 or Email sbrewer.shipshape@gmail.com or
Mai 0773 679 3272 or Email mai.mustaphanin@sheffield.gov.uk

What is ICDH?

ICDH stands for **Introduction to Community Development and Health**.

The course starts with a half day Taster session at 9.30 - 12.30. During the Taster session, you will meet the tutor; find out what the course is about and how the course is delivered.

This is followed by 15 full sessions, one day a week from 9.30 - 2.30. You will have comfort breaks through-out the day and approximately 1 hour for lunch. We will not be providing food, so you will need to bring a packed lunch.

On this course, you will explore 5 Topics:

- **What is Health** - What being healthy and being well means to you and different people
- **Power and Powerlessness** - How is power used? Identify your own strengths as a person and group power.
- **Recognising and Building on the Strengths of Communities** - How do you feel about where you live? There are valuable people, groups and facilities out there that can help us improve our health & wellbeing.
- **Achieving Change for Health** - Is about people using their powers together to change situations and develop their community. Creating opportunities to do activities that raise health and wellbeing.
- **Skills for working with others** - Keeping strong, supporting friends and family or getting a group going requires particular skills. In this part you will identify and work on yours.

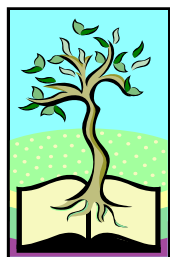


How are the courses delivered?

We use discussions and creative activities to explore issues. Participants will be guided to reflect and analyse issues that they are interested in. Some participants choose to do weekly journals. There is individual work as well as group activities.



The course is delivered by people who have done the course themselves; they have made changes in their own personal lives and now have greater involvement in the area where they live.



Is this course for me?

Don't worry if you have not been in education for some time or have no formal qualifications. You will be assisted by supportive tutors and there will be opportunity to discuss with tutors the pace or level that is comfortable for you or if the course suits your needs.

What can I do after I have completed the course?

These courses are not accredited, which means there is no formal qualification. You will receive a certificate of completion which includes a testimonial from your tutors regarding your skills and qualities. By the end of the course, you will acquire skills and knowledge which is considered essential if you wish to progress in your personal development. You will be more ready to do other training, you will have the foundation knowledge for volunteering and you may improve on many aspects of your skills for employment. Many ICDH graduates go on to become volunteers with groups and organizations that they use to attend, some became Health Champions and later felt more confident to apply for job vacancies in the voluntary community sector and in health and social care.

Everyone is welcome and participants do not have to pay for a place on CD&H courses.

Booking and questions please contact CD&H Programme Coordinator, Mai Mustaphanin.
2930686 / 0773 679 3272 / mai.mustaphanin@sheffield.gov.uk
Please leave a message if Mai is unable to answer your call.