

#EDUCATING
for Excellence

PALLIATIVE & END OF LIFE CARE EDUCATION PROGRAMME



July to
September 2026

stfrancis.org.uk



The Hospice
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WELCOME

to our Palliative and End of Life Care (EOLC) Education Brochure for Jul to Sep 2026



The aim of this brochure is to detail palliative and end of life care education available during Jul to Sep 2026.

It is not exhaustive and there are likely to be additional sessions which will be advertised on our website, via social media and promotional emails to our subscribers.

The programme is open to all health and social care professionals who provide palliative and/or end of life care to patients in any setting. We offer a structured programme made up of short sessions, half days and full study days.

The training is based on the End of Life Care Core Skills Education and Training Framework (2017), Ambitions for Palliative and End of Life Care (2021), NICE Guidelines - Care of dying adults in the last days of life (2015) and the End of Life Care Strategy (2008).

The training also encompasses the five core competencies that are outlined in the National Core Competencies for End of Life Care (2009) which were developed to support the End of Life Strategy. These are:

- The Overarching Principles of Palliative and End of Life Care
- Communication Skills
- Assessment and Care Planning
- Symptom Management, Comfort and Well-being
- Advance Care Planning

We are constantly reviewing the training we should be offering – please contact us if there are sessions you would like to see or if you'd like further details of what might be coming up.

Please contact the Education team via: education@stfrancis.org.uk and we can discuss this with you.

To help meet the specific Palliative and End of Life Care needs of your organisation we also offer bespoke training.

Please contact us if you would like to learn more

[Join our Education and Learning Mailing List](#)

See our [website](#) for full details about each event

See our events on the Herts and West Essex Training Hub

<https://www.hwetraininghub.org.uk/>

Follow us on [Facebook](#) for News, Events, Palliative Care and Rehabilitation Insights.

REPAIR THE GAP – PALLIATIVE CARE EDUCATION



E-LEARNING

Some staff may wish to pursue their own updates through e-learning. Some recognised sites are listed below.



Current Learning in Palliative Care. (CLiP)

CLiP is a free, flexible learning series in palliative care supplied in partnership between St Oswald's Hospice and Hospice UK. It is a case-based programme of self-learning workshops that take about 15 mins - ideal for busy healthcare professionals.

<https://www.stoswaldsuk.org/how-we-help/we-educate/education/resources/what-is-clip/clip-adults-worksheets/>

Do Not Attempt Cardiopulmonary Resuscitation.

The Resuscitation Council (UK) website takes you through the issues around Do Not Attempt CPR and the importance for the patient and yourself as a professional, including the excellent guidance produced with the British Medical Council and the Royal College of Nursing. It also highlights the use of the ReSPECT process to document individual recommendations for patients.

<https://www.resus.org.uk/dnacpr/>

Hospice UK and Dying Matters

Hospice UK's Dying Matters campaign is working to create an open culture in which everyone is comfortable talking about death, dying and grief. The website hosts many useful resources including leaflets, information sheets and short films.

<https://www.hospiceuk.org/our-campaigns/dying-matters>

End of Life Care for All (E-elca)

A range of modules that are nationally recognised and very useful. Some modules are open to everyone - to access the whole library of online materials you will need to register.

<https://www.e-lfh.org.uk/programmes/end-of-life-care/>

Marie Curie

The Palliative Care Knowledge Zone offers expert information and support to staff to enable them to deliver the best possible care for people living with a terminal illness.

<https://www.mariecurie.org.uk/professionals>

National Institute for Health and Care Excellence (NICE) Clinical Knowledge Summaries

The NICE CKS service provides primary care practitioners with a readily accessible summary of the current evidence base and practical guidance on best practice.

<http://cks.nice.org.uk>

BOOKING & ATTENDANCE

Attendance at any of the education sessions detailed in this brochure is open to all staff, irrespective of their employer/place of work. Booking of places by individuals onto any of the courses is dependent on the individual having their team leader/manager's agreement.

Book on via [Accessplanit](#) or via The Hospice of St Francis [website](#)

Please note there may be a booking fee or small charge for selected courses.

Our short courses are free to HoSF staff and volunteers.

When it comes to course payment on the booking form, step through to the end of the process and the system will apply 100% discount to the booking fee.

There is a cost implication for our long courses and so we do ask staff to seek funding.

Please contact us if you have any queries at education@stfrancis.org.uk

NOTE: Please ensure you have permission from your line manager before booking – thank you!



WELLBEING SERIES



Wednesday
16
September
12.30pm-1.30pm

Gut Health - the Key to Wellbeing

Explore the important role that gut health plays in overall wellbeing. Attendees will learn how the gut can influence everything from energy and mood to immunity and joint pain, and why symptoms don't always show up where the problem starts

Strength Training - putting Theory into Practice

Are you looking for inspiration to prioritise your own physical well-being, with practical, realistic tools to build movement into your daily life? If so this could be the session for you!

Tuesday
12
January
12.30pm-1.30pm

Introduction to Reflexology

Explore the benefits of reflexology, how it can support with reducing anxiety and promoting relaxation, along with some practical techniques to demonstrate key relaxation points!

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stfrancis.org.uk/education

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 Sessions held at
The Hospice of St Francis
HP4 3GW

Introduction to De-cluttering

Overwhelmed and not sure where to start with tackling your home full of stuff?

Explore a friendly, non-judgemental approach to help you stay on top of the stuff you really love and create systems to maintain control!

Thursday
15
October
12.30pm-1.30pm

'Hospice Connect' Christmas Theme with Entertainment

(Staff and Volunteers only)

Ever feel like you're stuck in your own busy corner of the hospice? Hospice Connect is our brand-new quarterly get-together designed to change just that!

Wednesday
2
December
12.30pm-1.30pm

Dress Yourself Happy!

Personal style is not about following trends, but rather about figuring out what makes you feel like you. Come along to this inspiring session and leave with a new-found confidence!

Thursday
25
February
12.30pm-1.30pm



INTERMEDIATE COMMUNICATION SKILLS

Having Sensitive Conversations within the Context of Palliative Care

Alternative Dates:

Thursday 8th October 2026

Tuesday 12th January 2027

Wednesday

8

July

9.30am-4pm



Online



£25

Presenters:

Manisha Cook
Lecturer Practitioner/
Physiotherapist

Claire Nicell
Joint Head of Education
and Learning



Open to all health and social care staff who have sensitive and complex conversations and have already attended an introductory communication skills course

Course Aims:

To explore strategies for dealing with sensitive and complex conversations so these can be applied to practice

Objectives:

- To identify what scenarios are difficult in practice
- To review communication skills available in your toolkit
- To state some strategies for handling different types of sensitive conversations
- To reflect on some communication scenarios in practice (video/ case study/ goldfish bowl)

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PALLIATIVE AND END OF LIFE CARE an Awareness Day

Tuesday

14

July

9.30am-4pm



Online



Free

Presenters:

Manisha Cook
Lecturer Practitioner/
Physiotherapist

Claire Nicell
Joint Head of Education
and Learning



Would you like to . . .

Gain confidence in supporting individuals who are dying?
Learn how to talk about death and dying and what might be important in the future?
Open to any health or social care professional who wishes to gain a basic awareness about palliative and end of life care.

Also suitable for care home staff, social care providers, allied health professionals and anyone with an interest in palliative care.

Course Aims:

To provide an overview of what palliative care can offer to individuals

Objectives:

- To identify when individuals are deteriorating
- To recognise dying and the care individuals need
- To state the importance of effective communication
- To describe approaches to future planning
- To state what normal grief looks like and what help bereaved individuals may need

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BEREAVEMENT, LOSS & GRIEF - Introduction

Wednesday

15
July

9:30am-12:30pm



In Person
HP4 3GW



FREE

Presenters:

Claire Nicell
Joint Head of Education and Learning



Suitable for those who encounter people who are experiencing loss and bereavement (whether in a professional or personal role)

Course Aims:

To explore what normal grief might look like and identify some ways of supporting people experiencing grief

Objectives:

- Definitions of bereavement, loss, mourning and grief
- Exploration of normal grief
- Bereavement theory including the ranges of response to loss model
- Strategies for supporting those experiencing loss and grief
- Case studies

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AHP BITESIZE Boom and BUST

Supporting People to Manage Fatigue - an AHP Approach

Thursday

23
July

12pm - 13.30pm



Online



£10

Presenters:

Amy Smissen

Lecturer Practitioner/
Occupational Therapist



Open to all Allied Health Professionals and Wellbeing Practitioners. The principles of fatigue management can be utilised in any health care setting.

An opportunity to refresh your skills or learn new techniques.

Course Aims:

By the end of this session you will have a better understanding of why people often struggle with fatigue when living with a long-term health condition. You will leave with a range of practical theories and strategies to apply to your practice in order to enable your patients to self-manage, optimise their function and improve their quality of life.

Objectives:

- To be able to define fatigue and understand the 'boom and bust' concept
- To understand common pitfalls associated with fatigue management
- To come away with three practical techniques to support better fatigue management
- To share our resources and top tips for managing the impact of living with fatigue

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TALKING ACP, DNACPR and ReSPECT

A Practical Approach

Wednesday

5

August

1.30pm- 4.30pm



Online



£10

Presenters:

Claire Nicell

Joint Head of Education and Learning



Would you like to increase your confidence in having conversations about peoples' wishes for the future? Would you like to explore approaches to discussing resuscitation v natural death?

Would you like a refresher about how to approach such conversations?

Suitable for all clinicians that regularly have these conversations including GP's, hospital doctors, clinical nurse specialists, allied health professionals

Course Aims:

To explore ways to talk about ACP, DNACPR and introduce ReSPECT

ACP = Advance Care Planning

DNACPR = Do Not Attempt Cardiopulmonary Resuscitation

Objectives:

- State the benefits and challenges of having advance care planning (ACP) conversations
- State the legality of different ACP documentation
- Describe communication skills and approaches that may help such conversations
- Describe some approaches and phrases that may help when discussing resuscitation and DNACPR
- Highlight good practice for completing a DNACPR/ReSPECT form

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PALLIATIVE CARE EMERGENCIES

Tuesday
11
August
1pm-2.30pm

 **Online**

 **Free**

Presenters:

Dr Rebecca Sladden
Specialty Doctor in
Palliative Medicine

Claire Nicell
Joint Head of Education
and Learning



All clinicians who support palliative patients and who want to extend their knowledge about palliative care emergencies.

May be particularly suitable for ambulance clinicians, GPs, community staff and palliative care staff

Course Aims:

To give an overview of common palliative care emergencies

Objectives:

- To state common palliative care emergencies and their red flags (to include SVCO, MSCC, hypercalcaemia, haemorrhage, neutropenic sepsis)
- To describe the medical management of palliative care emergencies
- To consider ethical approaches to the management of palliative care emergencies
- To learn from case studies

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COMPASSIONATE COMMUNICATION SKILLS

Foundation Level

Thursday

10

Sept

9.30am-1pm



In Person
HP4 3GW



Free

Presenters:

Amy Smissen
Lecturer Practitioner/
Occupational
Therapist

Manisha Cook
Lecturer Practitioner/
Specialist
Physiotherapist



Open to all internal and external patient facing staff & volunteers

Whether your role involves you working with patients, families or bereaved individuals, this course will help consider the importance of empathy within communication and reflect on possible responses and skills when faced with conversations requiring an element of compassion

Course Aims:

To introduce participants to the concept of compassionate communication so this can be applied to practice

Objectives:

- To identify communication challenges that you face in your role
- To describe and give examples of what helps and hinders effective communication
- To reflect on possible responses/skills
- To pinpoint personal resilience techniques

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LUNCHTIME WELLBEING SERIES

Gut Health - the key to wellbeing

Wednesday

16

September

12.30pm - 1.30pm



In Person:
HP4 3GW



Offered on a
donation basis

Presenter:

Becky Lavers, Registered
Nutritionist (DipCNM, mANP,
mGNC, Advanced Training in
Cancer Nutrition)



This session is aimed at all staff and volunteers working in clinical and non-clinical roles with an interest in optimising their health and wellbeing through nutrition

This short Lunchtime Wellbeing workshop is designed to explore the important role that gut health plays in overall wellbeing. Attendees will learn how the gut can influence everything from energy and mood to immunity and joint pain, and why symptoms don't always show up where the problem starts.

The workshop will introduce a whole-body approach to health and provide practical nutrition and lifestyle strategies to support healthy gut function.

Objectives:

- To explore how the health of your gut plays a key role in your wider health and wellbeing
- To understand why symptom chasing doesn't always get to the root of the problem, and how looking at the bigger picture can provide valuable insights
- To learn simple, practical ways to support good gut health through nutrition and lifestyle

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AHP BITESIZE

Living and Dying Well at Home How can AHP's Help?

Thursday
17
September
12pm - 13.30pm

 **Online**

Presenters:  **£10**

Amy Smissen

Lecturer Practitioner/
Occupational Therapist

Manisha Cook

Lecturer Practitioner/
Specialist Physiotherapist



Open to all healthcare professionals, this session may be particularly useful for AHP and Wellbeing Practitioners who regularly support people living in their own homes or community setting

Course Aims:

To identify and discuss considerations for supporting people to live well at home despite having a life limiting or palliative diagnosis

Objectives:

- To describe interventions used within the community to optimise function and quality of life
- To recognise everyone's role in advance care planning conversations and how to facilitate these conversations sensitively
- To identify effective approaches to supporting the needs of informal carers within a PEOLC context
- To explore other community services that can be utilised to help coordinate care

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MASTERCLASS

Frailty and Ageing in a Global Context

Wednesday

23

September

12.00pm - 1.30pm



Online



£15

Presenter:

Nicola Payne
Senior Lecturer and Course Lead for
frailty programmes at Nottingham
Trent University



Open to all clinicians who are interested in learning and developing their knowledgebase on frailty

Course Aims:

This masterclass will explore ageing from a global perspective, focusing on how cultural, societal and health inequalities shape experiences of frailty and end-of-life care, and how these insights can inform culturally responsive practice within the UK

Objectives:

- Describe key global trends in ageing, including life expectancy and inequality
- Explain the concept of Disability-Adjusted Life Years (DALYs) and its relevance to frailty
- Recognise how culture influences experiences of ageing, frailty and end-of-life care
- Reflect on how global perspectives can inform culturally sensitive care in UK practice
- Identify opportunities to address health inequalities in frailty and palliative care

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TIER 2 OLIVER MCGOWAN 1 DAY WORKSHOP

This 1-day course consists of a half day session on learning disability and a half day session on autism

Note: This session is in addition to the Oliver McGowan e-learning and mandatory for Health and Social care staff

Alternative Dates:

Wednesday 3rd March 2027

Thursday

5

November

9.30am-4.30pm



HP4 3GW



£50



Presenters:

1Stop Training Ltd
Accredited Oliver McGowan training provider.

Delivered by experts with lived experience and a facilitating co-trainer working with 1Stop Training Ltd

Who should attend?

- Health and social care workforce

Course Content

- Opportunity to ask questions to autistic individuals and people with a learning disability
- Handouts, practice tools and resources
- Approved Oliver McGowan Mandatory Training Certificate of Completion

By completing the right Tier of the Oliver McGowan Mandatory Training, you will be meeting the requirements of the Health and Care Act 2022 and the CQC

Course Aims:

Oliver's training supports the NHS Long Term Workforce Plan ambition by upskilling the wider health and care workforce to provide appropriately adjusted care for people with a learning disability and autistic people to reduce health inequality.

After attending this course, learners will be able to:

- Give an overview of both learning disability and autism
- Explain the protections provided by the legal framework and guidance on best practice for learning disability and autism
- Reflect on own and organisational practice
- Action plan for required changes in practice

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PALLIATIVE CARE DEVELOPMENT PROGRAMME (PCDP)

Sept-Dec 2026



Delivered by: The Hospice of St Francis (HOSF) and Rennie Grove Peace Hospice Care (RGPHC)

WHO SHOULD ATTEND?

Nurses, Allied Health Professionals (AHP's) and Associate Practitioners who provide palliative care and rehabilitation and wish to develop a good foundation in palliative care clinical practice.

We recommend this course for Band 5/6 practitioners.

AUTUMN 2026 DATES

(2 ½ hours each afternoon 1.30-4pm)

- Day 1 (full day) 15th September
- Day 2 - 22nd September
- Day 3 - 6th October
- Day 4 - 13th October
- Day 5 – 3rd November
- Day 6 – 10th November
- Day 7 – 24th November
- Day 8 – 1st December

COURSE STRUCTURE

Each of the 8 days includes a recommended 4 hours of self-directed learning (from provided materials) in the morning (although this study can be done at any time during the week if it suits your schedule better.) The afternoon comprises a 2 ½ hour interactive and reflective session with experienced palliative care clinicians. The course will be facilitated online.

CONTENT:

This 8 day programme offers a learning opportunity to enable trained staff in all settings to develop and sustain their ability to care for people and support people who are living with life threatening illness.

It's core content is based on Health Education England 2019 (HEE) End of Life Care Learning Outcomes and includes a focus on:

- Communication Skills
- Assessment and Care Planning - Holistic Person Centred Care
- Symptom Management – including care in the last days of life
- Advance Care Planning
- Underpinning Values of Palliative Care
- Knowledge about Palliative Care - including loss and bereavement
- Leadership and collaboration – Quality of Life and Living Well with Life Limiting Conditions
- Developing Self and others - looking at resilience
- Improving Quality and Developing Practice - completing a worked-based action plan



STUDENT OUTCOMES:

- Pre and post course outcome framework completion
- Accessing recommended learning and attendance at reflective webinars
- Two pieces of reflection
- Completion and presentation of a work-based action plan
- Completion of a personal achievement summary

"Great course for those new to palliative care as well as those wanting a refresher"

(Course attendee 2025)

HOW DO I BOOK?

For enquiries and to receive an application form, please contact education@stfrancis.org.uk

Cost: £250 per delegate for this 8 day course

Adminstrated by:

The Hospice of St Francis
Spring Garden Lane, Northchurch,
Berkhamsted, Herts HP4 3GW
Tel: 01442 869550



ADVANCED COMMUNICATION SKILLS TRAINING

Delivered by the
HERTS AND BEDS PALLIATIVE AND END OF LIFE CARE EDUCATION GROUP

WHO SHOULD ATTEND?

All experienced Health and Social Care Professionals (Band 6 & above) who have difficult conversations as part of their everyday role and have had previous communication skills training.

WHEN IS THE COURSE?

1 & 2 July 2026 **FULL**
15 & 16 September 2026 **FULL**
6 & 7 October 2026 **FULL**
11 & 12 November 2026
2 & 3 December 2026

6 & 7 January 2027
9 & 10 February 2027
10 & 11 Mar 2027

Delivered virtually via Zoom
View dates online at

stfrancis.org.uk/clinicians

CONTENT:

Based on the connected model using professional actors, this 2-day course will provide delegates with key communication strategies for managing difficult conversations that they experience in their role: Small groups of (maximum 6) delegates practice scenarios with the actors playing different roles (such as the patient or family member). These scenarios may include:

- Handling strong emotions
- Difficult Conversations with patients and families
- Giving significant news to the patient and or family member
- Introducing sensitive topics (such as DNACPR conversations)

Delegates are expected to have completed Foundation & Intermediate level communication skills training at least 3-6 months prior to enrolling for the Advanced course.

WHAT HAVE OUR DELEGATES SAID?

"This course really makes you think differently about the way you can communicate with patients/families and gives you strategies and techniques that you might have never thought about before. Furthermore, it teaches you about cues the patient gives which can make such a difference to the whole consultation. I found the course extremely beneficial and interactive"

"This course was highly recommended to me. Everyone who has been on it raves about how amazing it because it is 'so real' and relevant to what I do every day"



HOW DO I BOOK?

For enquiries and to book onto the course, please contact education@stfrancis.org.uk

Cost -£600 per delegate for the 2-day course. Fees are required on application.

Previous delegates have been able to obtain funding from external organisations, particularly those from hospice and community nursing settings.

Please ask education@stfrancis.org.uk for more details or visit our website www.stfrancis.org.uk/clinicians

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The Hospice of St Francis
Spring Garden Lane, Northchurch,
Berkhamsted, Herts HP4 3GW
Tel: 01442 869550



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Reg. Charity No. 280825

EUROPEAN CERTIFICATE in Essential Palliative Care

The majority of healthcare professionals working in hospitals and the community look after patients with palliative care needs on a regular basis.

The European Certificate in Essential Palliative Care (ECEPC) is aimed at helping professionals consolidate and develop their palliative care confidence and expertise. The course is designed to meet the needs of healthcare professionals new to specialist palliative care services who wish to establish a strong foundation of knowledge on which to build specialist knowledge and skills.

- **Autumn 2026:**
Monday 7 Sept
(Course Launch)
Wednesday 11 Nov
(Assessment Day)
- **Spring 2027:**
Monday 12 April
(Course Launch)
Wednesday 16 June
(Assessment Day)

The course is a 9-week home learning, multi-professional programme, covering:

What is palliative care and who is it for?
Patients with emergency conditions
Breaking bad news to patients and families
Common ethical issues

Symptom issues in palliative care
Patients in the last 48 hours of life
Bereavement and support

The course was developed at Princess Alice Hospice in 2001. It is now offered at a range of sites both nationally and internationally – including The Hospice of St Francis, Berkhamsted.

The course runs twice a year and the fee is £600
For the date of the next course and to register please visit our [website](#).

Suitable for medical and nursing staff, paramedics, allied health professionals including nursing and physician associates from acute, community and hospice care settings

FIND OUT MORE!



Scan the QR
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E: education@stfrancis.org.uk



INFORMATION FOR PROSPECTIVE CANDIDATES

Candidates are invited to an online introductory evening with The Hospice of St Francis

COURSE RESOURCE

Candidates will receive an extensive Course Handbook containing the core text material. Candidates will also have access to the Princess Alice Hospice virtual learning environment – learningzone.pah.org.uk and be allocated a facilitator who will support them through their portfolio submission and help with the assessment element of the course. The facilitators are experienced practitioners in specialist palliative care, who will be available by email or telephone. Note: There are no formal teaching sessions, however, support sessions are offered

ASSESSMENT

Candidates undertake three different forms of assessment:

Portfolio – Based on a patient the candidate has cared for with palliative care needs, the 2,500 word portfolio should include the effect it has on both personal and professional level. It should be supported by literature and demonstrate the learning will influence future care.

Exam – There will be a one hour examination, which will include short true / false questions covering the principles of palliative care explored in the Course Handbook. It will also include four questions on common opioid dose conversions.

Practical / verbal (Viva) – This is a short verbal assessment exploring the knowledge and skills developed during the course.

A pass is required in each of the elements.

HOW LONG IS THE COURSE?

This is a 9-week home learning course. Please note virtual attendance on assessment day is mandatory. It is recommended you carry out around 50 hours personal study, but this will vary depending on previous experience of palliative care.

WHERE?

The course is co-ordinated by Princess Alice Hospice in Esher. The Hertfordshire local site is run by The Hospice of St Francis, Berkhamsted.

FUNDING

External funding opportunities may be available for Hospice and Hertfordshire community staff.

Please contact education@stfrancis.org.uk for more information.

REGISTER

To register with The Hospice of St Francis or for more information contact: 01442 869550 / education@stfrancis.org.uk
For information about other sites, please contact 01372 461858
europeancertificate@pah.org.uk



On successful completion of the assessments, candidates will be awarded the Princess Alice Hospice European Certificate in Essential Palliative Care.

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TRANSITION TO AUTONOMOUS PRACTICE 6 SESSION PROGRAMME

6 sessions

12 Sept - 20 Feb

10am-4.30pm



In person
Grove House
AL3 5QX



Who should attend?

For Nurse/AHPs transitioning from a generalist/site specific role in Palliative and End of Life Care, Oncology and Life-limiting Conditions

Kindly facilitated by the Herts and Beds Palliative and End of Life Care Education Group and administered by Keech Hospice. The programme comprises six sessions which must all be attended to receive certification. Participants will meet regularly with a specialist mentor, reflecting on practice and taking part in action learning sets. Each day of the course is themed around an aspect of your specialist role.

Six Session Programme:

- Day 1** Setting the scene and developing self
- Day 2** Leadership and collaborative practice
- Day 3** Developing self and others, through teaching and audit
- Day 4** Improving quality and developing practice
- Day 5** Developing self through self-management and self-care
- Day 6** Developing self: theory to practice

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