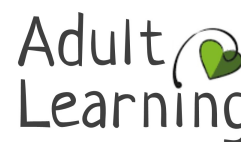


# Adult Learning - Course Information Sheet



## AZZ2WA03 - LtPM Peer Mentoring Level2 Qualificatio

### Virtual Classroom - Zoom

<https://zoom.us/>

ZZ99 9ZZ

Room Online (Zoom)

Start Date: 20 September 2022  
End Date: 06 December 2022  
Start Time: 7:00PM  
End Time: 9:00PM  
Day: Tuesday  
Sessions: 11  
Tutor: Mr Jude Taylor

### Learn2b

Learn2b specialises in supporting people's recovery from mental health difficulties through learning and education. Learn2b is not therapy and the courses can run alongside any other form of help, support, education or training learners may be receiving. Learners are at the heart of every session; we recognise that some days we can feel unmotivated or low, and we accept that is okay. By attending our courses, people soon learn that they are not on their own; they will discover that other people experience similar things to themselves and find some common ground, often leading to a peer to peer support network. If you are new to Learn2b you will be contacted by our Learner Support Advisor to have a brief conversation with you prior to enrolling on to the course.

All participants are expected to join with audio and camera switched on to protect the wellbeing, safety, security and confidentiality of our learners and staff.

### Course aim

To develop skills, gain experience and build confidence in peer mentoring, and improve personal emotional resilience.

On this course you will explore what peer mentoring is, how it can benefit both mentors and mentees and what makes it unique compared to other forms of mentoring. You will develop the skills needed to safely support others and share your experiences, whilst identifying ways of improving your own emotional resilience.

### Course Outcomes

Course outcomes will include:

- a) State what peer mentoring is, and is not
- b) Gain confidence in supporting and working with others
- c) Identify ways of improving your emotional resilience and managing your mental health
- d) Reflect on your existing skills and strengths, and identify areas for further development
- e) Work towards a Level 2 qualification with Open Awards (Awarding Body)

### How will the course be taught?

This course is a mix between live sessions held on Zoom and self study assignments and worksheets using Google Classroom. A variety of teaching methods will be used which may include group discussion, worksheets, practical activities etc., relevant to the course subject. Handouts may be emailed to you after the session to support your learning. Your tutor will guide you throughout your session.

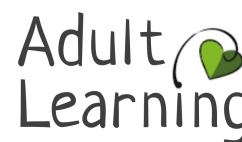
### What do I need to bring / have ready?

A pen and notebook will be required. Remember to bring reading glasses to the session if you need them. Assignments will be discussed and allocated at each live session of the course. To join the live session you will need to access the internet via either a laptop/pc/ipad/tablet, with your webcam and microphone switched on. The session is very interactive so please bring some headphones to ensure confidentiality whilst attending the live sessions if you have other people in your working space.

### Further support and progression

If you need help whilst on a course with us, our Learner Support Advisor is available to discuss your needs. We offer a range of services, subject to eligibility, which can include practical support and/or financial assistance to ensure you feel fully supported while learning with us. For more information contact [alsreferrals@northnorthants.gov.uk](mailto:alsreferrals@northnorthants.gov.uk) or call 01604 368023 (answerphone available). Visit our website [www.northamptonshire.gov.uk/course-info](http://www.northamptonshire.gov.uk/course-info) for further information about our fees and concessions. Your tutor will inform you of further learning opportunities and progression during your course.

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### Health and Safety/Online Safety

Your tutor will give you information about Health and Safety on the first session. For information on how to keep safe online, go to [https://safety.lovetoknow.com/internet\\_Safety\\_Adult](https://safety.lovetoknow.com/internet_Safety_Adult) and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or for information on preventing scams, call the Citizens Advice on 03454 04 05 06

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>

