

# Learning Events

May 2022– April 2023



All courses are  
£65 per day,  
per delegate.



**dovehouse**  
**hospice**

caring for people with a life limiting illness

# How To Book

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# Courses & Dates

## **Promoting Well-being & Resilience of Health & Social Care Practitioners:**

Monday 11th July (in person), Wednesday 10th August (online), Friday 14th October (In person), Wednesday 1st March (online)

## **Caring for Someone Requiring Palliative & End of Life Care (including Advance Care Planning)**

Wednesday 4th May (online), Friday 2nd September (in person), Monday 7th November (online), Monday 6th February (in person)

## **Supporting Adults through Loss & Bereavement**

Monday 13th June (online), Monday 10th October (In person), Thursday 1st December (online)

## **Supporting Children & Young People through Loss & Bereavement**

Wednesday 8th June (in person), Monday 4th July (online), Wednesday 5th October (in person), Friday 18th November (online), Tuesday 13th December (in person), Thursday 2nd February (online)

## **Personalising Palliative & End of Life Care**

Wednesday 22nd June (in person), Monday 24th October (online), Thursday 12th January (in person)



## Learning from Living with Dementia

Thursday 26th May (in person), Thursday 3rd November (in person), Monday 16th January (in person), Wednesday 8th March (in person)

## Palliative & End of Life Care for People Living with Dementia

Monday 15th August (in person), Friday 4th November (in person), Tuesday 24th January (online)

## Providing Palliative & End of Life Care for People Living with Learning Disabilities

Thursday 15th September (in person), Monday 14th November (online), Tuesday 14th February (in person)

## Hospice School

(This is a 2 day course so participants must be able to attend both days- This Course Costs £130 and lunch will be provided on both days) 1st and 2nd August



# Promoting Well-being & Resilience of Health & Social Care Practitioners

**Monday 11th July: In person**

**Wednesday 10th August: Online**

**Friday 14th October: In person**

**Wednesday 1st March: Online**






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 well-being 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 well-being thus reducing stress and burnout. Compassion fatigue is unique to the caring professions and another component that can contribute to poor mental well-being, 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 well-being in the workplace, and for managers responsible for promoting staff well-being.

## Aims:

To understand stress, compassion fatigue and burnout for health and social care professionals.

To develop strategies to manage these to promote positive well-being.

## Objectives:

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

# Caring for Someone Requiring Palliative & End of Life Care (Including Advance Care Planning)

**Wednesday 4th May: Online**

**Friday 2nd September: In person**

**Monday 7th November: Online**

**Monday 6th February: In person**






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 explain the palliative care approach and how this supports people to live well.
-  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 & Bereavement

**Monday 13th June: Online**  
**Monday 10th October: In person**  
**Thursday 1st December: Online**

**In the United Kingdom in 2021 586,213 people died leaving behind 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 & Young People Through Loss & Bereavement

**Wednesday 8th June: In person**

**Monday 4th July: Online**

**Wednesday 5th October: In person**

**Friday 18th November: Online**

**Tuesday 13th December: In person**

**Thursday 2nd February: Online**

**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 well-being 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.



# Personalising Palliative & End of Life Care

**Wednesday 22nd June: In person**

**Monday 24th October: Online**






**Thursday 12th January: In person**

Changing the emphasis from 'what's the matter with you' to 'what matters to you' can enable health and social care practitioners to personalise palliative and end of life care. Personalised palliative and end of life care results in a better experience for the person requiring care, those important to them and practitioners providing care and support. Personalised care is essential to ensure the persons holistic needs are met, to enhance the persons quality of life and to promote a person centred and dignified death.

## Aims:

To develop strategies to ensure personalised care within palliative and end of life care and to understand the importance of this.

## Objectives:

-  To describe personalised care and how this can be implemented within health and social care settings.
-  To consider how patients can be empowered to contribute to their own care.
-  To discuss the role of advance care planning in promoting personalised care within end-of-life practice.
-  To explore how to personalise care for individuals who may lack mental capacity.
-  To analyse ethical dilemmas in relation to personalised care and end of life practice.

# Learning from Living with Dementia

**Thursday 26th May: In person**




**Thursday 3rd November: In person**

**Monday 16th January: In person**

**Wednesday 8th March: In person**

Learning from living with dementia is a unique one- day training course, providing the opportunity for professionals to learn about dementia from the perspective of people living with dementia. The course addresses all of the Dementia Awareness learning outcomes (Tier 1) of the Dementia Training Standards Framework. Learning from Living with Dementia was designed and written by Buz Loveday and co-produced with EDUCATE (a group of people living with dementia).

## Objectives:

-  To define and identify types of dementia.
-  To understand the symptoms of dementia from the perspective of people experiencing them.
-  To explain how we can help people living with dementia and how we can create an enabling environment.
-  To increase awareness of how it feels for individuals living with dementia.
-  To develop strategies to overcome communication barriers.
-  To understand potential causes of distress for people living with dementia.
-  To explain how to draw on the strengths of people living with dementia whilst compensating for difficulties.
-  To explain the importance of getting to know people as individuals and to understand the importance of identity and life history.
-  To recognise signs of well-being and ill being for people living with dementia.
-  To explain how to enhance the well-being of people living with dementia.

# Palliative & End of Life Care for People Living with Dementia

**Monday 15th August: In person**  
**Friday 4th November: In person**  
**Tuesday 24th January: Online**

**Dementia is a leading cause of death in the UK. There are currently 900,000 people living with dementia in the UK and this figure is expected to rise sharply.**

It is estimated that 1 million people will live with dementia in the UK by 2025 (Alzheimer's UK). It is therefore of utmost importance that our health and social care workforce are prepared to deliver palliative and end of life care to support people living with dementia to live as well as possible and to have a person centred, dignified death when the person reaches the end of their life.

## Objectives:

- To consider the different stages of dementia and the symptoms a person living with dementia may experience.
- To outline how the palliative care approach would be beneficial to meet the needs of people living with dementia.
- To explain the importance of advance care planning for people living with dementia and consider how this should be facilitated.
- To identify common symptoms a person living with dementia may experience at end of life and how to support a person experiencing these symptoms.

# Providing Palliative & End of Life Care for People Living with Learning Disabilities

**Thursday 15th September: In person**

**Monday 14th November: Online**

**Tuesday 14th February: In person**

**In 2019 the average age of death for people with learning disabilities was 61 for males and 59 for females.**

In 2019 the average age of death for people living with 'learning disabilities' was 61 for males and 59 for females, a disparity of 22 years for males and 27 years for females, compared with the general population. Concerningly, 34 % of deaths which occurred for people living with learning disabilities were from treatable medical causes (Heslop et al, 2019). Additionally, 38% of adults living with learning disabilities who died were felt to have received care that fell short of good practice. It is therefore clear healthcare for people living with learning disabilities is not equitable and that we must take action to ensure every person living with learning disabilities receives the best quality of care.

## Objectives:

- To consider vulnerabilities people living with learning disabilities may experience within health care settings.
- To explain how to be an effective advocate for people living with learning disabilities.
- To explain how to talk to people with learning disabilities about life limiting illness, death and dying.
- To outline how the palliative care approach can support people living with learning disabilities and life limiting illnesses.
- To outline common symptoms a person living with learning disabilities may experience at the end of their life and how to manage these symptoms.
- To discuss strategies to support those important to the person with learning disabilities and palliative care needs.

# Hospice School

**1st and 2nd August**






**This is a 2 day course so participants must be able to attend both days. This Course Costs £130 and lunch will be provided on both days.**

This 2-day experience is a unique opportunity for students aged 16-19 interested in a career in health and social care. It offers participants an introduction to the careers and values associated with health and social care, palliative and end of life care. Hospice School provides the opportunity to learn some hands-on care skills, as well as to meet and speak to experienced health and social care professionals. Participants will develop their health and social care knowledge, communication skills and increase their confidence in a fun and interactive learning environment. This looks great on UCAS applications!

## Topics Covered will include:

-  Communication
-  Person Centred Care
-  Breaking bad news
-  Promoting Dignity
-  The roles of the multi-disciplinary team
-  Palliative and End of Life Care

**Participants will also have the opportunity to learn more about and practice basic care skills including:**

-  Assisting with nutrition and hydration
-  Mouthcare
-  First Aid
-  Moving and Handling
-  Promoting Dignity



# 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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