

Carers Network Day

Q. Are you an unpaid carer?

If so this is your opportunity to further development the knowledge, skills and confidence that help to make a positive difference to your life and that of the family member or friend that you are for whilst at the same time having the opportunity to network with other carers

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 one day course

Eligibility: the course is open to people, including NHS staff who care unpaid for a friend or family member over the age of 18 who either use Guy's and St Thomas' hospital services or live in the Boroughs of Southwark or Lambeth.

Join us and learn more about.....

Safe Moving & Handling Mouth Care Personal Hygiene

Skin Care Managing Medications Nutrition Dementia & Delirium

You will participate in all sessions available throughout the day which will commence at 9.30am and end at 3.30pm with lunch and refreshments provided

Venue: All courses take place at
Sherman Education Centre
4th Floor Southwark Wing, **Guy's Hospital**,
Great Maze Pond, London, SE1 9RT

Dates available to book now are

Wednesday 16th January 2019

Wednesday 13th March 2019

Travel costs may be reimbursed upon request and subject to qualification

To take part or find out more please contact us at:

E-Mail: simulation@gstt.nhs.uk

Phone: 0207 188 7147