Helpline & Email Support Volunteer
Training Schedule 2026

Rape Crisis Tyneside and Northumberland

There is an 85% attendance requirement, this means missing 2 Wednesday sessions only.

Attendance at the following sessions is compulsory:

Saturday 12th September	Saturday 10th October
Wednesday 23rd September	Wednesday 14th October
Wednesday 30th September	Wednesday 4th November
Wednesday 7th October	Saturday 7th November

Wednesday Sessions: Arrive from 5.15pm Start at 5.30pm prompt - Finish at 8.30pm
Saturday Sessions: Arrive from 9.15am Start at 9.30am prompt - Finish at 4.00pm

Date	Subjects
Wednesday 9th September	Introduction to course & Rape Crisis Feminism & Us
Saturday 12th September	Feminist Theory in Practice Introduction to Adult Sexual Violence Introduction to Helpline Skills
Wednesday 16th September	Society's attitude & rape culture
Wednesday 23rd September	Grooming & Silencing Child Rape & Sexual Abuse Part 1
Wednesday 30th September	Child Rape & Sexual Abuse Part 2
Wednesday 7th October	Impact of Sexual Violence Trauma & Intro to Flashbacks
Saturday 10th October	Skills: Silence & Advice Receiving Disclosures Safeguarding
Wednesday 14th October	Criminal Justice System & reporting Options
Wednesday 21st October	Equality Issues & Barriers to access and help seeking Skills: Questions
Wednesday 28th October	Break
Wednesday 4th November	Skills: Boundaries & Endings
Saturday 7th November	Coping Strategies Managing Flashbacks & Panic Skills Development
Wednesday 11th November	Skills Review Final Session

Group Work Volunteer Training

Women in our Volunteer Team support with the delivery of our Group Work service. Group Work is a hugely rewarding volunteer role, you will volunteer alongside our experienced Group Worker.

We run various weekly groups throughout the year which vary in length from 4 to 8 weeks. The requirement for this role is usually 3 hours per week. You would usually be required to attend all sessions.

This is an occasional/ad hoc commitment, time out of the Helpline Volunteer role is possible while supporting Group delivery.

If you are interested in the Group Work Volunteer role, you are invited to also complete the following sessions.

Session Times: to follow

Venue: We may run the Group Work sessions online, depending on volunteer availability.

Date	Subjects
Date to follow	Group Work Theory Co-facilitation Skills and Group Dynamics
Date to follow	Group Work Activities Risk, Confidentiality & Safeguarding