

Carers Network Day

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. It will also provide you with the opportunity to network with other carers to discuss and talk about your own experience as a carer

Q: Who is running the course?

The course is delivered by the Simulation and Interactive Learning (SaIL) Centre at Guy's and St. Thomas' Hospitals.

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 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 may include:

- Moving and handling safely
- Nutrition
- Mouth care
- Skin care (preventing pressure sores)
- Managing medications.

- Personal Care
- Dementia & Delirium

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 [including NHS Staff] 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: *Where will the course take place?*

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

The day will start at 10am and close at 3.30pm [Registration from 9.30am]

Refreshments will be provided from 9.30am. 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: *Where can I find out more?*

For more information or any queries you are not sure about, please email: simulation@gstt.nhs.uk
Phone: 020718 87147

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 87147