

# Caring with Carers: Putting carers at the Heart what we do at Guys and St Thomas NHS Foundation Trust

## Frequently Asked Questions

Thank you for your interest in participating in this innovative training course designed for unpaid carers. The following frequently asked questions explain the course and your participation.

**Q: What is the course?**

This course is designed to support you as an unpaid carer to develop the knowledge, skills and confidence to make a positive difference to your life and that of the person/s you care for.

**Q: Who is running the course?**

The course is co-delivered by the Simulation and Interactive Learning (SaIL) Centre at Guy's and St. Thomas' Hospitals and Performing Medicine, an award-winning programme created by theatre company Clod Ensemble that uses methods in Arts-Based learning.

The SaIL centre is a state-of-the-art training facility dedicated to delivering clinical skills and immersive simulation training for healthcare staff and students. We focus on hands-on learning, making the training experience as real as possible, so that staff and students can improve the care of each and every person they see. We focus on the development of human factor skills within teams and individuals, including care and compassion, decision-making, effective communication, leadership, and self-care.

**Q: What is expected of me?**

To commit to take part in a 3.5 hour course that aims to:

- improve support for you in developing resilience for caring
- enable you to build on your expertise and develop knowledge, skills, and confidence to help you make a positive difference to your life and that of the person/s you care for.

Participation in the course will give you the confidence and ability to:

- manage physical aspects of caring that is safe for you and the person/s you care for (you will have the opportunity to select skills useful to you)
- address the emotional and physical impact of caring, recognising your own skills, strengths, and limitations
- effectively communicate with and influence other people
- access peer support and benefit from the coping strategies of others.

You will be supported to learn care skills that are safe both for you as an informal carer and the person you care for. Example skills you may choose from include:

- Moving and handling safely
- Practical solutions for everyday life e.g. bathing / washing (personal hygiene)
- Mouth care and nutrition
- Skin care (preventing pressure sores)
- Managing medications.

Please note that this is **not** an accredited course leading to a qualification and not open to paid carers. The course is open to people who care unpaid for a friend or family member over the age of 18 who:

- Live in Southwark or Lambeth

- Use Guys and St Thomas NHS Foundation Trust hospital services

As the course is being delivered by a team from Guy's and St Thomas' Hospitals, it may not be possible to answer all questions about other hospital services on the day. However, we will pass on any queries to other providers and share their responses with you.

***Q: When will the course take place?***

Sherman Education Centre,  
4th Floor Southwark Wing,  
Guy's Hospital,  
Great Maze Pond,  
London SE1 9RT

Half-day sessions start at 10am or 1.15pm.

Refreshments will be provided. Please tell us if you have any dietary requirements.

This course has been funded by the Samaritan Fund at Guy's and St Thomas' Hospital.

***Q: What skills do I need to take part?***

You do not need specific knowledge of healthcare to take part. What you do need to be able to do is:

- actively participate in the learning activities
- be open to giving and receiving feedback
- be open to the views of others
- respect confidentiality of others

***Q: What support can you offer to take part?***

Please let us know if you will need support to take part. We offer carer cover and will also reimburse your travel expenses (up to a value of £20 per person). We will cater for any special dietary needs. Please keep your receipt, travel ticket or Oyster Card print out, which you should present to a member of staff on the day in order to claim travel expenses.

***Q: Where can I find out more?***

For more information or any queries you are not sure about, please email: [simulation@gstt.nhs.uk](mailto:simulation@gstt.nhs.uk)  
Phone: 020718 84802

***Q: How do I sign up?***

Please email your name, contact details (address, phone, email) and dietary requirements to [email: simulation@gstt.nhs.uk](mailto:simulation@gstt.nhs.uk) Phone: 020718 84802