Sharing Expertise

Education Prospectus
Spring 2019/Spring 2020

stwh.co.uk/education
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Welcome

Welcome to our 19/20 prospectus. In here you’ll find a wealth of training opportunities to support and help you, in your work caring for people who are nearing the end of their life.

Whether you’re a doctor or volunteer, a nurse or support worker, a carer or complementary therapist, there is something for you in our prospectus.

Alongside popular favourites, we have a few new courses this year. In response to feedback our new Fundamentals of End of Life Care (pg 9) for domiciliary staff is a series of one hour sessions over several weeks. This will be run in both the Education Centre and a venue in Bognor Regis, to help save time on travel for those working in that area.

We are grateful to Coastal West Sussex Clinical Commissioning Group (CWSSCG) and Health Education England Kent, Surrey and Sussex who continue to help us deliver such a wide and diverse programme.

We look forward to welcoming you to the Education Centre in the near future. Don’t forget our Early Bird offer – 10% discount on any course booked 4+ weeks in advance.

Warmest wishes,

Helen Evans
Head of Education

Clinical Decision Making in Palliative & End of Life Care

For: All health & social care professionals from all clinical settings

This workshop explores some of the ethical theories that decision making is based on, not only at the end of life but as a society. Some of the more difficult issues around end of life will be explored, in a safe and supportive environment.

This is an interactive workshop and works best if there is participation - so come ready for lively debate!

Communication: Are You Listening?

For: All health & social care professionals from all clinical settings

This half-day session covers different strategies and methods to enhance communication and listening skills. The session focuses on the communication principles used in supportive conversations. You will learn methods for effective communication for the distressed patient/service user and/or family member and be more confident in using these methods.

Compassion Awareness

For: All health & social care professionals & support workers

This session is designed to help you understand compassion and to apply this to the workplace. You will be encouraged to complete an action plan which will focus on how you can take care of yourself, so you can give your best to patients and clients.
Health and Social Care Courses

Do Not Attempt Cardiopulmonary Resuscitation (DNACPR)

For: Senior Nurses working with palliative & end of life care patients & clients.

A two-day course for registered senior nurses working in palliative and end of life care (generalist or specialist). You will gain increased confidence and competence in making decisions and communicating these to patients and/or relatives.

The course involves pre-reading, lectures, discussions and role play. It is based on a competency framework with skills assessed in practice and by role play assessed while on the course.

Please contact us for dates and times.

End of Life Care & Dementia

For: Health & social care professionals from all clinical settings caring for patients or residents with dementia, particularly those new to this area of care

This study day provides an overview of caring for people with dementia, at the end of their life.

During the day you will gain an understanding of the different types of dementia and how to recognise dying. You will learn about dementia-specific issues relating to management of symptoms, communication, team working and making decisions.

13/06/2019
Full Day | 9.30am - 3.30pm
£80

End of Life Care in Non-Malignant Conditions (for Registered Nurses)

For: Registered nurses from all clinical settings

This packed study day provides an overview of the key non-malignant long term conditions in palliative and end of life care including heart failure, COPD, long term neurological conditions, liver and advanced renal disease. This day features a variety of Hospice speakers.

27/02/2020
Full Day | 9.30am - 3.30pm
£80

‘Very useful day, really made me reflect on my practice.’
‘First on the Scene’... Responding to 999 Calls for Palliative & End of Life Care

For: Paramedic Practitioners, OOH staff & Rapid Assessment & Intervention Teams

We are delighted to offer this one-off course which will improve your confidence in decision making around end of life. You will gain an understanding of the dying process and how to recognise it. The course will be interactive with plenty of discussion. Lunch will be provided.

📅 17/09/2019
⏰ Half Day | 11am - 3pm
💰 FREE* or £40

*Free for people working in Coastal West Sussex CCG

Hydration at the End of Life

For: Health & social care professionals from all clinical settings

This half day course provides knowledge and understanding on all aspects of hydration for the person at the end of their life and the issues in clinically assisted hydration. You will gain a better understanding of the ethical issues surrounding hydration at end of life.

📅 02/10/2019
⏰ Half Day | 9.30am - 12.30pm
💰 FREE* or £40

*Free for people working in Coastal West Sussex CCG

Fundamentals of End of Life Care for Domiciliary Staff

For: Support workers in domiciliary care

This new training programme covers the key aspects of caring for people at the end of their life, and their loved ones. This can be accessed either as a whole day or as one-hour sessions in the Education Centre or in Bognor Regis.

📅 26/09/2019
⏰ Full Day | 9.30am - 3.30pm
💰 £80 or £10 per session

Understanding when a client is end of life
Talking to clients & loved ones
Hydration & nutrition at end of life
Managing physical symptoms
Supporting bereaved family & friends

Education Centre
1-2pm

Acopia Ltd
Global Point, Steyning Way, Bognor Regis
PO22 9SB | 1 - 2pm

|                             | Education Centre | Acopia Ltd
|------------------------------|------------------|-------------
| Understanding when a client is end of life | 21/05/2019 | 22/05/2019 |
| Talking to clients & loved ones     | 13/06/2019 | 20/06/2019 |
| Hydration & nutrition at end of life | 18/07/2019 | 25/07/2019 |
| Managing physical symptoms         | 25/09/2019 | 05/09/2019 |
| Supporting bereaved family & friends | 08/10/2019 | 01/10/2019 |
Intermediate Communication Skills

**For: Generalist palliative care & new specialist staff working in health & social care settings.**

This new one-day course will support the development of compassionate and effective communication skills for clinicians and professionals working with people with life limiting conditions. It is an intermediary between SAGE & THYME foundation level/Communication: Are You Listening? and SAGE & THYME ACP.

- **23/10/2019* 28/01/2020**
- **Full Day | 9.30am - 3.30pm**
- **£ FREE* or £80**

*Free for people working in Coastal West Sussex CCG

Introduction to Supporting Adults who are Bereaved

**For: Health & social care professionals from all clinical settings**

Useful as a refresher or to gain/improve your knowledge base, this course will focus on supporting recently bereaved adults. There is an emphasis on support immediately following the person’s death and how to identify future support needs for the child.

There will be plenty of group discussion, linking theory to practice with relevant signposting.

- **9/10/2019**
- **Half Day | 9.30am - 12.30pm**
- **£40**

Introduction to Supporting Children who are Bereaved

**For: Health & social care professionals from all clinical settings**

Useful as a refresher or to gain/improve your knowledge base, this course will focus on supporting recently bereaved children in discussion with their family/guardian and other professionals. There is an emphasis on support immediately following the person’s death and how to identify future support needs for the child.

There will be plenty of group discussion, linking theory to practice with relevant signposting.

- **10/07/2019**
- **Half Day | 9.30am - 12.30pm**
- **£40**

‘Very thorough. Tutors are passionate & helpful.’

Don’t forget our Early Bird Offer!
**Symptom Control in End of Life Care**

This course looks at assessing and holistically managing common symptoms encountered by patients at the end of their lives. The course focuses on palliation of symptoms in both malignant and non-malignant disease. The very first statement in the current World Health Organisation definition of palliative care is “provides relief from pain and other distressing symptoms”. Being without pain and other symptoms is one of the four key constituents of what make a good death, cited in the End of Life Strategy (2008). This course is essential for those who work with patients/clients at the end of life.

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**Advance Care Planning & End of Life Conversations**

This course provides students with the opportunity to use experiential learning in a safe environment to increase knowledge of advance care planning initiatives. It will also increase your confidence and ability to communicate with patients and their families. The course explores the legal and ethical aspects of advance care planning and reviews the evidence base of initiatives that have emerged since the end of life care strategy (2008).

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**Living & Dying Well with Dementia**

This course provides students with the opportunity to develop their knowledge base and confidence in assessing and meeting the needs of patients/clients with dementia and their carers/families, from diagnosis to death and into bereavement.

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**Preparing for Loss, Grief & Bereavement**

Please note this course is not advisable for anyone experiencing bereavement within the last year.

This course looks at ways of supporting patients and their families in death, dying and bereavement. The delivery of good psychosocial support is very much part of the ethos of palliative and end of life care and is part of the World Health Organisation definition. This course will provide the student with the opportunity to synthesise knowledge and evidence pertaining to seminal and more current bereavement models with their own experience/reflections in practice.

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<td>4 Days</td>
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**Early Bird Offer:** 10% off any course booked 4+ weeks in advance

Book at stwh.co.uk/education or 01243 755830 / 755812

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For: Health & social care professionals from all clinical settings having direct recent contact with patients, clients & residents with palliative care needs & evidence within the past 5 years of successful study at Level 5.

* Must have 120 level 5 credits in a health & social care related subject
Level 2 Unit (HSC S 12) Awareness of End of Life Care (replaces QCF201)

For: Health & social care professionals from all clinical settings

A one-day vocational qualification course for health and social care support workers wanting to gain the knowledge and understanding needed for working in end of life care.

You will learn the basics of perspectives on death and dying, the aims, principles and policies of end of life care, communication in end of life care and how to access supporting services. There will be some pre-course preparation work, and learning will be assessed following the course.

On successful completion of the course, you will gain a Level 2 Unit: HSC S 12 Awareness of End of Life Care (3 credits).

The awarding body is CACHE and the course will be in conjunction with Chichester College.

- 12/06/2019 - 12/02/2020
- Full Day | 9.30am - 4.30pm
- £100

Level 3 Unit (HSC S 13) End of Life Care (replaces QCF301)

For: Health & social care professionals from all clinical settings

A one-day vocational qualification course for health and social care support workers wanting to gain the knowledge and understanding needed for working in end of life care.

You will learn about factors that impact on end of life care, advance care planning, pain and symptom management, support of individuals, the role of organisations and management of one’s own feelings. There will be some pre-course preparation work, and learning will be assessed following the course.

On successful completion of the course, you will gain a Level 3 Unit: HSC S 13 End of Life Care (7 credits)

The awarding body is CACHE and the course will be in conjunction with Chichester College.

- 12/06/2019 - 12/02/2020
- Full Day | 9.30am - 4.30pm
- £100

Study Skills

For: Health & social care professionals in all clinical settings returning to study

This three-hour session is primarily aimed at those preparing to study at Level 6 (Degree) for our 15 credit rated University of Greenwich courses, but is open to anyone interested in honing or refreshing their study skills!

The session will include the language of higher education, listening, note-taking, writing essays, reflection and time management.

*Refundable if you book and undertake a degree level credit rated course

- 06/09/2019
- 18/10/2019
- 20/01/2020
- 30/04/2020
- £40*

Long Term Conditions & Frailty in Palliative & End of Life Care for Health & Social Care Support Workers

For: Health & social care support workers from all clinical settings.

(These sessions are not for registered nurses)

This is a blended course covering six topics and aimed at those who want to increase their knowledge and understanding of long term conditions in relation to practice. Each topic focuses on a key long term condition of significance in palliative care. The course is taught through a combination of online learning* followed by classroom sessions. Practical take-home tools are provided.

* Required, prior to classroom session

- Dates above
- Half Day | 1 - 4pm
- £200 or £40 per session

Early Bird Offer: 10% off any course booked 4+ weeks in advance

Book at stwh.co.uk/education or 01243 755830 / 755812
Symptom Management in the Last Days of Life

For: Registered nurses & doctors from all clinical settings.

This half day session provides an introduction to the assessment of some of the common symptoms experienced by people at the end of life, including pain, nausea and vomiting, respiratory secretions and terminal agitation. The workshop focuses on some of the key drugs prescribed to manage these symptoms. This morning complements the knowledge and skills that will be gained on the Management of Syringe Drivers course which takes place in the afternoon.

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<td>21/04/2020</td>
<td>Half Day</td>
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Management of Syringe Drivers

For: Registered nurses & doctors from all clinical settings

A practical half-day session which begins with some theory about the need to change from traditional syringe drivers. The session covers the common drugs that are used, and some drug calculations are practised. You will explore and practise setting up a syringe driver and finish with a practical workshop on the management and use of McKinley Syringe Drivers. This afternoon complements the knowledge and skills gained on the Symptom Management in the Last Days of Life course which takes place in the morning.

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Namaste Care Programme for Advanced Dementia

For: Care home managers & staff. We recommend at least two members of staff per home, to ensure it can be practically embedded, with at least one in a management role.

‘Namaste’ means ‘to honour the spirit within’ and the programme was developed by Professor Joyce Simard in the USA. It is a structured programme for advanced dementia at the end of life, based around sensory interventions, especially touch and the environment. No additional staff, space or expensive equipment is required.

This workshop is aimed at care homes and will enable you to:

• Understand the purpose and benefits of the Namaste Care Programme for people with dementia, their families and care staff
• Communicate the vision to the whole care home team
• Lead change in the way the care home team works with people with dementia and their families
• Develop a plan to implement, evaluate and sustain the Namaste Care Programme

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<td>02/06/2020</td>
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‘An inspiring day, I came away so motivated & uplifted.’
Mindfulness Based Cognitive Therapy (MBCT)

For: Health & social care professionals from all clinical settings

An introduction to the core idea that people’s emotional reactions and behaviour are strongly influenced by their thoughts, beliefs and interpretations about themselves and the life situation in which they find themselves.

Over three half day sessions this exploration will be experienced within the safe, caring environment of mindfulness practice; the body scan (day one), sitting meditation (day two) and mindful movement (day three).

You will develop a better understanding of stress and will build some everyday skills to support yourself.

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<td>26/09/2019</td>
<td>9.30am - 12.30pm</td>
<td>£40 per session (3 x half days)</td>
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*Please note that individual half days can be accessed if desire.

Palliative Care in Developing Countries

For: Health & social care professionals & support workers from all clinical settings

This session will provide an overview of some of the key facts and issues in palliative care in developing countries, focusing on Africa. It aims to raise awareness of palliative care needs and development; and through discussion, presentation, activities and videos, to provide an opportunity to reflect on the current situation and challenges. This will be underpinned by a human rights and international development framework.

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Palliative Care Link Group

For: Health & social care support workers from all clinical settings in St Wilfrid’s Hospice catchment area

A topical discussion in an informal setting. Meeting four times a year with a different topic discussed at each session. We try to look at current initiatives and these sessions are scheduled to include spiritual care, care home support in maintaining good CQC training and Engaging Activities (please note topics are subject to change).

Drinks and cake provided; please bring your own lunch.

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Lunchbites

For: Health & social care professionals & support workers from all clinical settings

A series of jam-packed sessions on a variety of hot topics. Coffee will be served and bring your lunch to eat while listening! Please contact us for further details or refer to our website. Certificates of attendance will be provided.

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**Health and Social Care Courses**

**Foundation Level**

*Communication Skills workshop*

For: Health & social care professionals & support workers, including ancillary workers such as admin & housekeeping staff, volunteers & porters.

The SAGE & THYME® foundation level half day workshop provides communication skills for staff dealing with any distressed patients and clients. It is highly recommended!

*Free for people working in Coastal West Sussex CCG

- **27/06/2019** 1.30 - 4.30pm
- **03/10/2019** 1 - 4pm
- **26/03/2020** 9.30am - 12.30pm

**FREE** or **£60**

**Advance Care Planning & End of Life Conversations**

For: Senior staff who engage in advance care planning and end of life conversations (e.g. GPs, health care staff, social workers, lawyers), who have experience of advance care planning, end of life care and the Gold Standards Framework

The SAGE & THYME® for Advance Care Planning (ACP) is a half day communication skills workshop to help open an advance care planning conversation. The structure provides a consultation guide as concerns and issues are disclosed. It is run by three experienced facilitators and consists of a mix of small group work, lectures and rehearsals. During the workshop learners focus on effective communication skills that help to open an advance care planning conversation. It will build on the learning from SAGE & THYME® Foundation Level but it is not necessary to have undertaken this first.

This workshop is delivered by the same team at different venues across West Sussex.

**Dates & venues below**

- **Half Day | 1 - 4.30pm**
- **FREE** or **£60**

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<tr>
<th>Dates</th>
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<td>10/06/2019</td>
<td>Worthing Hospital Education Centre</td>
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<td>30/09/2019</td>
<td>St. Wilfrid’s Hospice</td>
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<tr>
<td>25/11/2019</td>
<td>St. Barnabas House**</td>
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<tr>
<td>24/02/2020</td>
<td>Midhurst Community Hospital</td>
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*Free for people working in Coastal West Sussex CCG

**November session should be booked via;**

education@stbh.org.uk

*Don’t forget our Early Bird Offer!*
Recognising Dying

For: Health & social care professionals from all clinical settings.

This half study day can be used as a refresher for the principles of recognising dying or to improve and gain knowledge. This short course does not focus on symptom management, which can be studied on other courses.

10/10/2019
Half Day | 9.30am - 12.30pm
£ FREE* or £40

*Free for people working in Coastal West Sussex CCG

‘It will be easier to know when my residents are nearing the end of their life and to help them (and myself) cope with EOL care better.’

Six Steps +

For: Care home managers & senior staff (NVQ/QCF Level 3 or above) from care homes, domiciliary & supported living agencies within St Wilfrid’s catchment area. We ask for two representatives per home, including Care Home Manager or Care Manager. NB numbers on this course strictly limited to 10 care homes.

The Six Steps+ Programme is a series of nine workshops designed to provide care homes, domiciliary and supported living agencies with a toolkit that is consistent with current End of Life Care guidance. The programme includes a dementia workshop focusing on end of life care for people with dementia.

This is a significant commitment for your organisation but will be highly worthwhile for your residents and staff.

May 2019 – January 2020 or September 2019 – March 2020
Call us for specific dates
9 x Full Days | 9am - 3.30pm
£150 for 9 workshops*

*This course is heavily subsidised by Coastal West Sussex CCG and St Wilfrid’s Hospice

Understanding Frailty

For: Health & social care professionals & support workers from all clinical settings

Around 10% of people over 65 have frailty, rising to 30% plus of those over 85. They are the highest users of services across health and social care and have the highest level of unplanned admissions to hospital. This issue has gained much prominence nationally and within Coastal West Sussex.

This course will help you
• Gain knowledge and understanding of frailty, particularly in palliative and end of life care
• Understand the Electronic Frailty Index
• Gain awareness of the organisation of care for frailty within the local economy

20/06/2019
05/11/2019
Half Day | 9.30am - 12.30pm
£ FREE* or £40

*Free for people working in Coastal West Sussex CCG
Understanding the Principles of Advance Care Planning

For: Health & social care professionals from all clinical settings.

This half study day can be used as a refresher for the principles of advance care planning or to improve and gain knowledge. It can be used as an add-on to SAGE & THYME® ACP but may be accessed as a stand-alone course.

You will improve your understanding of the legal standing of advance care plans, advance decisions to refuse treatment and lasting power of attorney for health & welfare/property & affairs. You will also develop an understanding of the barriers in advance care planning and assessing mental capacity.

- **30/09/2019**
- Half Day | 9.30am - 12.30pm
- **£** FREE* or £40

*Free for people working in Coastal West Sussex CCG

Verification of Expected Death

For: Registered nurses in any clinical setting

This course covers the theory behind nurse verification of expected death utilising the Sussex Community NHS Foundation Trust policy.

The course only provides a certificate of attendance but an element of assessment during the day will occur. Assessment of competency will be in your place of work and further details will be provided.

- **17/07/2019**
- **17/10/2019**
- **21/01/2019**
- **02/04/2020**
- Full Day | 9.30am - 4pm
- **£** FREE* or £80

*Free for people working in Coastal West Sussex CCG

Bespoke Study Days

Please contact us if you require bespoke palliative and/or end of life care training for your organisation; we would be delighted to share our expertise and facilitate yours.

For upcoming study days, shared with St Barnabas House:
- A Different Ending - addressing inequalities in end of life care

Contact us for further details.

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Early Bird Offer: 10% off any course booked 4+ weeks in advance

Book at stwh.co.uk/education or 01243 755830 / 755812
**Dementia Friends**

**For: Anyone & everyone**

Dementia Friends is a national initiative from the Alzheimer’s Society. Its objectives are to make the nation more aware of dementia and improve attitudes towards the disease.

This is a fun, informative session with practical tips and advice. It gives people an understanding of dementia and the small things that they can do that could make a difference to people living with dementia.

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<tr>
<td>15/05/2019</td>
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<td>02/07/2019</td>
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<td>19/11/2019</td>
<td>2 - 3pm</td>
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<td>06/02/2020</td>
<td>11am - 12pm</td>
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1 Hour | Varying times, see above

£FREE

**Introduction to Mindfulness for Carers**

**For: Anyone with caring responsibilities**

Caring for others can be stressful and research shows that carers can suffer from debilitating anxiety and depression. The simple mindfulness strategies taught in this taster session can help alleviate this stress. With continued practice of the skills learnt, you can develop resilience and improved ability to make decisions.

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<tr>
<td>14/05/2019</td>
<td>10 - 11am</td>
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<td>15/08/2019</td>
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1.5 hours | 2.30am - 4pm

£FREE

**Introduction to Massage for the Hands & Feet**

**For: Anyone wanting to try their hand at complementary therapies – no previous experience necessary**

Complete beginners will build confidence learning some simple massage techniques to promote relaxation and wellbeing. Take home the techniques to use on family and friends. A certificate of attendance will be issued for CPD purposes.

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<tr>
<td>21/05/2019</td>
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<td>25/06/2019</td>
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<tr>
<td>26/11/2019</td>
<td>1.30 - 4.30pm</td>
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<tr>
<td>19/05/2020</td>
<td>1.30 - 4.30pm</td>
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Half Day | Varying times, see above

££40

Our complementary therapy courses are delivered by qualified therapists with experience in delivering adapted techniques to people who are approaching the end of their life. The courses all have a practical element, so participants should wear comfortable clothes and please bring 2 bath towels.
Complementary Therapies - General Public Courses

Introduction to Massage for the Head, Face, Neck & Shoulders

For: Anyone including qualified complementary therapists – no previous experience necessary

This treatment of the whole head, face, neck and shoulders can facilitate the release of tension throughout your whole being. We can carry a lot of stress and tension in the face and when we let these muscles relax the rest of the body relaxes too. Letting go of all the worries of the day can transform your whole being and this slow lovely massage work will allow you to truly relax so you can leave the session feeling both refreshed and rejuvenated.

A certificate of attendance will be issued for CPD purposes.

Introduction to Massage for the Legs & Feet

For: Anyone including qualified complementary therapists – no previous experience necessary

This half day introductory workshop will cover gentle and relaxing techniques, focusing on the legs and feet. Leg and foot massage can have a positive effect on the body, contributing to full-body relaxation and stress release. You will learn some simple techniques to be able to give family or friends a relaxing massage which helps to stimulate circulation, reduce muscle fatigue and leave you feeling refreshed and rejuvenated.

A certificate of attendance will be issued for CPD purposes.

Neutral Space Relaxation®

For: Anyone including qualified complementary therapists – no previous experience necessary

This is a simple and straightforward treatment (fully clothed) where the emphasis is on pure relaxation using gentle bodywork which is beneficial and powerfully effective. You will have the opportunity to give/receive 2 sessions each during the introductory day, with full guidance.

A certificate of attendance will be issued for CPD purposes.

Neutral Space Relaxation® - Seated Relaxation

For: Anyone including qualified complementary therapists – no previous experience necessary

This half day course will equip you with a safe, effective series of relaxation techniques and routines through a seated sequence.

By the end of the half day you will be able to perform a wonderfully relaxing 'seated' Neutral-Space Relaxation® session on your friends and family. We will spend time focusing on the tension areas: head, neck and shoulders, and you will benefit from both giving and receiving these techniques.

A certificate of attendance will be issued for CPD purposes.
the day I spent on the ward in the hospice was, without doubt, one of the main experiences that influenced my decision to go into medicine.

For: Health and social care staff wishing to increase their confidence in the work place

The aim of this half day workshop is to give you an understanding of the difference between assertiveness and confidence and how you can develop these in yourself to improve performance at work.

The workshop will cover:
- What is confidence, how it works and techniques to develop it
- Understanding communication styles and the link to assertiveness
- Overcoming barriers to developing assertiveness, self-belief and self-awareness

08/10/2019
19/03/2020
Half Day | 1.30 - 4.30pm
£40

Understanding Palliative & End of Life Care - for Non-Clinical Staff

For: Anyone in a non-clinical role in any care setting where there is palliative & end of life care e.g. admin staff, receptionists & volunteers.

This half study day provides an opportunity to understand the meaning behind some of the words and phrases associated with palliative care and the philosophy and principles. There will be an interactive component and a focus on the importance of team working to provide the best end of life care.

23/09/2019
08/06/2020
Half Day | 9.30am - 12.30pm
£40

Exploring a Career in Health or Social Care: Summer School

For: 16-19 year olds within the St Wilfrid’s catchment area who are considering a career in health or social care.

This five day course involves a variety of classroom experiences followed by a day of experiential learning. Successful completion gives the student:

- Level 1 Unit – Awareness of communication in adult social care (2 credits)
- Level 2 Unit – Responsibilities of a Care Worker (2 credits)
- Level 2 Unit – Awareness of end of life care (3 credits)

The accompanying vocational units will give you an advantage in apprenticeships or university study as you will clearly demonstrate the commitment and ability to study in this challenging and much needed specialist area of care.

05/08/2019 - 09/08/2019
+ 1 day during following week
5 Full Days | 9.30am - 3.30pm
FREE*

*Funded by Health Education England, Kent, Surrey, Sussex

... the day I spent on the ward in the hospice was, without doubt, one of the main experiences that influenced my decision to go into medicine.
Looking After Yourself

For: Anyone in a caring role or environment

This half-day workshop looks at some simple steps that you can take to lead a healthy lifestyle and improve your health and wellbeing.

It’s very easy to neglect your own health needs when you are looking after someone else, but if you want to continue in your caring role it’s important that you remain fit and healthy. So if you want some simple ideas about healthy living and eating well then this is a great way to start.

21/05/2019
19/05/2020

Half Day | 1.30 - 4.30pm

£ 40

Team Working

For: Health & social care staff wishing to increase their confidence in the work place.

Human beings are naturally social creatures and the better our relationships are at work, the happier and more productive we’re going to be. In this introductory workshop we will look at how teams develop and how we can be more effective as a team. During this half day course you will enhance your understanding of team dynamics within the work place and what factors create a high performing team. You will also gain an appreciation of the effect you have on others in the workplace, and the significance and impact of verbal and non-verbal communication.

11/02/2020

Half Day | 1.30 - 4.30pm

£ 40

Funeral Directors’ Breakfast Meeting

For: Funeral directors, celebrants & associated staff.

Light breakfast with a topical discussion following a general hospice update with Q&As. Meeting quarterly with a different topic at each session.

11/06/2019
10/09/2019
26/11/2019
10/03/2020

1 Hour | 8 - 9am

FREE
**Terms and Conditions**

**Course Fees**
Payment is required prior to attendance.

**Cancellations**
If a registered delegate is unable to attend the study event he/she should telephone the education department on 01243 755830 between the hours of 8am - 4.30pm Monday - Thursday, followed by email confirmation of the cancellation to education@stwh.co.uk. A full refund if cancellation notification is received 7 days or more before the start of the study event. Full course costs are payable (no refund) if cancellation notification is received less than 7 days prior to the event, but the place can be transferred to another person. We will on occasions find it necessary to cancel an event. We will notify you of cancellation as soon as possible. Please note that we are unable to reimburse the cost of pre-booked travel or any other costs incurred by the delegate in connection with the cancelled course.

**Data Protection**
We will not sell or share your details with other charities or organisations (in compliance with Data Protection Acts 2018). However, so that we can contact you via post, we do need to securely supply your contact details to our professional mailing house partners. You can view our full privacy statement online at stwh.co.uk/yourinformation.

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**Travel & Parking Information**

The Education Centre is located at: **22 Terminus Road, Chichester, PO19 8TX**

We are next to St Wilfrid’s Furniture Outlet shop and opposite Sylvarna Kitchen Design. Just a 13 minute walk from both Chichester train station (0.7 miles) and Chichester bus station (0.6 miles). Please note there is no student parking on site and street parking on Terminus Road is limited to 2 hours. However please contact us if you have a disabled parking requirement.

**Parking is available a 12 minute walk away, at:**
Avenue De Chartres Multi Storey Car Park, Chichester, PO19 8DN (vehicle height restriction of 1.93m) Vist: bit.ly/ChichesterParking for full details.

From the car park, walk west towards Via Ravenna/A259; after the roundabout take the pedestrian overpass (over the railway line) and then take a left turn.
'Thank you so much for such an inspiring day, I came away so motivated & uplifted.'