

A group of ten people from the Parish of Putney recently undertook the two day Mental Health First Aid Course with Peter Rolfe. Having completed the course I would heartily recommend this course and Peter as a course leader.

I was impressed with the way he delivered the course – which covered an enormous amount of information – with practical group exercises, discussion based on his lived-with experiences of mental health and interactive materials such as videos and case studies so that it was far from a “dry” or irrelevant course. He diplomatically managed the session times in order to balance the needs of individuals to discuss certain issues with the practical issue of completing the sessions in a timely fashion. The sessions were pitched at the right length and depth of content and he was able to judge and listen to our group to tailor the course where possible to our particular needs as the sessions went on.

With a group of this size you can imagine our group comprised very different backgrounds, experience and cultures and Peter sensitively answered questions and points raised with good humour where appropriate.

Reverend John Whittaker

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