

Caring with Carers

Are you an unpaid carer? If so this is your opportunity to develop the knowledge, skills and confidence to make a positive difference to your life and that of the family member or friend you care for.

At Guys and St Thomas's we are offering anyone who cares, unpaid, for a friend or family member who cannot cope without your support a **FREE half day course**.

Building upon your caring expertise and helping to develop new skills to care for yourself and the person/s that you look after.

The course, will include a selection of workshops on:

Morning Sessions from 10am

Safe Moving and Handling

Personal Hygiene

Managing Medications

Afternoon Sessions from 1pm

Mouth Care

Skin Care

Dietetics

A 'Self Care' session is also provided to all participants who attend

You are welcome to attend as many courses as you like, at each half day course you can attend up to TWO workshops. So if you book for both the morning and afternoon sessions you could attend up to 4 workshops in one day!

Venue: All courses will take place at Guy's Hospital

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

Thursday 11 January 2018

Wednesday 28 March 2018

The course is open to people who care unpaid for a friend or family member over the age of 18 who, uses Guys and St Thomas hospital services or live in the boroughs of Southwark or Lambeth.

Refreshments and lunch will be provided and travel costs reimbursed upon request
subject to qualification

To take part or to find out more please contact:

Email: simulation@gstt.nhs.uk

Phone: 020718 84802