



The SMILE facilitator support programme

Are you interested in facilitating a holistic, strengths based programme?

A programme that starts with what's strong rather than what's wrong, and focusses on strengths rather than deficits?

We are offering a one-time only offer of a fully funded support programme, available to those currently facilitating groups or 1:1 support sessions with citizens of Bradford and Craven.

Live Well Bradford, formerly known as the Self Care and Prevention Programme, commissioned RIPEN to develop programmes for citizens who may be considering making some changes in order to move towards the life they want to lead.

Over the last two years RIPEN has worked with voluntary organisations and citizens to develop and test a 6 week, strengths based holistic change programme. The programme is informed by asset based community development approaches, mindfulness techniques and motivational interviewing methodology.

SMILE is a 6 week holistic citizen change programme. It creates a safe space to enable people to think about and take steps towards the life they want to lead.

The **SMILE** programme is a change programme based on 3 key beliefs:

- People know themselves better than anyone else.
- All people want is to lead a good life and to feel a sense of purpose and belonging.
- Pain is part of the human condition and there are times when we all need support.



You are invited to attend an Information Session for Potential Facilitators

Wednesday 11 September,
1pm - 3pm

Come and find out more about the group and 1:1 programmes and see if they are something you would like to facilitate. If you like the programme and feel you already have the skills and experience to facilitate them, then you can take it away and try it out. If you want additional training and support then that's on offer too and you can sign up to some or all of the support programme as detailed below.

Cancer Support Yorkshire,
Armoury House, 45A Otley Street, Skipton, BD23 1EL
Please call Debi on 01756 228088
to book your FREE place

The Full Support Programme for Facilitators consists of:

- Breathworks - 8 week Mindfulness Course

To enable you to: develop your own mindfulness practice to aid SMILE facilitation. This course is recognised by the UK network for Mindfulness based teacher training organisations and is one of the prerequisites for anyone who may want to go on and teach mindfulness in the future. This course requires a commitment to develop your own mindfulness practice over the duration of the course.

This facilitator's mindfulness course will run from 2pm - 4.3pm on Tuesdays 22, 29 October, 5, 12, 19, 26 November and 3 December

- Motivational Interviewing Training/Conversations for Change

1.5 days ~ 7 November 10am - 4pm & 19 November 10am - 1pm

- SMILE facilitator programme training including overview of Asset Based Community Development

1.5 days ~ 3 December 10am - 1pm and 11 December 10am - 4pm