



ST MARY'S HOSPICE
**Palliative and
End Of Life Care**

EDUCATION PROSPECTUS
**NOVEMBER 2018 - DECEMBER
2019**

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Meet the team

Welcome to Education at St Mary's Hospice. Our Education Team consists of professionals from many different fields that are dedicated to sharing their wealth of knowledge.



Joanne Blake
Head of Clinical Services



Jenny Stalker
Day Hospice and Education
Manager



Dr Jennifer Waddell
Senior Speciality Doctor



Trisha Atkinson
End of Life
Education Facilitator



Lynsey Lawson
Family & Bereavement
Support Service Lead



Karen Kilduff
Volunteer and Education
Administrator

What we do

St Mary's Hospice provides specialised supportive and palliative care for people with life limiting conditions throughout South Cumbria. Our facilities and services are available to adults who are facing the end of life, regardless of diagnosis, those who love and care for them and the bereaved.

In-patient unit

Our 9 individual rooms provide patients and families with a calm comfortable environment in which to receive specialist palliative care.

Patients come in for symptom management, respite care or care at the end of life.



For more information regarding our services please visit our website.
www.stmaryshospice.org.uk/what-we-do/education

Did you know?

All our services are free but it costs 3.2 million a year to run the Hospice. We receive approx.18% of our funding from the NHS.

Hospice at home

Our community nursing team provide specialist end of life care 365 days of the year, in the comfort and familiarity of a person's own home. We can provide respite care during the day and a night sitting service to support family and loved ones at this time.

Family and Bereavement Support Service

This team of staff and bereavement support volunteers offer caring and compassionate support to assist patients, families, friends and carers in the easing of their emotional, social and spiritual needs, through time of illness and treatment, to bereavement and beyond.



Living Well Afternoon

We provide a weekly afternoon session for people living with a life-shortening condition, who may benefit from a nursing assessment, social contact, exercise and relaxation in a friendly comfortable environment.

Living Well Team

This team of experienced team of nurses, therapists and health care assistants provides a range of individual and group therapies and sessions:

- 6-week Living Well Programme – adapted lifestyle management programme
- 6-week programmes of Adapted tai chi & mindful movement
- Complementary Therapies – short courses of 1:1 touch and relaxation therapies
- Living Well Afternoon – a weekly afternoon session which combines clinical and social day care



Lunch and Learn

The Lunch and Learn programme is an education forum for healthcare professionals held in the Education Suite at St Mary's Hospice, once a month between 12.30 - 1.30pm. Lunch is provided but booking is essential.

Coming up

Tba

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These sessions are **FREE**
To book a place please
contact the
Education Team
On 01229 580 305
Or email
Education@stmaryshospice.org.uk

Two day course The HEARTS process

Creating calm, peace and relaxation in supportive, long-term and palliative care settings.

Overview

This two day course will develop your skills to help those you care for and includes hands-on contact, empathy, aromas, relaxation, textures and sound. Feedback suggests that these techniques are useful for

- Reducing tension and stress
- Enhancing relaxation and sleep
- Promoting feelings of wellbeing

Originally designed for situations when massage or aromatherapy were inappropriate, HEARTS can be given through clothes and bed covers so there is no need for patients to remove clothing.

NB: You don't have to be an aromatherapist or a complementary therapist to benefit from this course - it is suitable for all health and social care staff working in hospitals, community, hospices, nursing and residential homes.

Fee: £100pp

5 places for the price of 4 Offer ends 11th February 2019

Venue:
St Mary's Hospice,
Education Suite

Date: Monday 4th & 11th March 2019

Time: 10am - 4.30pm

Refreshments and lunch provided

Care of the dying person in the last Days and hours of life

For Registered Nurses and Health care support working in Acute, Hospice, Care Homes and Community Teams

Overview

Each education day are stand-alone sessions so you need only attend one of the days.

Our session includes

- Recognising Dying
- Symptom control
- Advance care planning & Mental Capacity Act
- Nutrition and Hydration
- Communication
- Essential care
- Bereavement

Dates:

Time: 9.30am - 4.30pm

- Thursday 15th November 2018

- *Health care support staff*

Thursday 10th January 2019

- *Registered Nurses & Assistant Practitioners*

- Thursday 21st March 2019

- *Health care support staff*

- 12th September 2019

- *Registered Nurses & Assistant Practitioners*

- 14th November 2019

- *Health care support staff*

This course is FREE.
However,
places are limited so
Booking is Essential

Venue:
St Mary's Hospice,
Education Suite

Advance care planning and communication skills training day

Overview

Suitable for any Health, Social Care or Volunteer staff working with individuals who may benefit from the opportunity to advance care plan.

Our Session Includes

- This study day offers the opportunity to build confidence and develop your practice.
- The day will focus on the principles and benefits of Advance Care Planning, the supporting documentation and associated communication skills.

Free places for this one day course are available for health and social care staff thanks to funding from the Health Education England. This new and innovative programme will be independently evaluated by Edge Hill University.

Dates 2018:
Thurs 13th Dec

2019:
Thurs 17th January
Thurs 7th February
Thurs 4th April
Thurs 23rd May

FREE for Health and Social Care staff

Venue:
St Mary's Hospice,
Education Suite

Time: 9.30am - 4.30pm (all dates)



**ADVANCE CARE
PLANNING
PROGRAMME**



**North West Coast
Learning Collaborative**

Notes

Notes

Find us

St Mary's Hospice,
Education Suite,
Ford Park Crescent,
Ulverston
LA12 7JP



Please note parking at St Mary's Hospice is limited and so we request that parking space is found in the surrounding area.



We are always updating
our list of courses so
please visit our website
regularly to keep up to
date

[www.stmaryshospice.org
.uk/what-we-do/
education](http://www.stmaryshospice.org.uk/what-we-do/education)