**Joanne McCoy – LGOWIT Project Co-ordinator**

So at the moment we have train the trainer. So we’ve got trainers who are volunteers and we work in partnership with versus arthritis and we’ve been working partnership with them now for about 6 years. So they produce the course that we use and the volunteers are trained to gain an SVQ (Scottish Vocational Qualification) so they attend a four day training course before they start volunteering with us.

**Sodirakis Kakouris – LGOWIT eLearning Development Officer**

I’m developing the toolkit that LGOWIT provide to the people who have taken the program online. Also building online mentorship, peer support groups and all that would be coming online over the next year to 18 months.

**Alan Grant – LGOWIT Development Officer and Community Networker**

We have a number of different training opportunities for volunteers. We’ve got train the trainer, which allows the volunteers to use to become more proficient in taking classes and running groups involving people and we also do specific self-management training for volunteers as well.

**Mary O’Hara – LGOWIT Course and Communications Administrator**

The skills that they learn through the Train the Trainer are around skills that you need to deliver a training course. So the course is a 3-day standard train the trainer type course where you learn things like facilitation and presentation skills, how to reorganise the sessions et cetera et cetera. And then the 4th day of the course is a more in-depth look at our self management course and the difference, because we give a great deal guidance on how to deliver the course and to, you know, make sure the people are really confident about doing it and have a successful and fulfilling experience when they deliver a course.

**Roy Anderson – LGOWIT Community Networker**

We look for volunteers to deliver the training courses, the 5 day training courses we run as our main training courses.

**Alan Grant – LGOWIT Development Officer and Community Networker**

They do a range of different things, they can support our living better group which are peer support groups and they help us at our events. They can spread the word to people, they are ambassadors for self-management.

**Roy Anderson – LGOWIT Community Networker**

We also basically look to volunteers to help promote the wider project to tell people about the Living better groups that we run. We run lots of living better groups right across Highland, peer support groups, again for people of any kind of long-term condition. These groups meet monthly and people come along. They share their experiences, support each other, learn from each other, pick up tips perhaps, also learn from guest speakers we have along quite often.