

Education Prospectus

April 2024 to March 2025



We are the destination for education across Bedfordshire, Luton and Milton Keynes. Providing everyone with first class palliative care, end-of-life care, loss and bereavement support training.

www.keech.org.uk/learning

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Welcome to our training

We are the **destination for education** across Bedfordshire, Luton and Milton Keynes and provide a range of courses from introductory sessions, to palliative care masterclasses and full study days throughout the year. Education, training and learning and development sessions are provided both online and in person and cover an extensive array of topics for healthcare professionals working in end-of-life care and bereavement support. You don't have to be working in a healthcare profession to access our resources, take a look and see what's available for you.

To help you find the right course we have categorised each into three tiers.

Tier 1 - Foundation

In this section you will find details about what we need to know about palliative and end-of-life care. The majority of these courses are aimed specifically at registered workers within health or social care and clearly identified.

Tier 2 - Intermediate

To get the most from our Tier 2 modules you will have built upon that knowledge gained in Tier 1 classes. This Intermediate section is aimed at qualified and unqualified delegates who are dealing with palliative and end-of-life care patients on a regular basis.

Tier 3 - Advanced

Again, we recommend Tier 2 modules are completed ahead of starting our advanced training. This section is aimed specifically at health or social care professionals whose focus is in palliative and end-of-life care.

Compassionate Communities

In this section you will find out about our range of workshops which put compassion at the centre by providing people with the skills, resilience, and confidence to have conversations and make a real difference. A compassionate community recognises the role each member of society has to play in supporting one another, particularly during times of crisis, loss and bereavement.

Communities of Practice

In this section you will find out more about Project Echo. Keech Hospice Care has a Community of Practice for Transition and hosts ECHO sessions with a focus on Transition for young people with palliative care needs.

Learning resources

We also have a range of resources which can be found at the end of this prospectus. These are all available as online resources, designed for you to work through at times that are convenient to you, using a variety of online teaching methods.

Inclusive learning

It's important to us that we are able to provide inclusive learning making the education experience accessible for all.

If you have any special requirements or need any reasonable adjustments to be made please email: learning@keech.org.uk in advance of attending the training.

Our courses are
FREE*



To book onto our training please visit our website

www.keech.org.uk/learning

* Unless stated otherwise.

Chris May - Lecturer Practitioner

Chris has been a nurse for over 2 decades. His early career included working in a general surgical ward and in accident and emergency. In 2008 Chris became a critical outreach specialist nurse. During this phase of his career, he took secondment posts as a resuscitation officer and a practice development nurse, where his key role was to invigorate and redesign a statutory training programme. Chris then joined a specialist palliative care team, which he eventually led.

Chris joined the adult nursing team at the University of Bedfordshire as a senior lecturer, a post he held for three years. Chris is a passionate advocate for the nursing profession and particularly in seeing end-of-life care improved and delivered effectively across the healthcare landscape. This post gives him the opportunity to work with many colleagues to see this happen.



Karen Hibbert - Compassionate Communities Lead

Karen's focus is to bring our community together to support each other through difficult times associated with care, deteriorating health, dying and bereavement. To encourage, facilitate, support and care for one another and build resilience within the community to talk about death and dying by providing people with the skills and confidence to do so.

Karen has been involved in research, building her knowledge and confidence, testing and development of material to be able to deliver the Compassionate Friends skills workshop and other workshops as part of the Compassionate Communities series.

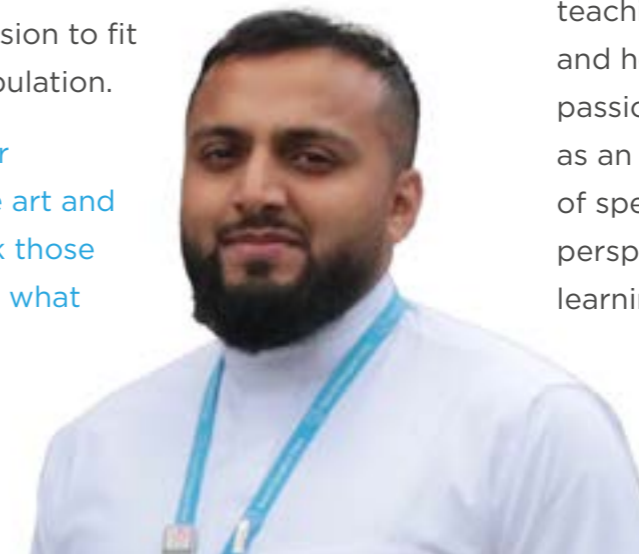


Mohammed Rahman - Community Connector

Previously Mohammed was a High School Teacher and an Imam for various mosques across Luton.

His role at the hospice is as a Community Connector - the ability to engage and sustain relationships while promoting conversations about planning for ill health, death, dying, loss, and bereavement. Additionally, providing access to, and knowledge about palliative care and the services that the Hospice provides. What's more is understanding the voice of the community and those with lived experience and bringing the learning back to the Hospice, allowing us to tailor our provision to fit the needs of the local South Asian population.

He is also a trained facilitator to deliver No Barriers Here workshops which use art and craft materials to help to gently unlock those conversations in the community about what matters to you.



Our Education Team is growing

This year we welcome our new Lecturer Practitioner and Practice Educators who you will meet on our workshops. We also have a team of specialist speakers from the sector such as Mark Pedder who will be leading on the inclusive health workshops. Mark began his nursing career working in the accident and emergency department before moving into the more specialist area of palliative care and oncology. Mark worked for five years as a staff nurse in a hospice before becoming a chemotherapy nurse and started work as an uro-oncology specialist nurse. Mark's natural passion for teaching has led him to become a lecturer in adult nursing and here at Keech Hospice Care. He has combined his two passions of teaching and palliative care in his current role as an Inclusive Health Palliative CNS. We also have a team of speakers with lived experience who will provide a wider perspective on the work we do and provide a valuable learning experience.

Essential End-of-Life Care

An in-depth overview of the key areas associated with palliative and End-of-Life Care (EOLC). Opportunity for Q&A and discussion are included within each session along with principles of how to look after yourself as a healthcare professional.

10 week rolling programme, giving you the flexibility to choose dates and times that suit you. Book onto individual sessions or sign up for a whole programme.

Delivered virtually.

Who can attend?

Any registered health and social care professional (such as nurses, doctors, paramedics and social workers) wishing to gain more confidence for the care of adult patients with a palliative and end of life care diagnosis.

Essential Conversations

Exploring conversations face-to-face, via video link and telephone. Gives a structure and builds confidence in communication.

Essential Advance Care Planning

What does Advance Care Planning entail? When should it be done? How should it be approached? Who should commence these conversations?

Essential Recognition of the Dying Patient

This session explores the complexity of the topic and gives helpful insight into the dying process and what to look for.

Essential End-of-Life Care Anticipatory Medication

What are the essential drugs used, and why? What are the principles involved? Includes setting up a syringe driver and its maintenance.

Essential Pain Management

How should pain be assessed in a palliative/end-of-life care context? What about types of pain we do not always consider – spiritual pain for example? Can all pain be alleviated? Includes pharmacological/non-pharmacological approaches.

Essential Nausea and Vomiting Management

How to assess patients with increasing symptoms, how receptors work in recognising nausea and vomiting, pharmacological and non-pharmacological approaches to management.

Essential Breathlessness and Secretion Management

Explores the range of conditions that may experience breathlessness, pharmacological and non-pharmacological management of breathlessness and secretions, alleviation methods for breathlessness and secretions.

Essential Agitation and Delirium Symptom Control

Explores techniques to recognise agitation and delirium in end-of-life patients, traditional and alternative methods of symptom management.

Essential Nutrition, Hydration and Mouth Care

How to be aware of the need for nutrition and hydration

management in palliative care, ethics surrounding hydration in the dying patient, pharmacological and non-pharmacological management of mouth care.

Essential Loss and Bereavement

An understanding of loss and bereavement, how to manage approaches to loss, strategies of recognising complexities of grief. How to look after yourself.

Dates

Programme 1
Tuesday 23 April -
Tuesday 25 June 2-3pm

Programme 2
Tuesday 3 September -
Tuesday 5 November 10.30-11.30am

Programme 3
Tuesday 7 January -
Tuesday 11 March 2025 2-3pm

Principles of End-of-Life Care

An overview of the key areas associated with palliative and end-of-life care (EOLC). Principles of how to look after yourself as someone looking after a dying patient. Opportunity for Q&A and discussion are included within each session.

5 session fortnightly rolling programme, giving you the flexibility to choose dates and times that suit you. Book onto individual sessions or sign up for a whole programme.

Who can attend?

Unregistered health care professional (such as health care assistants, carer, support worker or volunteer etc) wishing to gain more confidence in the care of adult patients with a palliative and end of life diagnosis.

Principles of Palliative Care

What is Palliative Care? How does it differ from end-of-life care or other types of care? How should I interact with these patients? What do these patients want from me? Are there principles that can help me?

Principles of Essential Communication

Conversations with palliative/dying patients are often perceived as 'difficult'. Is this true? What do I need to consider? Are there principles that can help me engage effectively with this patient group? This session will build your confidence in your communication skills.

Principles of Advance Care Planning

What is Advance Care Planning? Is it important? When should it be done? How should it be approached? Who should commence these conversations?

Principles of care in the last days

How to recognise the dying patient, what care in the last days looks like, principles of managing the patient at end-of-life, recognition of aftercare.

Principles of Loss & Bereavement

How to recognise loss and bereavement and gaining understanding of helping those affected during their loss.

Dates

Programme 1

Thursday 25 April -
Thursday 20 June 2024 - 2-3pm

Programme 2

Thursday 5 September -
Thursday 31 October 2024 - 10.30-11.30am

Programme 3

Thursday 9 January -
Thursday 6 March 2025 - 2-3pm

Delivered virtually.

Children's Palliative Care Course

An overview of the key areas associated with children's palliative and end-of-life care. Opportunity for Q&A and discussion are included within each session.

This is a 5 week course, book individual sessions or the whole programme.

Who can attend?

Any health care professional wishing to gain more confidence for the care of children with a palliative and end-of-life care diagnosis.

Book onto the whole programme or individual sessions.

Delivered virtually.



Deborah Skelton,
Children's Locality Matron.

Dates

Introduction and overview

Tuesday 16 April 2024 - 12.30-2pm

Pain

Tuesday 12 May 2024 - 12.30-2pm

Neurology

Tuesday 18 June 2024 - 12.30-2pm

Other symptoms

Tuesday 16 July 2024 - 12.30-2pm

Advance Care Planning and End-of-Life Care

Tuesday 24 September 2024 - 12.30-2pm

Ethnic, Consent and the Law

Tuesday 22 October 2024 - 12.30-2pm

Foundation Communication Skills

The Foundation Communication Skills course aims to help you with delivering difficult conversations and give you tools to support communication.

Who can attend?

This training is for any health care professional or non-health care professional or volunteer who would like to learn more about communication and the art of conversation.

Dates

Wednesday 17 April 2024 - 9am-12.30pm
Wednesday 12 June 2024 - 9am-12.30pm
Wednesday 11 September 2024 - 9am-12.30pm
Wednesday 13 November 2024 - 9am-12.30pm
Wednesday 15 January 2025 - 9am-12.30pm

Delivered virtually.

Verification of Expected Death

The course is aimed at staff who wish to develop knowledge and skills in recognising death and the process of verifying an expected death.

Who can attend?

This verification of expected death training is suitable for registered health care professionals who need to understand the principles or to refresh knowledge of the verification of expected death process.

Dates

Monday 15 April 2024 - 2-3.30pm
Monday 16 September 2024 - 10-11.30am
Monday 9 December 2024 - 2-3.30pm

Delivered virtually.

Introduction to All Age Palliative and End-of-Life Care - study day

An increase in awareness and confidence in delivering palliative and end-of-life care to adult & child patients with a life-limiting illness.

Who can attend?

Any health care professionals with an interest in palliative or end-of-life care.

Delivered in person.



Wellbeing Centre,
Keech Hospice Care.

Dates

Thursday 18 April - 8.45am-4pm
Thursday 26 September - 8.45am-4pm

Venue

Fountain Suite, Keech Hospice Care,
Great Bramingham Lane, Luton, LU3 3NT.

Radical Self Care - study day

This study day will cover:

- Identifying challenges and opportunities.
- Introducing the relationship between stress and mental health.
- Exploring individual signs of stress and coping mechanisms.
- Discussing the concept of resilience.
- Identifying available tools and resources.
- Strategies and ways of managing yourself and how to cope in difficult situations.
- An understanding of care and compassion & Mindful Self-compassion.

Who can attend?

Any health care professional or member of the public who wishes to learn ways of coping with difficulties.

Delivered in person.

Dates

Friday 23 February 2024 - 9.30am-2pm

Tuesday 30 April 2024 - 9.30am-2pm

Venue

**Fountain Suite, Keech Hospice Care,
Great Bramingham Lane, Luton, LU3 3NT.**

Cost

**Free to those working inside BLMK.
£25 outside BLMK.**

Advance Care Planning - study day

This study day is aimed at people who are dealing with palliative and end-of-life care regularly, whether qualified or unqualified. It will cover in some detail the various components of what a good advance care plan may look like, with plenty of time for questions and discussion. The course is delivered by experts within their fields of practice.

Who can attend?

This is a Tier 2 'Intermediate' study day. Ideally, you will have attended a Tier 1 course, such as the 'Essential Advance Care Planning' session, and are ready to build upon that knowledge and explore further.

Dates

Wednesday 22 May 2024 - 9.30am-2pm

Cost

**Free to those working inside BLMK
£25 outside BLMK**

Delivered virtually.

Pain in Palliative Care - study day

This study day will cover:

- An overview of the physiology of pain.
- Identifying different pain types and treatment.
- Understanding the skills required to assess and manage pain effectively.
- Exploring pharmacological and non-pharmacological management of pain.
- An exploration of “Total Pain”.
- Offer an understanding of emotional, psychological, social and spiritual pain and gain an understanding on how these experiences impact on the individual’s pain experience.

Who can attend?

Healthcare professionals who offer care and have an interest in patients and families with life limiting respiratory disease.

Date

Wednesday 16 October 2024 - 9.30am-2pm

Cost

**Free to those working inside BLMK.
£25 outside BLMK.**

Delivered virtually.

Nausea and Vomiting - study day

This study day will explore the symptoms of Nausea and Vomiting and explore the reasons this common symptom arises in palliative care, along with clinical rationale for assessment and finding relief.

Who can attend?

Healthcare professionals who are caring for palliative patients and their families.

Date

Tuesday 16 July 2024 - 9.30am-2pm

Venue

**Fountain Suite, Keech Hospice Care,
Great Bramingham Lane, Luton, LU3 3NT.**

Cost

**Free to those working inside BLMK.
£25 outside BLMK.**

Delivered in person.

Palliative Management of Respiratory Disease - study day

This study day will cover:

- Explanation of domains of palliative care applicable to chronic respiratory diseases.
- Overview of palliative care interventions for patients with chronic respiratory diseases. Offering of palliative management for clinicians to use in practice.
- Recommendations for clinical management of patients receiving palliative care for chronic respiratory diseases.

Who can attend?

Healthcare professionals who offer care and have an interest in patients and families with life-limiting respiratory disease.

Delivered in person.

Natalie Braham,
Lead Nurse.

Dates

Wednesday 20 November 2024 -
9.30am-2pm

Venue

Fountain Suite, Keech Hospice Care,
Great Bramingham Lane, Luton, LU3 3NT.

Cost

Free to those working inside BLMK
£25 outside BLMK



Spiritual Care - study day

This study day will explore the subject of spirituality giving a range of tools that can be used to assess spirituality in the palliative context. It will utilise work done by Marie Curie in creating a competency list for various practitioners and examine what these mean for each of us in palliative care.

Who can attend?

Healthcare professionals who are caring for palliative patients and their families.

Date

Thursday 30 January 2025 - 9.30am-2pm

Cost

Free to those working inside BLMK
£25 outside BLMK

Delivered virtually.

Heart Failure - study day

This study day will explore Heart Failure from a multidisciplinary perspective drawing on the latest research and giving the practitioner a practical guide to caring better for their patients.

Who can attend?

Healthcare professionals who are caring for palliative patients and their families.

Date

Thursday 5 December 2024 - 9.30am-2pm

Cost

Free to those working inside BLMK.
£25 outside BLMK.

Delivered virtually.

Frailty - study day

This study day will address key concepts around the issue of frailty, including latest research and its application to practice, key components of care, a personalised care approach, Advance Care Planning, early involvement of palliative care – especially around wellbeing, hospital avoidance and appropriate acute care. The teaching will be delivered by academics and leading practitioners in the field from across the Multidisciplinary team.

Who can attend?

Anyone working predominantly with frail individuals from a health or social care background. It will be assumed that you have a basic knowledge of what frailty is as a medical

condition. There will be an emphasis of focus around palliative care and it's benefits to frail individuals approaching the last years of life.

Date

Wednesday 19 February 2025 - 9am-2pm

Cost

**Free to those working inside BLMK
£25 outside BLMK**

Delivered virtually.

Dementia - study day

This study day will cover in some detail the various areas around palliative care of a patient with Dementia, including Person-Centred Care, Assessment, Pharmacology, dealing with agitation and aggressive behaviour, issues around co-morbidities such as Depression and Diabetes, with plenty of time for questions and discussion. The course is delivered by a range of experts within their fields of practice.

Who can attend?

It is expected that you will have a basic knowledge of Dementia. The day is aimed at people who are dealing with palliative and end-of-life care regularly, whether qualified or unqualified.

Dates

**Wednesday 27 March 2024 - 9am-4pm
Wednesday 26 March 2025 - 9am-4pm**

Cost

**Free to those working inside BLMK
£25 outside BLMK**

Delivered virtually.

Understanding of Cancer and Treatment

An understanding of the most common cancers and treatments and side effects. An awareness of the staging process and diagnostics.

Who can attend?

Any health care professional or member of the public who wishes to learn ways of coping with difficulties.

Date

Wednesday 19 June 2024 - 10-11.30am

Delivered virtually.

Signs and Symptoms of Cancer and Oncology

To have a greater understanding of treatments and pathways and the patient journey. Increase in knowledge for oncological and palliative care emergencies.

Who can attend?

Any health care professional with an interest in oncology.

Date

Wednesday 26 June 2024 - 10-11.30am

Delivered virtually.

Principles of Advance Care Planning and Sensitive Conversations

An introduction to the universal principles of Advance Care Planning including:

- Development and agreement of personalised Advance Care Planning.
- Personalised conversations about future wishes. A shared decision-making process in partnership with appropriate professionals.
- Sharing and reviewing of personalised Advance Care Planning.
- An awareness of palliative and end-of-life care underpinned by the five 'Priorities of Care for the Dying Person'.

Who can attend?

Healthcare professionals who are caring for palliative patients and their families.

Dates

Friday 17 May 2024 - 10am-1.30pm

Friday 20 September 2024 - 1.30-5pm

Friday 6 December 2024 - 1.30-5pm

Friday 14 February 2025 - 10am-1.30pm

Delivered virtually.

Effective Teaching Skills in Healthcare

To increase confidence in teaching by exploring how adults learn and giving a range of practical tools and strategies, across a range of educational settings, that will allow the staff member to effectively engage adult learners in the learning process.

Who can attend?

Professionals who are required to teach as part of their role.

Delivered in person.

Dates

Programme 1

Thursday 4 July 2024 - 9am-5pm

Thursday 5 July 2024 - 9am-5pm

Friday 19 July 2024 - 9am-5pm

Programme 2

Thursday 10 October 2024 - 9am-5pm

Friday 11 October 2024 - 9am-5pm

Thursday 24 October 2024 - 9am-5pm

Venue

**Fountain Suite, Keech Hospice Care,
Great Bramingham Lane, Luton, LU3 3NT.**

Intermediate Communication Skills

The Intermediate Communication Skills training will enable you to enhance communication skills in difficult or challenging situations.

The training explores barriers to communication, strategies to manage conversations in difficult scenarios, how to explore conversations in ceilings of treatment or end-of-life care as well as tools and skills to help you develop confidence.

Who can attend?

If you are from the Bedfordshire, Luton and Milton Keynes area and are either:

- A specialist palliative and end-of-life care practitioner
- Any NHS, allied health or social care professionals who regularly work with life-limiting illness of uncertain prognosis
- Social workers, care home managers or social care managers
- Registered professionals wishing to explore more challenging conversations and communication skills.



Liz Searle (right), CEO.
Jo Price (left), Specialist Doctor.

Delivered virtually and in person.

Dates

Wednesday 15 May 2024 - 8.45am-4pm
Virtual

Monday 15 July 2024 - 8.45am-4pm
Keech Hospice Care, Bedford.

Wednesday 9 October 2024 - 8.45am-4pm
Keech Hospice Care, Luton.

Wednesday 11 December 2024 - 8.45am-4pm
Virtual

Wednesday 12 February 2025 - 8.45am-4pm
Virtual

Cost

Free to those working inside BLMK
£25 outside BLMK

Masterclass

Each masterclass will offer exposure to key areas and themes of interest surrounding palliative and of end-of-life care with each one being delivered by a valued and expert speaker.

Who can attend?

Masterclasses are aimed at senior health care professionals across the health sector who wish to learn more around specific key areas.

[Our website will be regularly updated with details of future masterclasses.](#)

Dates

Thursday 2 May 2024 - 6.30-8pm

Wednesday 3 July 2024 - 6.30-8pm

Thursday 5 September 2024 - 6.30-8pm

Wednesday 6 November 2024 - 6.30-8pm

Wednesday 8 January 2025 - 6.30-8pm

Wednesday 5 March 2025 - 6.30-8pm

Delivered virtually bi-monthly.

Psychological Assessment Skills

To enhance skills in the detection & first-line intervention for psychological distress in people with cancer and their families.

Who can attend?

Cancer MDT keyworkers (typically CNSs, community mcs) to complete this training, then maintain & develop their skills through ongoing Level 2 supervision groups. We also welcome other cancer care staff (e.g. AHPs, ward or day unit senior nurses etc.) to join this programme too when spaces allow.

Must have already completed the advanced communication skills training or an alternative communication skills course of that level.

Dates

2024 dates to be confirmed.

For more information and booking email:

henna.nasir@nhs.net

Maximum of 12 spaces

Delegates will need to attend all three days.

Transition to Autonomous Practice

6 session programme funded by the BLMK and Hertfordshire and West Essex Integrated Care Boards and administered by Keech Hospice Care. The programme comprises of six sessions which must all be attended to receive certification. Participants will meet regularly with a specialist mentor, reflecting on practice and taking part in action learning sets. Each day of the course is themed around an aspect of your specialist role:

- Day 1 - setting the scene and developing self
- Day 2 - leadership and collaborative practice

- Day 3 - developing self and others - through teaching and audit
- Day 4 - improving quality and developing practice
- Day 5 - developing self through self-management and self-care
- Day 6 - developing self: theory to practice

Who can attend?

For Nurse/AHPs transitioning from a generalist to a specialist/site specific role in palliative and end-of-life care, oncology and life-limiting conditions.



Delivered in person.

Charlotte Nicklin,
Palliative Aquatic Physiotherapist,
Donna Chafer and Samantha Stocks,
Palliative Care Occupational Therapists.

Dates

- Friday 9 February 2024 - 10am-4.30pm
- Friday 8 March 2024 - 10am-4.30pm
- Friday 12 April 2024 - 10am-4.30pm
- Friday 10 May 2024 - 10am-4.30pm
- Friday 14 June 2024 - 10am-4.30pm
- Friday 12 July 2024 - 10am-4.30pm

Venue

Fountain Suite, Keech Hospice Care,
Great Bramingham Lane, Luton, LU3 3NT.

Advanced Communication Skills

This course is for experienced health care professionals who have difficult conversations on a daily basis and have previously attended a level of communication training.

This includes nursing staff at Band 6 or above, GP's and other senior staff involved in breaking bad news with palliative patients.

This 2-day course will provide you with key communication strategies for managing difficult conversations you may experience in your role. This training gives you the

opportunity to explore scenarios and learn different techniques and confidence to deal with patients and family/or members situations in the future.

Who can attend?

All experienced health care professionals who have difficult conversations as part of their everyday role and have had previous communication skills training.

For enquiries and to book onto the course, please contact: education@stfrancis.org.uk



Delivered virtually.

Keech Hospice Care's
Live Well, Plan Well
Conference.

Dates

Tuesday 23 and Wednesday 24 April 2024

Thursday 9 and Friday 10 May 2024

Wednesday 12 and Thursday 13 June 2024

Tuesday 2 and Wednesday 3 July 2024

Thursday 15 and Friday 16 August 2024

Thursday 26 and Friday 27 September 2024

Tuesday 8 and Wednesday 9 October 2024

Wednesday 20 and Thursday 21 November 2024

Tuesday 3 and Wednesday 4 December 2024

Cost

£500 per delegate for the 2-day course.

Fees are required on application. Previous delegates have been able to obtain funding from external organisations, particularly those from hospice and community nursing settings.

Compassionate Friends Skills - workshop

A compassionate community is one in which everyone recognises that we all have a role in supporting each other, particularly during periods of crisis and loss. We want to create a community of Compassionate Friends across the areas where we deliver care to help dispel the myths about dying and bereavement, helping communities to be better informed and more confident in having these conversations.

Who can attend?

Any healthcare professional or member of the public in the Luton, Bedfordshire, and Milton Keynes areas.

Delivered virtually.

The main areas covered:

- Explaining what a compassionate community is.
- Interpersonal skills – how to use your listening skills, body language, spoken word and empathy.
- Dispelling the myths and taboos around talking about death and dying.
- How to start a conversation – questions to ask and potential responses to help you deal with the conversation.
- Considering your own networks within your community and how you could tap into these.
- Looking after yourself.
- Useful resources.
- Making your pledge to your community.



Compassionate communities



Dates

Monday 20 May 2024 - 10am-2pm
Luton Libraries

Monday 23 September 2024 - 10am-12pm
Keech Hospice Care, Bedford.

Wednesday 22 January 2025 - 2-4pm
Virtual

Digital Memories Matter

Have you thought about what will happen to your digital footprint? What do we mean by digital assets? This workshop will provide you with an understanding of what your digital legacy means, what your digital assets are, where to go for help and how to turn this into conversation with family and friends.

Who can attend?

Any healthcare professional or member of the public in the Luton, Bedfordshire, and Milton Keynes areas.

Dates

Tuesday 7 May 2024 - 12-1pm

Tuesday 10 September 2024 - 2-3pm

Tuesday 14 January 2025 - 10-11am

Delivered virtually.

No Barriers Here - workshop

Ever wondered about the things that will hold value to you at the end of your life? Do you think it's too early to contemplate the end-of-life because you're young, or healthy?

Join us at our free workshops, where we will be getting creative with arts and craft to explore what matters most to you and gently unlock conversations about the end-of-life.

Who can attend?

Any healthcare professional or member of the public.

Delivered in person.

Dates

Programme 1

Tuesday 7 May, 14 May, 21 May 2024
11am-12.30pm

Programme 2

Tuesday 8 October, 15 October,
22 October 2024
11am-12.30pm

Programme 3

Tuesday 4 February, 11 February,
18 February 2025
11am-12.30pm

Venue

TBC.

Stepping Back from the Edge

Managing Stress and Building Resilience

Managing stress and our own wellbeing can be challenging especially in palliative and end-of-life care, therefore with this in mind, this workshop will aim to offer some support and advice that will be helpful for your overall wellbeing.

Learn strategies and ways of managing yourself and how to cope in difficult situations.

Who can attend?

Any health care professional or member of the public who wishes to learn ways of coping with difficulties.

Dates

Thursday 16 May 2024 - 2-3pm

Delivered virtually.

What Have I Done to Deserve This?

Addressing the needs for the LGBTQIA+ community living with a palliative illness.

For people in the LGBTQIA+ community there are some additional concerns and worries whilst living with a palliative illness. This session is to raise awareness of these issues and discuss how they can be challenged and overcome and what changes could be made to support people to manage during this time.

An overview of unconscious bias and how to recognise the individual needs for the LGBTQIA+ community diagnosed with a palliative illness.

Who can attend?

Any health care professional or member of the public wanting to explore more ways of challenging diversity.

Dates

Tuesday 2 July 2024 - 2-3pm

Delivered virtually.

Project ECHO

Project Echo aims to create communities of practice using virtual meetings to provide support and learning for those attending. The methodology arose from the work of Dr Sanjeev Arora in New Mexico and has grown into a worldwide movement aimed at improving patient care in underserved areas. The model demonopolises specialist knowledge and expands access to critical care or services.

Keech Hospice hosts an ECHO network focusing on the Transition of young people from children's to adult services in palliative care.

For more information and booking email:
ECHO@keech.org.uk.



Mark Pedder - Inclusive Health Palliative Clinical Nurse Specialist,
Karen Hibbert - Compassionate Communities Lead,
Diksha Pike - Learning and Organisational Development Manager.

Dates

- Wednesday 17 April 2024 - 2-4pm
- Wednesday 22 May 2024 - 2-4pm
- Wednesday 19 June 2024 - 2-4pm
- Wednesday 17 July 2024 - 2-4pm
- Wednesday 18 September 2024 - 2-4pm
- Wednesday 16 October 2024 - 2-4pm
- Wednesday 13 November 2024 - 2-4pm
- Wednesday 8 January 2025 - 2-4pm
- Wednesday 12 February 2025 - 2-4pm
- Wednesday 19 March 2025 - 2-4pm

Delivered virtually.

Learning resources

Some staff may wish to pursue their own updates through learning resources.

Recognised sites are:

BLMK Education and Training Events

This Directory provides access to current priority care courses and information for adult social care provision. The intention of this directory is to provide access to consistent and quality standard information and learning. These resources are those advocated by the BLMK Councils, BLMK Clinical Commissioning Groups) and Bedfordshire Care Group Ltd. Resources are also signposted as offered by local hospices and charities.

Directory of ASC Care Courses and Information - CCG - BLMK (work-learn-live-blmk.co.uk)

Current Learning in Palliative Care (CLiP)

CLiP is a free, flexible learning series in palliative care supplied in a partnership between

St Oswald's Hospice and Hospice UK. It is a case-based programme of self-learning workshops that take about 15mins - ideal for busy healthcare professionals. <https://www.stoswaldsuk.org/how-we-help/we-educate/education/resources/what-isclip/clip-adults-worksheets/>

Do Not Attempt Cardiopulmonary Resuscitation

The Resuscitation Council (UK) website takes you through the issues around Do Not Attempt CPR and the importance for the patient and yourself as a professional, including the excellent Guidance produced with the British Medical Council and the Royal College of Nursing. <https://www.resus.org.uk/dnacpr/>

Dying Matters

The National Council for Palliative Care (NCPC) set up the Dying Matters coalition to promote public awareness of dying, death and bereavement. It's mission is to help people talk more openly about dying, death and bereavement. The website hosts many useful resources including leaflets, information sheets and short films www.dyingmatters.org

End-of-Life Care for All (E-elca)

A range of modules that is nationally recognised. Scroll down the page to 'Priorities for care of the dying person'. Part one will show a range of recommended modules depending on your role. You will need to register to access the modules. <https://www.e-lfh.org.uk/programmes/end-of-life-care/>

Hospice UK

Here for anyone working in end-of-life care, with advice, guidance and support. <https://www.hospiceuk.org/>

Kings Fund

Explore the range of development courses, each one specifically designed for every step-in professional development. Whether you're looking to build your clinical leadership skills, develop your personal and team leadership, explore system leadership, or deepen your organisational development skills The King's Fund has a range of programmes of learning. <https://www.kingsfund.org.uk/courses>

Marie Curie

The Palliative Care Knowledge Zone offers expert information, knowledge and support to staff to enable

them to deliver the best possible care for people living with a terminal illness <https://www.mariecurie.org.uk/professionals>

NHS England

These resources will help healthcare staff from across NHS and independent sector organisations to identify the skills required to deliver safe care for our population during this pandemic, providing easy access to education and training in a single place. <https://www.england.nhs.uk/coronavirus/workforce/education-and-training/>

NICE Clinical Knowledge Summaries

The NICE CKS service provides primary care practitioners with a readily accessible summary of the current evidence base and practical guidance on best practice <http://cks.nice.org.uk>

Palliative Drug.Com

A comprehensive and well-respected site that provides a wealth of information about medication in palliative care and much more. www.palliativedrugs.com

Coming soon

Conferences

- Children's Palliative Care Conference 2024
- BLMK Workforce and Education Conference 2024
- Palliative and End of Life Care for Adults Conference 2025

More in the Compassionate Communities

- Will writing
- Musical Memories #PlaylistForLife Awareness
- Storytelling

Inclusive Health Series

- Supporting our homeless community
- Palliative and end of life care for Muslim Patients
- Supporting neurodiversity in palliative care

Afternoon Tea and Learn

- 5 June 2024
- 23 October 2024

Bespoke Sessions

We are able to deliver the training listed in this prospectus to your teams on a bespoke basis, as well as discuss and explore other training opportunities not listed in the prospectus.

Please get in touch with us to discuss your specific training needs.

Booking

To book onto our courses or to find out more information please visit:

www.keech.org.uk/learning

E-mail:

learning@keech.org.uk

Call:

01582 497898



Scan to book.

