



CHESHIRE
LIVING WELL DYING WELL
PARTNERSHIP



**CHANGING KNOWLEDGE, ATTITUDE
AND BEHAVIOUR TOWARDS
LIFE, AGE, DEATH AND LOSS**

TRAINING PROGRAMME

APRIL – JUNE 2015

Our training courses enable staff or volunteers who work with the public to engage and empower service users and the wider community to think about, talk about and take action in relation to life, age, death and loss.

The courses are free-of-charge for organisations in Cheshire East and Cheshire West and Chester.

Can we provide training to you and your colleagues?



OUR COURSES

It is recommended that participants attend Course 1 before attending Course 2.

COURSE 1: MAKE A DIFFERENCE JUST BY TALKING

This course explores the benefits and barriers of talking about life, age, death and loss and how straightforward, sensitive and open approaches can create talking points with service users.

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| Aim | To be confident and competent to create talking points about life, age, death and loss with service users. |
| Objectives | <p>To identify the health, wellbeing and resilience benefits of future life planning throughout the life course.</p> <p>To consider the barriers and benefits to talking about life, age, death and loss.</p> <p>To identify ways of raising the subject and talking about end of life plans and wishes.</p> <p>To be able to signpost people to further help and advice.</p> |
| Date and venues | <p>Thurs 23 April, 1.30 - 4.00 pm, East Cheshire Hospice, Macclesfield</p> <p>Thurs 14 May, 1.30 - 4.00 pm Winterley Grange, Sandbach</p> <p>Tues 2 June 1.30 - 4.00 pm, Stanlaw Abbey Business Centre, Ellesmere Port</p> |

COURSE 2: TAKING ACTION

This course enables service users to take important steps to live, age, grieve and die well including writing a will, funeral planning, planning future care, organ donation and talking to family and friends.

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| Aim | To be confident and competent to enable, inspire and empower service users to take actions to live, age, grieve and die well. |
| Objectives | <p>To identify the health, wellbeing and resilience benefits of engaging in future life planning activity throughout the life course.</p> <p>To improve knowledge about wills, funeral plans, planning future care and support and organ donation.</p> <p>To enable service users to engage in future life planning activity with their family and friends throughout life.</p> <p>To be able to signpost people to further help and advice.</p> |
| Date and venues | <p>Wed 20 May, 1.30 - 4.00 pm, East Cheshire Hospice, Macclesfield</p> <p>Fri 12 June, 10.00 am -12.30 pm Winterley Grange, Sandbach</p> <p>Tue 30 June 1.30 - 4.00 pm, Hospice of the Good Shepherd, Chester</p> |

BOOKING A PLACE ON A COURSE

To reserve a place on a course, please contact Caroline Kirkham, Cheshire Living Well, Dying Well Programme Team. Please see contact details below.

IN-HOUSE TRAINING — WE CAN COME TO YOU

Our training courses can be provided to public facing organisations on an in-house basis throughout Cheshire. We will deliver the course to your staff in your premises. We will adjust the training to ensure that the training meets the specific needs of your staff team.

This service is also provided free-of-charge to organisations in Cheshire East and Cheshire West and Chester.

For more information, please contact the Cheshire Living Well, Dying Well Programme Team.

OUR CONTACT DETAILS

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CHESHIRE LIVING WELL DYING WELL
IS PART OF THE END OF LIFE PARTNERSHIP.