



St Mary's Hospice Community Education Programme at Kelsick Grammar - Free for all



To enquire or book a place on any of our events please scan the QR code below.



St Mary's
Hospice

St Mary's Hospice Community Education Programme - Free for all

Welcome to St. Mary's Hospice Training Events at Kelsick Grammer.

We are excited to invite you to a series of free training events hosted by St. Mary's Hospice at our Kelsick Grammar location. These sessions are designed to provide valuable knowledge, skills, and support to individuals interested in enhancing their understanding of hospice care, compassionate practices, and the work we do to improve the lives of those facing serious illness.

Whether you are a healthcare professional, volunteer, or someone simply looking to learn more about end-of-life care, these training sessions will offer practical insights and the opportunity to engage with experts in the field. Through a mix of interactive workshops and expert-led discussions, you will gain a deeper appreciation of the holistic care approach we take at St. Mary's Hospice.

Join us in learning, growing, and making a meaningful difference in the lives of patients and their families. We look forward to seeing you there!

TABLE OF FREE TRAINING EVENTS



Tuesday 7th April - 5.30pm-7pm
Hospice Heads Up – Meet the Team



Tuesday 5th May - 5.30pm-7pm
Supporting Mental Health and Wellbeing



Tuesday 2nd June - 5.30pm-7pm
Adult Basic Life Support



Tuesday 7th July - 5.30pm-7pm
Dementia Awareness



Tuesday 6th October - 5.30pm-7pm
Developing Skills for Bereavement Support
and Advanced Care Planning



Tuesday 3rd November - 5.30pm-7pm
Let's Talk Cancer: Tips for Talking About
Cancer

HOSPICE HEADS UP – MEET THE TEAM

April 7th 2026

Join us for an engaging session that introduces the hospice care team and challenges common misconceptions about hospice. Learn what hospice really offers, how it supports patients and families, and why it's about living well, not giving up.



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SUPPORTING MENTAL HEALTH AND WELLBEING

May 5th 2026

A practical and informative training focused on understanding mental health, promoting wellbeing, and building confidence to support yourself and others with compassion and care.

We will also explore elements of Making Every Contact Count (MECC) which is a national initiative to empower you to start conversations about lifestyle and health.



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ADULT BASIC LIFE SUPPORT

June 2nd 2026

Essential, hands-on training covering the core skills needed to respond confidently in a medical emergency, including CPR and the use of an AED, to help save lives when it matters most.



DEMENTIA AWARENESS

July 7th 2026

An informative training session designed to increase understanding of dementia, challenge common myths, and provide practical tips for supporting people living with dementia with empathy and confidence.



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SUPPORTING SOMEONE THROUGH BEREAVEMENT: UNDERSTANDING GRIEF AND HOW TO HELP

6th October 2026

When someone we care about is grieving, it can be difficult to know what to say or do. Many people worry about saying the wrong thing, yet simply being there can make all the difference.

Join St Mary's Hospice for this friendly and informal 90-minute session, where we'll explore what grief can look like, how bereavement affects people in different ways, and practical ways you can offer support to friends, family members, neighbours or colleagues. You'll gain confidence, learn simple communication skills, and leave with a better understanding of how compassion and connection can help someone through one of life's most difficult experiences.

No previous experience or knowledge is needed – everyone is welcome.



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LET'S TALK CANCER

3rd November 2026

Tips for Talking About Cancer

Join this practical training to build your confidence in discussing cancer. We'll cover key cancer facts, tackle common myths, and share reliable sources for more information.



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Our Team

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



Paula Brown
Head of Clinical Care and Education



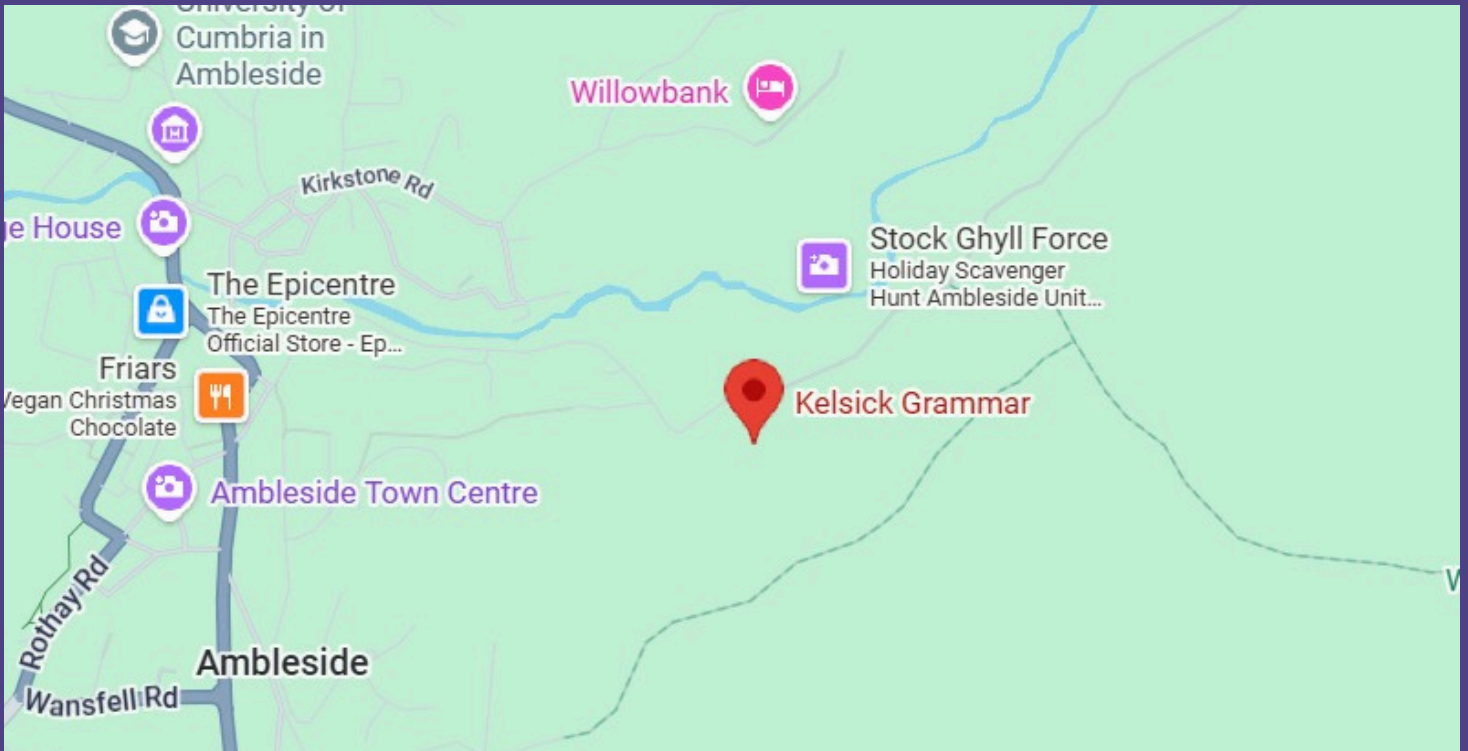
Katie Eddy
Education Facilitator



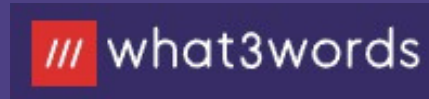
Lynsey Lawson
Head of Community Services

To enquire or book a place on any of our events please visit
www.stmaryshospice.org.uk or call 01229 580305

FIND US



Kelsick Grammar,
Stockghyll Lane,
Ambleside,
Cumbria,
LA22 0QY



capacity.removable.cakes

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