

SkillSwap

Thursday 4 March 2010

9:45 – 13:20

The Guildhall, Alfred Gelder Street, Hull, HU1 2AA

SkillSwap in Hull is here! Join us and take part in taster sessions perfect for the home, small businesses and community groups.

All sessions are free, informal and fun.

Get Swapping Your Skills in Hull & Humber

Please choose the 3 sessions you would like to attend, from the list below and a further 3 in case your first choices are not available.

Please note, groups sizes are small, so places will be limited.

Skills	Company	Descriptions
Basic Business Financial Management Skills	Yorkshire Bank	Insight into the management of financial affairs.
Developing Communication and Leadership Skills	Kingston Communicators	Learn how to speak confidently in a wide range of situations.
IT Surgery – To Fix your IT Problems	Virtual Riders	Open question & answer solution session: From small office networks to free websites for voluntary & community groups.
First Aid in the Home	Health & Safety Training Services	Learn how to treat first aid emergencies in the home.
Fit Fans	NHS Fit Fans	How to lead a healthier lifestyle.
Learning Through Land	Bransholme Enterprises	How to grow your own vegetables and protect the environment.
Mental Health First Aid	North Bank Forum	What is mental health and why is mental health first aid important?
Stress Management	Hull College	Learn how to relieve stress through Indian head & hand massage
Third Sector Support	CERT - Money Matters Plus	Basic accounting, legal structures, gift aid.
Tracing your Family Tree	Carnegie Heritage Centre	Learn about tracing your family history.
Communicating a Good PR opportunity	Kingston Communications	Writing a press release and getting media coverage.
Writing a Will	Graham & Rosen Solicitors	Why you should have a will and how to get started.

For more information or to book a place please contact Tessa Wray on:

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