

Training Directory

2025

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We are Cheryl Trice, Laura Webster and Sarah Cabella. We are your Diocesan Children and Young People's team and part of the Mission and Ministry Development team.

Cheryl is the Diocesan Team Lead Adviser; Laura is also a Children and Young People Adviser and Sarah is our PA assisting and supporting us.

As a team we are passionate that our churches are equipped to serve the children, young people and their families both in the church and the community.

One way we can do that is to offer training (either in-house or externally sourced) to enable, support and encourage you in your ministry with children, young people and families.

Training for Individuals

Discuss with your incumbent and CYP team what training will be the most helpful for you as a Children, Youth or Families minister (employed or volunteer) within your parish.

Catalyst

This is for those who want to be equipped, empowered and resourced to serve the next generation and be a catalyst for change in their church and community.

It is designed for anyone from new volunteers to paid children and youth workers.

You will gain new knowledge and skills to lead children and young people. Delivered by Ridley Hall and facilitated locally by our Diocesan Advisors.

Learn more about the Catalyst Training Programme.

Please talk to the CYP team about availability

Children's Ministry Essentials

This is a course for those who want a better understanding of ministry with children whether you have been doing it for a long time or only just begun. There is particular focus on the parents of the youngest generation

so that we can better understand how to shape our mission and ministry in ways that make sense to the families we want to engage with. This is an online course of 10 sessions which you take at your own pace. It is expected that each module will take you approximately 2 hours to complete plus additional time for extension work depending on your chosen engagement.

Please talk to the CYP team about availability.

Youth Work Essentials

An exciting course to equip and strengthen anyone volunteering with young people in churches and community projects. The topics are divided into Insights into Young People, Skills for Youth Work and Developing Character. It makes no assumptions about experience, age or background. It's accessible to those starting out as volunteers, and deep enough to stretch those who have been working alongside young people for longer. It is run over 10 sessions covering 30 topics including: Insights into Young People, Skills for Youth Work and Developing Character. Youthscape run online groups, once a week over ten consecutive weeks which happen three times a year in January, May and September. Places are limited.

Please talk to the CYP team about availability

Other Courses/paths available

There are further options available which you may be interested in pursuing including Diplomas and degree level courses including apprenticeships.

Please contact the CYP Team for more information.

Mental Health First Aid

Our MHFA course won't teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis – and even potentially stop a crisis from happening. You'll learn to recognise warning signs of mental ill health and develop the skills and confidence to approach and support someone while keeping yourself safe. You'll also learn how to empower someone to access the support they might need for recovery or successful management of symptoms. This could include websites, accessing therapy services through their GP, their school or place of work, online self-referral,

support groups, and more. What's more, you'll gain an understanding of how to support positive wellbeing and tackle stigma in the world around you.

This course is 2 days duration and accredited by MHFA England.

Training for your team

- Discuss with your children and young people's team as well as your incumbent to see what training would help them to be more confident and effective in their work and ministry.
- Look through the training session descriptions in the directory and identify the most helpful topics. If the subject you are interested in is not included, please do still get in touch – we will resource or prepare something. And we can tailor a session to the specific group you are working with.
- In the first instance contact Sarah Cabella to register your interest in a particular training session.
- We will need a space to host the session, preferably with audio/visual equipment (although we can bring our own if needed) and some refreshments.
- Depending on the numbers attending from your church we would like to invite others from the local area to join.

Creating a vision for Children, Young People & Family Ministry

This is the most important part of your toolbox for effective ministry. Please priorities this for you and your team.

A session to help you, your team & leadership put together a vision and strategy for your ministry amongst the children, young people and the families you connect with.

Learning objectives:

- To understand the theological importance and purpose of children, young people and family ministry.
- To put together a vision for your church's ministry with children, young people and families that fits with the parish vision, strategy and MAP and which will enable engagement in worship, discipleship, spirituality & living out everyday faith.
- To start developing a practical strategy to achieve your vision.



Diocese of *Rochester*
called together

Nurturing Spirituality

A session to help you better understand and nurture the spirituality of children and young people.

Learning objectives:

- To know some of the factors which hinder and encourage the healthy development of spirituality.
- To understand how child and adolescent development influences spirituality and faith.
- To be better prepared to nurture the spirituality and faith of children and young people.

Nurturing a Faith Which Lasts

There has been much said and written about the exodus of children and young people from the church, but what has been the experience of those whose faith has survived the journey through adolescence and into adulthood? This session is an opportunity to consider the outcomes of research into the experience of young people who have made this journey. Drawing on these insights, we will explore some practical implications for the nurturing of a faith which lasts into adulthood.

Learning objectives:

- Participants know the key findings of relevant research into the faith journeys of children and young people.
- Participants understand a range of factors which seem to hinder the development of a sustainable faith and a range of factors which have helped to sustain faith through childhood and adolescence and into adulthood.
- Participants identify practical strategies to nurture a resilient faith which is more likely to last through childhood and adolescence into adulthood.

Exploring the Bible

A session to help you to explore the Bible with children and young people in a way which encourages an encounter with God.

Learning objectives:

- To know some of the factors which hinder children & young people from exploring the message of the Bible and encountering God in the process.
- To understand some of the advantages and limitations of different approaches to using the Bible with children and young people.

- To be able to choose from and use a variety of approaches to help children and young people explore the Bible.

Praying with Creativity: multi-sensory prayer

A session to explore creative ways of praying using all of the senses.

Learning objectives:

- To understand the value of a multi-sensory approach to prayer with all ages and abilities.
- To know a range of creative prayer ideas to use with children and youth groups.
- To be able to develop new creative prayer ideas appropriate to their group.

Leading Small Groups with a Wide Age Range

A session to help you make the most of small groups of children across a wide age range, acknowledging both the difficulties and the opportunities of such groups.

Learning objectives:

- To explore the challenges and opportunities of leading a small group with a wide age range.
- To know some creative strategies to maximise the benefits & minimise the problems.
- To be aware of resources that work effectively with such groups.

Creative Programme Planning for Children's Groups

A session to help children's group leaders to develop the skills and ideas for planning creative and effective programmes.

Learning objectives:

- To reflect on the value and limitations of programme planning for children's groups.
- To understand and be able to use a planning and evaluation process.
- To feel confident in taking children's perspectives into account in planning programmes.
- To be able to explore different resources and reflect on their suitability for different groups and settings.
- To build a toolkit of ideas and resources to help with their programme planning.

Creative Programme Planning for Youth Groups

This session explores if programmes are necessary when working with young people and if so how to confidently consult young people in the planning stage to create an exciting, developing and creative programme. An introduction will be offered for suitable resources for practitioners to use in their settings.

Learning objectives:

- To explore and reflect on the question: "Do programmes work when engaging with young people?".
- For participants to feel confident in engaging young people in consultation to create effective and creative programmes.
- Explore & identify different types of resources and reflect on suitability for different settings & learning styles.
- For participants to build a toolkit of ideas / resources that can be drawn into a creative programme whilst discipling young people.

Building Positive Relationships with Young People

This session encourages practitioners to gain an understanding of young people's behaviour and how to positively engage with them. Through reflective practice, gain confidence & knowledge to develop relationships with young people in their youth work setting.

Learning objectives:

- To gain an understanding & knowledge of young people & adolescence.
- To gain confidence in positively engaging with young people underpinned by biblical principles.
- To cover the principles of building & maintaining positive relationships with young people.

Providing a Biblical Stance on Sex & Relationships

This session explores the necessity of encouraging young people and facilitators to be able to talk openly about sex and relationships whilst creating a safe environment. Biblical teaching and principles will be covered, whilst acknowledging secular trends, beliefs and the law. An introduction will be offered for suitable resources for practitioners to use in their settings.

Learning objectives:

- To gain an understanding of the necessity to engage in positive conversation within the context of sex & relationship.
- To build in biblical principles into the topic whilst acknowledging the need for sensitivity.
- To explore the legal implications but still respond positively.
- To reflect on suitable resources to use within your youth work setting.

Safeguarding in your local setting - Good Practice in safeguarding children and young people

This session will enable those who work with children and young people to better understand the practical implications for their role of the Diocesan Safeguarding Policy, procedures and guidance.

Learning objectives:

- Participants understand that they have an important part to play in implementing the safeguarding policy.
- Participants are aware of key health and safety issues and procedures and understand how to get a good balance between the benefits and risks of activities for children and young people.
- Participants understand the importance of accountability, support and supervision for workers and know how to work together to a code of conduct.
- Participants are aware of different forms of abuse and potential signs of such abuse.
- Participants know how to respond to concerns or disclosures of abuse and understand how this might play out in different scenarios.