

Virtual Learning Events

August – October 2021



dovehouse
hospice

caring for people with a life limiting illness

Course Dates

All courses are an introductory cost of £50 per delegate, per course

How to book:



dovehouse.org.uk/learning



learning@dovehouse.org.uk



01482 784343 ext 121

Hospice School

16th August

Promoting Wellbeing and Resilience of Health and Social Care Practitioners

23rd August

Promoting Staff Wellbeing and Resilience

7th September

Caring for Someone Requiring Palliative and End of Life Care (including Advance Care Planning)

14th September

Supporting Adults through Loss and Bereavement in a Post Covid-19 World

28th September

Supporting Children and Young People through Loss and Bereavement in a Post Covid-19 World

10th, 30th September, 4th October

Bespoke Training Courses

Hospice School

16th August

Are you interested in a career in health and social care and looking for an opportunity to enhance your CV/ UCAS application?

Hospice School is a unique 1-day course run by Dove House Hospice, for people aged 16+, to enable you to develop soft care skills, an understanding of palliative and end of life care and advance care planning.

Aims:

- To understand Palliative, End of Life and Hospice Care and consider how the multi-disciplinary team can enhance the experiences of people and those important to them requiring this care.
- To develop soft, transferrable skills to enhance my ability to care for people within a health and social care setting.

Objectives:

- Outline palliative care, end of life care and Hospice care and consider skills required to care for people living with life limiting illnesses and those important to them.

Describe the roles of the multi-disciplinary team in providing excellent care and support to people requiring care and those important to them.

- Develop soft skills transferrable to all health and social care settings including empathy, communication and managing difficult conversations.
- Explain advance care planning and the importance of this.

Promoting Wellbeing and Resilience of Health and Social Care Practitioners

23rd August

Life is challenging and never more so than in this post covid-19 world. Mental Health problems are the 'leading cause of staff absence with 70 million workdays per year in the UK being lost due to mental health problems.' The mental wellbeing of the health and social care workforce has been further affected by the challenges of care during the Covid 19 pandemic. Some of the mental health problems are unavoidable, however many are preventable by promoting staff resilience and wellbeing thus reducing stress and burnout. Compassion fatigue is unique to the caring professions and another component that can contribute to poor mental wellbeing, therefore strategies to identify and manage compassion fatigue will also be a central focus within this session.

This course is ideal for members of staff working in health and social care sectors to enhance their resilience and wellbeing in the workplace, and for managers responsible for promoting staff wellbeing.

Aims:

- To understand stress, compassion fatigue and burnout for health and social care professionals.
- To develop strategies to manage these to promote positive wellbeing.

Objectives:

- To complete the 'professional quality of life scale' to consider my current levels of wellbeing.
- To describe compassion fatigue and how to manage this.
- To discuss stress and both the positive and negative impacts of stress on performance and wellbeing.
- To describe burnout and how to prevent this occurring.
- To consider how to build personal resilience and learn strategies to promote wellbeing.

Promoting Staff Wellbeing and Resilience

7th September

This course is ideal for members of staff to enhance their resilience and wellbeing in the workplace and also for managers responsible for promoting staff wellbeing.

Life is challenging and never more so than in this post covid-19 world. Mental Health problems are the 'leading cause of absence with 70 million workdays per year in the UK being lost due to mental health problems.

Some of the mental health problems are unavoidable, however many are preventable by promoting staff resilience and wellbeing thus reducing stress and burnout.

Aims:

- To understand stress and burnout within the workplace
- To develop strategies to manage these to promote positive wellbeing.

Objectives:

- To consider factors that influence wellbeing in the workplace.
- To discuss stress and both the positive and negative impacts of stress on performance and wellbeing.
- To describe burnout and how to prevent this occurring.
- To consider how to build personal resilience and learn strategies to promote wellbeing.

Caring for a Person Requiring Palliative and End Of Life Care

14th September

There is only one chance to get it right when caring for people requiring palliative and end of life care. National Voices, The National Council for Palliative Care and NHS England describe the vision for people requiring palliative and end of life care is “ I can make the last stage of my life as good as possible because everyone works together confidently, honestly and consistently to help me and the people important to me including my carers” With this in mind this course will enhance the confidence and competence of professionals supporting people requiring palliative and end of life care.

Aims:

To understand palliative and end of life care and how common symptoms of dying may be managed.

To understand advance care planning and the importance of this in providing personalised care

Objectives:

- To differentiate between palliative and end of life care
- To consider common signs of dying and how to manage common symptoms experienced at end of life
- To identify support services available for people requiring palliative and end of life care
- To discuss advance care planning and the importance of this for people requiring palliative and end of life care

Supporting Adults through Loss and Bereavement in a Post Covid-19 World

28th September

In the United Kingdom in 2020 608,002 people died, leaving behind hundreds of thousands of bereaved loved ones.

It is likely within the course of your work and personal life you will interact with people who have experienced a significant loss.

This course will increase your confidence and skills to be able to communicate with and support a person who has experienced a significant bereavement. It will also increase your awareness of the additional considerations people who were bereaved during the Covid- 19 pandemic may require.

Aims:

To understand expected grief reactions and how to support adults who have experienced a bereavement.

Objectives:

- To define key terms in relation to bereavement and loss
- To discuss expected grief reactions, causes for concern and who to pass these onto
- To identify additional considerations needed for people who have been bereaved during the Covid-19 pandemic.
- To outline strategies to support adults experiencing loss and bereavement.
- To discuss strategies to support adults through loss and bereavement.

Supporting Children Through Loss and Bereavement

**10th, 30th September
4th October**

Statistically 1 in 29 children and young people have experienced the death of a parent or sibling

The statistic above rises significantly if we consider how many young people are bereaved of other close family members and friends.

Death, Dying and bereavement has also been brought to the forefront of media attention during the recent Covid 19 pandemic with children and young people being made increasingly aware of the mortality of those important to them.

We have a duty to support bereaved children and young people, and anybody can take simple steps to support a child or young person experiencing grief.

This course will enable professionals supporting children who are bereaved to identify and respond to signs and symptoms of grief. Importantly, we will also discuss symptoms that are a cause for concern and who to refer these concerns onto to safeguard the child.

Fundamentally professionals will establish skills, working tools and strategies to support children and young people experiencing grief. Special consideration will be given for how to adapt strategies in light of the current Covid 19 pandemic, as well as how to support children with anxiety surrounding the current global pandemic.

Increasing the resilience and confidence of professionals in supporting children with death, dying and bereavement is key to promoting the wellbeing and inclusion of children, young people and professionals within your organisation.

Statistics take from Child Bereavement UK: Office for National Statistics; National Records of Scotland, Northern Ireland Statistics and Research Agency.

Bespoke Training Courses

We can offer bespoke training courses, please contact us for more information and to discuss your requirements.

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Hospice Trainer



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