

**KEECH
HOSPICE**♥
Learning

Education prospectus

**April 2025 to
March 2026**

Learn with us



“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.”



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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 on 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.

Compassionate Neighbours

The Compassionate Neighbours Programme is designed to address the loneliness and isolation often faced by individuals with life-limiting conditions. We train volunteers to become Compassionate Neighbours, equipping them to offer friendship and companionship to those in their communities who would benefit from such support.

Communities of Practice

In this section you will find out more about Project Echo. Keech Hospice 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.

Venues

Keech Hospice

Great Bramingham Lane,
Luton, LU3 3NT.

Keech Hospice Living Well Centre

Gladys Ibbett House, 3 Linden
Road, Bedford, MK40 2DD.

Willen Hospice

Milton Road, Willen, Milton
Keynes, MK15 9AB.

St Johns Hospice

60 Grove End Road,
London, NW8 9NH.

Hightown Community Sports and Art Centre

Concorde Stree, Luton,
Bedfordshire, LU2 0JD.

How to book

Click on **Book now**
or

visit our website
www.keech.org.uk/courses

Contact us

learning@keech.org.uk

01582 497898

Meet the team

Chris May Lecturer Practitioner

Chris has been a nurse for over two 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.

Judith Dimmock Lecturer Practitioner

Judith has been a registered adult nurse since March 2002. She has worked within Bedfordshire community nursing since qualifying, first as a community nurse, progressing to a district nurse where part of her role was to care for palliative and end-of-life care patients where they wished to live. These roles sparked her passion for palliative care and she completed BSc. (Hons) Palliative Care with the University of Bedfordshire. This opened the door to specialist palliative care and she started her role as a Community Specialist Palliative Care Nurse in South Bedfordshire in 2014. Judith's role was to work alongside the primary care and community teams to provide excellent palliative and end-of-life care for people with complex or unmet needs where they lived. Judith completed her non-medical prescribing so she could provide treatment and symptom management for her patients at the time of need. Judith also supported generalist community staff and students, providing both formal and adhoc teaching. From January 2022 until the end of March 2024, Judith led the Palliative Care team within Bedfordshire community health service as interim Lead Nurse for Palliative Care. Judith's passion for palliative and end-of-life care and the wish to share her knowledge and experience has led her to join our education team as a Lecturer Practitioner.

Juliet Nayler Practice Educator

Juliet trained as a nurse in the 1990s at St. Thomas' Hospital in London. Juliet completed a Master's degree in Medical Anthropology studying HIV in Namibia for her dissertation. Before her current role, Juliet worked in oncology, administering chemotherapy to patients in their own homes. She then progressed to lead the team of chemotherapy nurses and joined the cancer team within Milton Keynes University Hospital to share her extensive knowledge of cancer with all the clinical staff within the hospital. This enabled them to give their patients with cancer the optimum care. During this same period she also worked closely with the palliative care team to ensure clinical staff were informed about how to give the best care and support patients with a palliative or end of life prognosis.

Juliet then joined the Keech education team as a Practice Educator. She has been working hard to establish an extensive training programme for all clinical staff working within the hospice.

Sasikala Chandrasekar Practice Educator

Sasikala is a highly skilled and experienced healthcare professional with over 15 years of diverse nursing experience across India and the UK. She is currently serving as a Practice Educator at Keech, dedicated to promoting high standards of care and facilitating staff development through innovative learning environments. With a strong background in critical care, she has held pivotal roles in various healthcare settings, including ICU supervision and senior nursing positions. The proficiency in managing complex medical situations, combined with excellent interpersonal and communication skills, makes Sasi a valuable asset to any healthcare team.



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. An integral part of his role is to understand 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 community.

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

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. 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.

Rohima Khanom
Compassionate Neighbours Coordinator

Rohima has initiated and managed grassroots community women's projects in Luton for over a decade. She has experience in teaching and mentoring in the community, working in a hospital setting and supporting in chaplaincy. She has lived experience as a carer which led to a palliative care coordinator role. Subsequently, her passion for community work has led her to her current role as the Compassionate Neighbour Coordinator.

Rohima's role is to lead the Compassionate Neighbours scheme – a community-led social movement that offers companionship to those with a palliative or life-limiting condition. She trains, recruits, and supports people to be ready, willing, and confident to have conversations about living and dying well and how to support each other in emotional and practical ways.



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.

Who can attend?

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

Course programme

Essentials of Palliative Care

Introduction to palliative care and how do we identify those who would benefit from palliative care?

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 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 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.

Rolling programme

Twelve 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.

Essential Pain Management

How should pain be assessed in a palliative/EOLC 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 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 Palliative Care/Oncology Emergencies

What are palliative care emergencies? How do we identify them and what treatment options do we have to minimise their effects?

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.

Book now

Delivered online

Programme one

Tuesday 22 April - Tuesday 8 July 10.30-11.30am

Programme two

Tuesday 9 September - Tuesday 25 November 2-3pm

Programme three

2026

Tuesday 6 January - Tuesday 24 March 10.30-11.30am

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.

Who can attend?

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

Course programme

Principles of Palliative Care

What is Palliative Care? How does it differ from EOLC 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.

Rolling programme

Four 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.

Book now

Delivered online

Programme one

Thursday 24 April - Thursday 5 June 10.30-11.30am

Programme two

Thursday 11 September - Thursday 23 October 2-3pm

Programme three - 2026

Thursday 8 January - Thursday 19 February 10.30-11.30am

Children’s Palliative Care Course

An overview of the key areas associated with Children’s Palliative and End-of-Life Care including:

Introduction and Overview

- Pain
- Neurology
- Other Symptoms
- Advance Care Planning and End-of-Life Care
- ETHICS, Consent and the Law

Opportunity for Q&A and discussion are included within each session.

Who can attend?

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

[Book now](#)

Delivered online

Dates

Tuesday 1 April
Tuesday 13 May
Tuesday 3 June
Tuesday 1 July
Tuesday 9 September
Tuesday 7 October

Time

12.30-2pm

Benefits of Palliative Rehabilitation

The course aims to:

- Provide insight into how rehabilitation can enable an individual to manage their long-term condition
- To identify strategies that enable patients to engage with what matters to them
- Appreciate and share the importance of therapeutic rehabilitation

Who can attend?

Any healthcare professional who supports people with life-limiting conditions so they can discuss the benefits of palliative rehabilitation.

[Book now](#)

Delivered online

Dates and times

Wednesday 7 May,
10.30am-12.30pm
Thursday 20 November,
10.30am-12.30pm

[Book now](#)

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 healthcare professionals who need to understand the principles or to refresh knowledge of the verification of expected death process.

Delivered online

Dates and times

Thursday 3 April
10-11.30am
Monday 23 June
2-3.30pm
Friday 12 September
10-11.30am
Thursday 2 October
10-11.30am
Thursday 13 November
2-3.30pm

2026

Friday 9 January
10-11.30am
Monday 2 February
2-3.30pm
Monday 9 March
10-11.30am

Six session programme

Book onto the whole programme or individual sessions.



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 healthcare professional or non-healthcare professional who would like to learn more about communication and the art of conversation.



Book now

Delivered online

Dates

Wednesday 2 April
Wednesday 4 June
Wednesday 17 September
Wednesday 12 November

2026

Wednesday 14 January
Wednesday 18 March

Time

9am-12.30pm

Social Care Induction in Palliative and End-of-Life Care

This is an essential course for all new caring staff working with the council across BLMK.

The course considers key skills in working with dying patients exploring cultural impact, person-centred end-of-life care, communication skills and being with the dying person and their family. There is opportunity to discuss the personal impact of caring in this environment which will be new to many.

Who can attend?

This is an essential course for all new caring staff working with the council across Bedfordshire, Luton or Milton Keynes (BLMK).

Book now

Delivered online

Dates and times

Thursday 15 May
2-4.30pm
Tuesday 15 July
10am-12.30pm
Thursday 18 September
2-4.30pm
Monday 10 November
10am-12.30pm

2026

Monday 19 January
2-4.30pm
Wednesday 11 March
10am-12.30pm

Palliative and End-of-Life Care Champions Course

This course aims to equip care staff with the knowledge, skills and attitudes to become champions, promoting best practice for end-of-life patients.

Day 1 - Principles of Palliative Care Course

Day 2 - will focus on:

- EOLC core skills
- Community skills development
- Working in partnership
- Highlight and signposting
- Symptom control

Who can attend?

All care staff wishing to become Palliative and End-of-Life Care Champions.

Book now

Delivered in person

Dates and venue

Keech Hospice

29 – 30 May

Willen Hospice

31 July – 1 August

St Johns Hospice

25 – 26 September

Keech Hospice

27 – 28 November

2026

Willen Hospice

29-30 January

Willen Hospice

26-27 March

Times

10am-4pm

If you have previously attended the Keech Hospice Principles programme then you only need to book on to Day 2 of the course.

Study Days

Radical Self Care

The 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 and mindful self-compassion.

Who can attend?

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

Advance Care Planning (ACP)

The 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.

Book now

Delivered in person

Venue

Keech Hospice

Dates

TBC

Times

9.30am–2pm

Cost

Free to those working inside BLMK
£25 outside BLMK

Pain in Palliative Care

The 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 are caring for palliative patients and their families.

Delivered online

Dates

Tuesday 8 July

2026

Wednesday 25 March

Times

10am–4pm

Cost

Free to those working inside BLMK
£25 outside BLMK

Book now

Book now

Delivered online

Dates

Wednesday 22 October

Times

10am–4pm

Cost

Free to those working inside BLMK
£25 outside BLMK



Study Days

Nausea and Vomiting

This 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.

Delivered online

Dates

Wednesday 18 June

2026

Wednesday 25 February

Times

10am-4pm

Cost

Free to those working inside BLMK
£25 outside BLMK

Book now

Palliative Management of Breathlessness and Secretions

The 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 are caring for palliative patients and their families.

Delivered on-line

Dates

Wednesday 25 June

Wednesday 3 December

Times

10am-4pm

Cost

Free to those working inside BLMK
£25 outside BLMK

Book now

Oncology series

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 healthcare professional or member of the public who wishes to learn ways of coping with difficulties.

Book now

Delivered online

Dates

Wednesday 21 May

Wednesday 19 November

Times

10-11.30am

Cost

Free to those working inside BLMK
£25 outside BLMK

Signs and Symptoms of Cancer and Oncology Palliative Emergencies

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 healthcare professional or member of the public who wishes to learn ways of coping with difficulties.

Delivered online

Dates

Wednesday 11 June

Monday 15 December

Times

10am-12.30pm

Cost

Free to those working inside BLMK
£25 outside BLMK

Book now





Personalised Care and Support Planning

An introduction to the universal principles of Advance Care Planning and sensitive conversations 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.

Book now

Delivered online

Dates

Monday 19 May
Monday 15 September
Monday 8 December

2026

Monday 23 February

Times

1.30-5pm

Intermediate Communication Skills

Book now

The day 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?

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

Delivered online

Dates

Wednesday 14 May
Wednesday 16 July
Wednesday 10 September
Wednesday 10 December

2026

Wednesday 11 February

Times

8.45am-4pm



Transition to Autonomous Practice

6 session programme funded by the BLMK and Hertfordshire and West Essex Integrated Care Boards and administered by Keech Hospice. The programme comprises 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:

Six session programme

- 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.

Six session programme



Book now

Delivered in person

Venue

To be confirmed – please check our website for details

Dates

- Friday 12 September
- Friday 17 October
- Friday 14 November
- Friday 12 December

2026

- Friday 16 January
- Friday 20 February

Times

10am–4.30pm

Masterclass

Each evening 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.

Each morning masterclass will be delivered by experts by experience and relate to the previous evening masterclass.

Who can attend?

Masterclasses are aimed at senior healthcare 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.

Delivered online

Dates and times

- Thursday 17 April 10.30am–12pm
- Thursday 8 May 6.30–8pm
- Thursday 19 June 10.30am–12pm
- Thursday 10 July 6.30–8pm
- Thursday 11 September 6.30–8pm
- Thursday 16 October 10.30am–12pm
- Thursday 6 November 6.30–8pm
- Thursday 11 December 10.30am–12pm

2026

- Thursday 8 January 6.30–8pm
- Wednesday 5 February 10.30am–12pm
- Wednesday 5 March 6.30–8pm

Advanced Communication Skills

This course is for experienced healthcare 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/or family members situations in the future.

Who can attend?

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

Delivered online

Dates and times

Thursday 8 and Friday 9 May
Wednesday 4 and Thursday 5 June
Tuesday 1 and Wednesday 2 July
Wednesday 17 and Thursday 18 September
Tuesday 7 and Wednesday 8 October
Wednesday 12 and Thursday 13 November
Wednesday 3 and Thursday 4 December

Cost

£500 per delegate for the two 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.

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

Psychological Assessment Skills

To enhance skills in the detection and 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. Delegates will need to attend all three dates.

Dates, times and venues

Session 1

Tuesday 13 May
9.30am-4.30pm
Queensborough House,
Friars Walk, Dunstable
LU6 3JA.

Session 2

Wednesday 14 May
9.30am-4.30pm
Queensborough House,
Friars Walk, Dunstable
LU6 3JA.

Follow up session

Thursday 19 June
9am-12pm
Mountbatten House,
56 High Street South,
Dunstable, LU6 3HD.

**Three day training with a maximum
of twelve places.**

**For more information and booking email:
holly.jamieson1@nhs.net**



Compassionate Communities

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.

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.

Who can attend?

Any healthcare professional or member of the public.

Dates and venue

High Town Sports and Art Centre

Monday 19 May
10am-12pm

Keech Hospice Bedford

Monday 6 October,
10am-12pm

Online

2026

Wednesday 21 January, 2-4pm

[Book now](#)

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 healthcare professional or member of the public who wishes to learn ways of coping with difficulties.

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.

[Book now](#)

Delivered online

Dates

TBC

Dates

2-3pm

[Book now](#)

Delivered online

Dates

Thursday 22 May
10-11am

Thursday 18 September
2-3pm

2026

Tuesday 13 January
2-3pm



Compassionate Communities

No Barriers Here Workshop

No Barriers Here is an equity-oriented, arts-based, approach to advance care planning, aimed at people, groups and communities who may be marginalised in healthcare.

It is delivered through a series of three workshops, delivered by facilitators trained in the use of arts-based methods and with experience in advance care planning. Each workshop is designed to explore a different aspect of the advance care planning process.

Workshop 1

Who am I? What is important to me?

Workshop 2

Who are the important people in my life who can help me make decisions about my care? Where would I like to be cared for? What are the most important things about my future care? What are my funeral plans?

Workshop 3

What would I like my legacy to be? What has been important in my life? How would I like to be remembered?

Each workshop uses different arts-based methods to enable verbal and less verbal exploration and expression of views, experiences and preferences.

Who can attend?

Any healthcare professional or member of the public.

The delivery schedule for the workshops is flexible and can be tailored to meet the preferences of the participants. Options include conducting the workshops as a series of weekly sessions or consolidating all three workshops into a single day. This approach ensures that the workshops can accommodate varying schedules and learning preferences, providing participants with a convenient and effective learning experience.

Book now

Dates

Wednesday 28 May
Tuesday 12 August
Tuesday 2 December

Venue

Delivered within community settings.

Inclusive Health Series

A series related to inequalities and inequity within palliative care. The main focus is to highlight many lesser taught and misunderstood areas in care that require addressing when providing care for patients and relatives who are living with a life-limiting condition.

Who can attend?

Any health care professional or non-care professionals wishing to expand knowledge and awareness within these areas of need.

Book now

Delivered online

Dates

Tuesday 1 April, 2-3pm

Why should we be talking about inclusive health care more and who should know

Friday 9 May, 2-3pm

Palliative Care and the Homeless Community

Friday 6 June, 2-3pm

What Have I Done To Deserve This: addressing the needs for the LGBTQIA+ community living with a palliative illness

Wednesday 2 July, 2-3pm

Racism and Casteism in Palliative Care

Wednesday 3 September, 2-3pm

Improving Palliative Care within Prison Services

Wednesday 1 October, 2-3pm

Living with Learning Disabilities and a Life-limiting Condition

Wednesday 5 November, 2-3pm

Addressing Palliative Care Needs within Frail and Ageing Communities

Tuesday 9 December, 2-3pm

Improving Palliative Care for People Living in Poverty and Deprivation

2026

Wednesday 7 January, 2-3pm

Palliative Care for the Gypsy, Traveller and Roma Communities

Friday 6 February, 2-3pm

Mental Health and Palliative Care

Compassionate Neighbours

Compassionate Neighbours is a community-led social movement. The ambition is to build a resilient and compassionate community where people help one another in times of crisis and loss – specifically through death, dying and bereavement.

The Compassionate Neighbours scheme tackles the loneliness and isolation experienced by those who have a palliative or life-limiting condition by matching them to a Compassionate Neighbour who is trained to offer social and emotional support once a week. Compassionate Neighbours offer companionship, engage in difficult conversations about death and dying, lend a non-judgemental listening ear and engage in doing the things our community members enjoy together. They will be representative of the diverse cultures, faiths, backgrounds, and languages of our town, Luton, to ensure that the needs of our diverse community are met.

Skills covered:

- Active listening skills
- Non-judgmental attitudes
- Healthy boundaries
- Empathy and compassion
- Readiness, willingness, and confidence in discussing death, dying and bereavement

Compassionate
Neighbours 



Register your interest by emailing cnc@keech.org.uk or contacting 01582 497653. Alternatively, you can scan the code below to complete a training preference form:



Communities of practice

Social Care Champions

This Community of Practice is for all our end-of-life Care Champions who have completed the Champions course and are working across BLMK. Each session will provide an opportunity to update each other of our work, engage in peer learning, troubleshoot and ask questions. In addition, as themes or requested teaching around a subject arises, a half hour teaching slot may be included. Our librarian will be present to provide useful materials and information as they arise. The virtual meeting will be led by Chris May, Judith Dimmock, Lisa Whelan and Nichola Fountain.

Who can attend?

End of Life Care Champions who have attended the Champions Course and work across BLMK.

Delivered online

Dates

Friday 16 May
Friday 11 July
Friday 19 September
Friday 21 November

2026

Friday 23 January
Friday 20 March

Time

2-4pm

Book now

Professional Nurse Advocates

This Professional Nurse Advocacy (PNA) Community of Practice allows hospice PNAs to promote and share best practice across all areas of England:

- To provide a support network for practising Hospice PNAs across all areas of England.
- To provide a forum to share good practice across the hospice PNA community
- To provide a point of contact for staff working in hospices who are new to the PNA role.
- To highlight any development opportunities relevant to the role.
- To share any health and wellbeing resources/ strategies to support hospice care staff

Membership of the CoP is open to all qualified PNAs working in hospices across all of England regions.

For more information email:
learning@keech.org.uk

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 demonopolizes 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 to adult services in palliative care.

Who can attend?

Any health and social care professional.

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

Book now

Delivered online

Dates

Tuesday 6 May
Wednesday 9 July
Wednesday 10 Sept
Tuesday 11 November

Time

2-4pm



Learning resources

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

Recognised sites are:

JBLMK 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.

<https://work-learn-live-blmk.co.uk/care-courses-and-information/care-courses/>

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/>

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. Its 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 Adult Network Guidelines

The PANG Guidelines are evidence-based and practical advice for palliative care professionals looking after patients at the end of life.

https://www.pallcare.info/b_topic.php?tid=253

Look out for

ReSPECT

Tier 1 training

The Bedfordshire Hospitals NHS Foundation Trust will be using the Resuscitation Councils national 'ReSPECT' documentation from April. This is a Treatment Escalation Plan, revolving around person-centred conversations around appropriate, future, treatment options.

We will be providing weekly, half hour sessions for all health and social care staff, online, at various days and times, to facilitate understanding this new documentation and process.

More in the Compassionate Community Series

- Storytelling
- Pet Loss and Bereavement
- The Art of Life and Death workshops.

Conferences

Please see our website for further information on our national conference.

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. Please see our website for further information on our national conference.

Check out our website for
all our latest training
www.keech.org.uk/learning





Making the difference when it matters most.

If you would like this information in
another language, please visit
keech.org.uk/translate



01582 707940



If you have any questions or would
like to find out more about getting
involved, email us at:
letmehelp@keech.org.uk



Visit our website
keech.org.uk



KeechHospice

Registered Charity No. 1035089