

**Do you want to
challenge
discrimination?**

**Could you tell others how
to support victims of hate?**

**Attend our
Bystander
Intervention
Training and learn
how you can
tackle hate!**

**Empowering
YOU
to tackle
HATE.**

**Stand
by Me**



With grant support from

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Stand by Me UK

is a project that empowers people to assist victims of bullying, harassment or hate through safe bystander interventions.

We train people in England, Scotland, and Wales so that no one has to suffer from hatred anymore.

Why get involved?

Be a part of the national movement and make a real difference.

Learn how to safely intervene when others need help.

Show your solidarity with the victims of hate.

Learn how to respond to hate.

We are running a free, COVID-19 compliant Bystander Intervention Training session, organised with Carmarthenshire Association of Voluntary Services:

Fri 27th May
10 am - 4 pm.

The Ivy Bush Hotel,
11 Spilman St, Carmarthen SA31 1LG

A light lunch and refreshments will be provided.

To book visit: <https://training.communitiesinc.org.uk>

Please make sure you:

1. Register on our training system.

2. Book the training.

For more information contact: training@communitiesinc.org.uk

“The training was excellent, well put together and presented. Very empowering.” - *Ambassador's feedback*

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