

stori

TRAINING SERVICES

SPRING/SUMMER 2025



Start a new chapter

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Our Story

We are a not-for-profit Housing Association that provide specialist support for victims and survivors of domestic abuse; families; children and young people; and those experiencing mental ill health.

Our journey started in 1989 when we became the first organisation in Wales to provide specialist housing and support to victims of domestic abuse. Since then, we have developed to providing specialist housing and trauma-informed support to individuals, families, children, and young people across the whole of Wales, who have experienced difficult challenges in their lives.

Alongside our housing and support services, we are also an expert training provider. We use our frontline experience to deliver high-quality, trauma-informed training to professionals, communities, and partner organisations

Our focus is and always has been on empowering people to develop their own confidence, skills, self-esteem, and independence, enabling them to achieve their personal goals and lead fulfilling lives.

Through Housing Support
Through Floating Support
Through Employability Support
Through Training
Through Schools



Our Training Services

At Stori, we deliver training shaped by lived experience and frontline expertise. Our programmes are built around what works, not just in theory, but in practice.

With decades of experience supporting people across Wales, we understand the challenges teams face. That's why our training is practical, flexible, and always grounded in real-world situations.

From safeguarding to trauma-informed care, we help organisations build the confidence, skills, and understanding needed to make a lasting difference.

Because when people feel equipped, they feel empowered and that's when real change happens.

Book Your Training Today

To book one of our courses, or to request more information, or receive a no-obligation quote, please get in touch with our friendly team at Learn@storicymru.org.uk or use the [enquiry form](#) on our website. We'll be happy to assist you with any questions and help you find the training that best suits your needs.



At Stori, our training excellence is driven by our exceptional team of trainers. Each member brings extensive experience from various sectors, particularly in Violence against Women, Domestic Abuse, Sexual Violence (VAWDASV), Safeguarding, and Mental Health.

Their hands-on expertise and unwavering commitment ensure that each training session is both practical and impactful, equipping participants with the skills needed to make a real difference.

Meet Our Trainers



Ann-Marie Curtis

Training and Development Manager

Ann-Marie has been a valued member of our team for over 21 years, starting her journey as a frontline practitioner supporting clients with complex and co-occurring needs.

As our Training & Development Manager, Ann-Marie is passionate about bridging theory and practice, ensuring that Stori's learning remains impactful and relevant to those working on the frontline. She holds a Level 4 teaching qualification, has been facilitating group work since 2009, and is also a highly experienced assessor.

Ann-Marie is deeply committed to creating meaningful change for individuals affected by VAWDASV and mental health difficulties, ensuring that our services provide timely and effective support when it's needed most.



Gwilym Roberts

Senior Training Officer

Gwilym has enjoyed delivering training for decades. He is an experienced counsellor and group facilitator, specialising in trauma; gender and sexuality issues and neurodiversity.

For Stori, he brings his professional experience to training on equality and diversity; mental health; neurodiversity; sexual violence and domestic abuse. He is particularly interested in working with male victims; LGBTQ survivors and working with perpetrators.



Jess Shingler-Hobson

Senior Training Officer

Jess has worked in education and training for 15 years, beginning in primary education before moving into post-16 settings, including colleges and universities. Her background is rooted in children and adult safeguarding.

Jess has also supported families in refuges across North Wales, helping children express their feelings through play therapy and easing their transitions between home, refuge, and school.

At Stori, she delivers a range of courses including Ask and Act (Groups 2 & 3), Youth Ask and Act, CAPVA, and training on domestic abuse, stalking, and street harassment.

Why Choose Stori



Practical Expertise

With over 35 years of hands-on experience, we offer training grounded in real-life challenges. Our deep, practical knowledge ensures that every session delivers relevant, compassionate, and effective guidance.



Experienced Trainers

Our trainers are experts with years of field experience. They bring practical insights and proven strategies to each session, making your learning directly applicable and impactful.



Tailored Solutions

We customise our training to fit your goals—whether you choose an existing course or a bespoke program. Every session is designed to be practical, relevant, and directly aligned with your needs.



Digital Toolkit

For each of our courses we provide a digital resource bank that supports continued learning, helping learners revisit key concepts and apply their training confidently in real-world situations.



Assured Quality

We are proud to be an Agored Cymru Accredited Centre, enabling us to deliver nationally recognised, quality-assured qualifications that meet rigorous standards and support learners in gaining meaningful, accredited achievements.



We've removed the guesswork from pricing by offering all Stori-developed courses at a fixed, transparent rate.

Whether delivering content online or in person, our courses provide outstanding value for money without compromising on quality. With no hidden fees or complicated pricing structures, you can plan with confidence and focus on what truly matters, receiving an exceptional learning experience.

Our Prices

Half Day Courses

In- person	Online
£700 + Transport Costs	£700
Maximum 18 Attendees	Maximum 25 Attendees

Full Day Courses

In- person	Online
£1250 + Transport Costs	£1250
Maximum 18 Attendees	Maximum 25 Attendees

- All prices listed exclude VAT.
- This price list does not include Mental Health First Aid Wales courses, which are priced separately.



Our Courses

We offer a range of courses over three core areas:



**Domestic
Abuse and
Safeguarding**



**Mental
Health and
Wellbeing**



**Organisational
Culture &
Values**

For more information on any of our courses or to book, contact Learn@storicymru.org.uk



“The course helped me to understand the effect domestic abuse has not only on victims that we engage with but the wider impact on their families.”

Effects of Domestic Abuse on Children and Young People Learner

Domestic Abuse and Safeguarding

At Stori, with over 35 years of experience working closely with individuals affected by domestic abuse, we bring deep, practical insights into the complexities of this issue. Our extensive experience ensures that our training is aligned with current legislation and grounded in real-world understanding, enabling us to deliver expert, compassionate, and effective guidance for supporting survivors and preventing abuse.

Click on the title of any course to view a full course description



Child and Adolescent to Parent Violence and Abuse

Half-day

£700

An introductory course covering the most hidden, misunderstood and stigmatised form of family violence – child and adolescent to parent violence and abuse (CAPVA).



Domestic Abuse and Managing Risk

Full Day

£1250

This course is designed to provide participants with a comprehensive understanding of domestic abuse dynamics and the critical skills needed to assess and manage the associated risks.



Safeguarding (All Wales) Group B

Full Day

£1250

Our Safeguarding course is designed to equip individuals with the knowledge and skills necessary to protect children and vulnerable adults from harm. The course encompasses the policies, procedures, and practices designed to protect both children and vulnerable adults from abuse, neglect, and harm across Wales.



The Effects of Domestic Abuse on Children and Young People

Full Day

£1250

A course examining the complex nature of domestic abuse, how perpetrators use manipulation and collusion, and its impact upon the whole family, including children and young people



Understanding Domestic Abuse and Controlling and Coercive Behaviour

**Full Day
£1250**

This course is designed to explore the nature of controlling and coercive behaviour (CCB) and its function within abusive relationships. The course will support learners to identify types of abuse and equip them to support victims and survivors.



VAWDASV and Co-Existing Support Needs

**Full Day
£1250**

This course is designed to provide an introduction to the impact of violence against women, domestic abuse and sexual violence (VAWDASV) for individuals with co-existing multiple support needs.



Working with Male Victims of Domestic Abuse

**Half Day/Full Day
£700/ £1250**

This course provides a crucial and often overlooked perspective on domestic abuse, focusing specifically on the experiences of male victims. The course aims to equip professionals and community members with the knowledge and skills to recognise, respond to, and support male victims of abuse effectively.



Working with LGBTQ+ Victims of Domestic Abuse

**Half Day/Full Day
£700/ £1250**

This course provides a crucial and often overlooked perspective on domestic abuse, focusing specifically on the experiences of LGBTQ+ victims. The course aims to equip professionals and community members with the knowledge and skills to recognise, respond to, and support LGBTQ+ victims of abuse effectively.



“This is so important in everyday life, not just work. A real eye-opener of what to look for and how to help people who may be struggling. It is something that affects us all, the trainer was lovely and made sure we were all okay throughout”

Mental Health Awareness Learner

Mental Health and Wellbeing

Our training courses are specifically designed to equip participants with the essential skills and knowledge to support those experiencing mental health issues. By raising awareness and understanding of mental health conditions, our courses empower attendees to make a real difference in their workplaces and communities.

Click on the title of any course to view a full course description



Mental Health and Housing

Full Day

£1250

Poor mental health and housing issues are often linked. This course addresses the critical intersection between these two fundamental aspects of well-being. This course is designed for professionals who work with individuals facing challenges in both areas



Mental Health Awareness

Full Day

£1250

This course is designed to provide participants with a foundational understanding of mental health and mental illness. This course equips individuals with the knowledge and skills to understand, support, and promote mental well-being in themselves and others.



Suicide Awareness

Full Day

£1250

This course is designed to educate individuals about the realities of suicide, including risk factors, warning signs, and how to provide support to someone who may be at risk. This course aims to empower individuals to recognise, respond to, and ultimately help prevent suicide.



Building Our Confidence in Talking About Mental Health

Half Day/ Full Day

£700/£1250

This course provides an outline of different philosophical perspectives to view our 'mental health' including the medical model and a non-pathologising, trauma-informed approach. It provides some practical exercises and top-tips for professionals to engage their clients in conversations about what's going on for them emotionally.



LGBTQ+ Affirmative Approaches

Half Day/Full Day

£700/ £1250

This is an engaging and useful training in LGBTQ-affirmative approaches. This interactive, engaging, and thought-provoking training will be useful for any public-facing professional, especially those in supportive roles. We adapt the content to ensure it is relevant to the groups we work with.

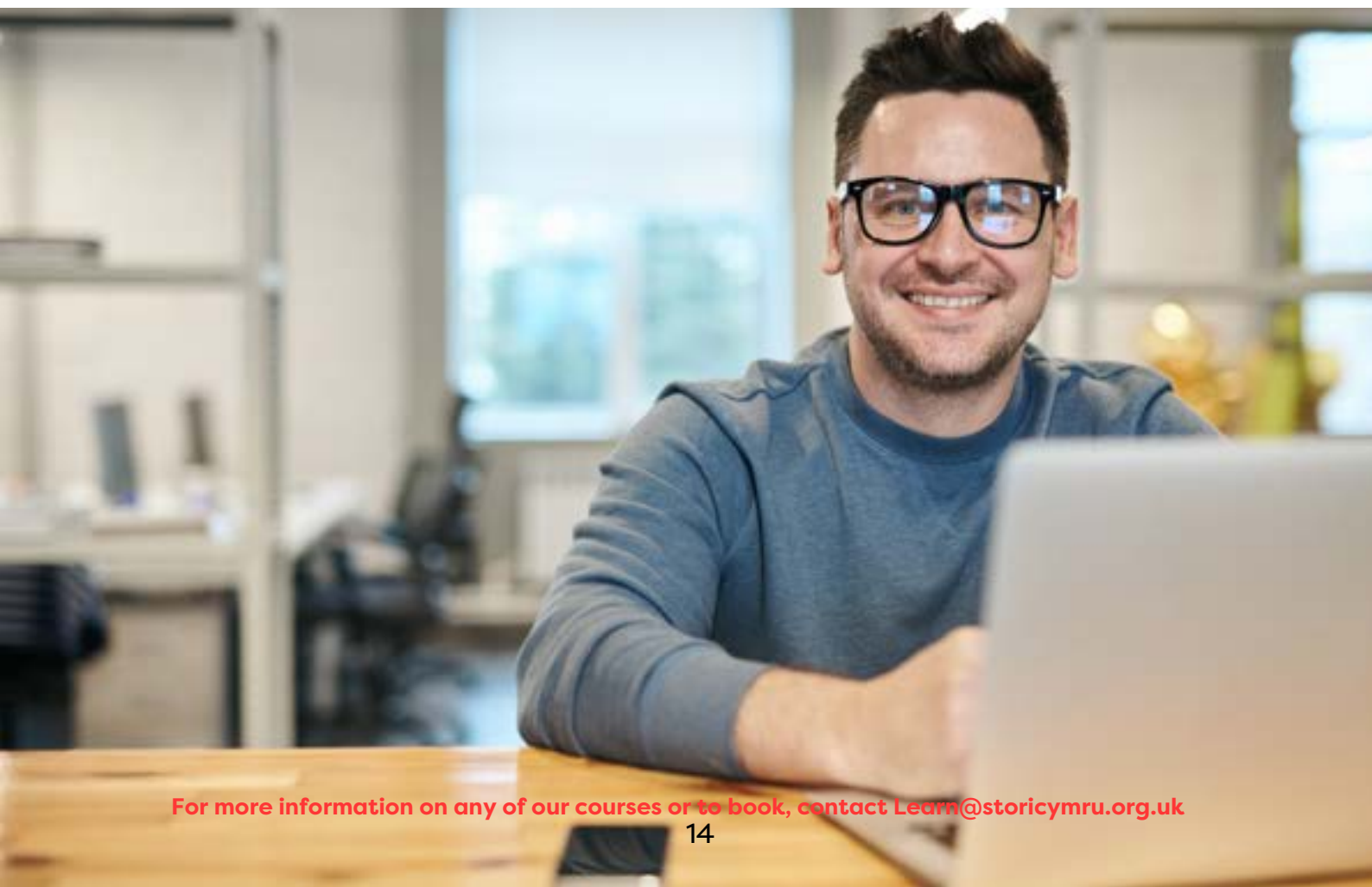


Neuro-Affirming Practice

Half Day

£700

This course encourages a trauma-informed, non-pathologising view of neuro-diversity. We explore the meaning of terms such as neurodiversity, neurodivergent, neuro-affirming and neuro-inclusive. We look at common barriers for support and identify ways that our practice and our services can be more accessible for all.



For more information on any of our courses or to book, contact Learn@storicymru.org.uk



Mental Health First Aid Wales

Mental Health First Aid (MHFA) courses are a suite of internationally acclaimed and evidence-based, accredited training programs that empower and equip individuals with the knowledge, skills and confidence needed to support a friend, family member or co-worker experiencing a mental health problem or experiencing a crisis such as being suicidal.

We deliver Adult, Youth and Adolescent, and Refresher courses (3-yearly) MHFA Courses that provide delegates with an accredited certificate in Mental Health First Aid Wales. These courses can be delivered face to face or online.



Mental Health First Aid Adults

Two Days

£165 per Learner

Mental Health First Aid (MHFA) for adults is a training program that teaches participants how to recognise and respond to signs and symptoms of mental health and substance use challenges. It's designed to equip individuals with the skills to provide initial help until professional support can be obtained.



Mental Health First Aid Youth And Adolescents

Two Days

£165 per Learner

This course aims to empower adults to be a first line of support for young people experiencing mental health challenges, helping to bridge the gap between early signs and professional help.

- All prices listed are exclusive of VAT.



“This was a course that I really enjoyed. Sometimes you don’t see the indicators when they are in front of you.”

**Creating Safe Workplaces
Learner**

Organisational Culture and Values

Our training helps organisations create environments where teams feel safe, confident, and happy in their roles. We make sure people understand what’s expected of them and equip them with the tools they need to handle challenges, all while building a more positive, supportive workplace culture.

Click on the title of any course to view a full course description



Creating Safe Workplaces: Understanding Coercive Control and Domestic Abuse

Full Day

£1250

This course explores coercive control and its role in abuse, enabling delegates to recognise signs and symptoms of abuse in the workplace, develop confidence in raising concerns and knowing how to signpost for support. And we look at the legislation involved in implementing a workplace policy.



Managing Bullying and Harassment in the Workplace

Full Day

£1250

This course is designed to provide participants with the knowledge and skills necessary to prevent, recognise, and effectively address bullying and harassment in the workplace and fostering a respectful and safe work environment.



Professional Boundaries

Full Day

£1250

This course looks at what boundaries are, how we establish them, why we need them, how they may be stretched and what to do if this happens. It is useful for any public facing role. We adapt our content depending on the role of the learners and can include your organisation's policies and procedures if needed.



Safeguarding (All Wales) Group B

Full Day

£1250

Our Safeguarding course is designed to equip individuals with the knowledge and skills necessary to protect children and vulnerable adults from harm. The course encompasses the policies, procedures, and practices designed to protect both children and vulnerable adults from abuse, neglect, and harm across Wales.



Bespoke Training Tailored to You

At Stori, we understand that every organisation has unique training requirements. Our expertise lies not only in delivering high-quality courses but also in designing bespoke training solutions that are engaging, relevant, and directly applicable to your team's daily responsibilities.

If you have specific training needs, we would be delighted to collaborate with you to develop a programme that aligns with your objectives and empowers your team to excel.

Please reach out to us to discuss how we can support your organisation's growth and success.

Start a new chapter



TrainingServices@Storicymru.org.uk

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**Find us on Social Media
@StoriNewChapter**