

The Training Exchange programme at a glance

Courses in Bristol and Online 2026-27

Enjoy the benefits of learning in multi-agency groups from a range of backgrounds in public, private and voluntary sectors, including health & social work; housing & homelessness, education, workplace wellbeing, youth & community.



the
training
exchange

Courses Online (delivered over zoom)

Nov 2026	24	Supporting recovery: Preventing relapse
Feb 2027	02 03 04 09 (am)	Working with 'stuckness' in clients Wellbeing coaching skills Practical management of ADHD Suicide intervention skills (<i>half day</i>)
Mar	02 09 16 17	Brief solution focused therapy Facilitating reflective practice (<i>half day</i>) Practical management of PTSD Drugs including alcohol: Awareness & harm reduction
April	21 & 28	Motivational interviewing
May	05 11 (am) 13 (am)	Pregnancy & substance use Callers in crisis (<i>half day</i>) Personality disorder: understanding and responding (<i>half day</i>)
June	08 10 22 (am)	Parenting & substance use Addiction, dependency and recovery Building vicarious resilience (<i>half day</i>)
Oct 2026	05 (am) 13 (am) 19 (am)	Adult Safeguarding (<i>half day</i>) Self-harm: understanding and responding (<i>half day</i>) Professional boundaries (<i>half day</i>)

Courses in Bristol (in-person)

Nov 2026	11 18 & 19	Motivational interviewing Adult Mental Health First Aid
Dec	02 & 03	Project management & delivery
Jan 2027	28	Introduction to coaching skills
Feb	10 & 11 23 & 24 25	Groupwork skills Supervision skills Pregnancy & substance use
Mar	03 10 10 & 11	Trauma informed practice Parenting & substance use Training for trainers
Apr (<i>short day</i>)	22	Mental Health First Aid Refresher
(<i>short day</i>)	27	Facilitating reflective practice
	29	De-escalation skills & challenging behaviour
May	18 & 19	Management & leadership
June	16 & 17 29 & 30	ASIST (Applied Suicide Intervention Skills) Adult Mental Health First Aid
Oct	07	Emotional regulation: Polyvagal theory in practice

Seven ways to build resilience practical strategies in an online video resource. Available anytime for individuals and teams from £15 - £30 +VAT per place.

Venues and Costs

Courses take place either online or at accessible venues in Bristol.

Courses start at 9.30am and end by 4.30pm (1.00pm for half days).

Half day courses £120 (+VAT) Short day courses £160 (+VAT)

One day courses £170 (+VAT) online £190 (+VAT) in-person

Two day courses £270 (+VAT) online £300 (+VAT) in-person

**** ASIST, Mental Health First Aid, Management & leadership and Project management courses £325 (+VAT)**

How to book courses

Book online at **www.trainingexchange.org.uk**

or request a booking form by email **info@trainingexchange.org.uk**

or phone **0117 941 5859**

Courses run with a maximum of 12-16 people *ASIST up to 30
Two concessionary places are available on each course.

All these courses and more are available in-house for teams
Contact us for more information and detailed course outlines