

#EDUCATING
for Excellence

PALLIATIVE & END OF LIFE CARE EDUCATION PROGRAMME



October to
December 2025
stfrancis.org.uk



The Hospice
of st francis

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WELCOME

to our Palliative and End of Life Care (EOLC) Education Brochure for Oct - Dec 2025



The aim of this brochure is to detail palliative and end of life care education available during Oct to Dec 2025.

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.

MEND 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!



**#EDUCATING
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END OF LIFE ANTICIPATORY MEDICATIONS

Tuesday
7
October
2pm-3pm



Online



Free

Presenters:

Claire Nicell
Joint Head of Education
and Learning



All clinicians who support end of life patients and want to learn more about the anticipatory medications.

May be suitable for community staff, care home staff and GPs

Course Aims:

To provide an overview about how, when and why you might use end of life anticipatory medications

Objectives:

- To identify when to prescribe and administer end of life care drugs (including a syringe pump)
- To summarise the elements of a holistic approach to symptom control
- To state common end of life care drugs used
- To be familiar with the paperwork used in HWE (principles will be the same elsewhere- but details may differ slightly)
- To provide space to ask questions and concerns re using these drugs

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ReSPECT AWARENESS for EVERYONE

Alternative Date:

Thursday 29th January 2026

Wednesday
22
October
2pm-3pm



Online



Free

Presenters:

Claire Nicell
Joint Head of
Education and
Learning

Dee Cooke
Lecturer Practitioner/
Nurse



Any social and healthcare professional who supports people living with long term illnesses or life limiting illnesses who may have a ReSPECT form in place
Health and social care professionals who want to familiarise themselves with the form and know what to look for
This session is not targeted at healthcare professionals who will be completing the ReSPECT forms

Course Aims:

To familiarise yourself with the ReSPECT form

Objectives:

- Know what ReSPECT stands for
- Know what the aims of the ReSPECT process are
- Understand which patients are suitable for a ReSPECT form
- Know how to interpret a ReSPECT form in an emergency situation
- Know who can complete a ReSPECT form
- Know the answers to commonly asked questions about the use of the ReSPECT form in different settings

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AHP BITE SIZE

Harnessing the Power of Nature

Thursday
23
October
12pm - 1.30pm



Online



£10

Presenter:

Louise Barker
Macmillan Senior Wellbeing Practitioner



Open to all internal and external patient-facing staff and volunteers who are interested in wellbeing and nature-focused therapy.

This lunchtime session will explore the positive and often powerful impact connecting with nature and the natural world can have on the wellbeing of service users.

Objectives:

- To understand the principles and benefits of using nature for wellbeing
- To have an awareness of how to enable service-users to harness their local natural resources
- To leave with 3 - 4 practical ideas for encouraging connection with nature within therapy sessions
- To explore ideas for utilising the power of nature with patients restricted to a bed or micro environment
- To leave with an awareness of available resources relating to using Nature in therapy

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PULMONARY FIBROSIS IN FOCUS

FROM DIAGNOSIS TO PALLIATIVE CARE

Come and join us as we explore all things pulmonary fibrosis with our expert panel of speakers.

Suitable for all members of the multidisciplinary team who want to extend their knowledge relating to pulmonary fibrosis (from diagnosis to palliative and end of life care)

During the course of the day we will:

- Give an overview of pulmonary fibrosis- and explore its pathophysiology, diagnosis and treatment options
- Explore the needs and challenges of managing oxygen for patients including the use of humidified high flow systems (myAirvo)
- Explore the benefits of palliative care involvement, carer support and peer support
- Hear the patient voice
- Learn about the work of Action for Pulmonary Fibrosis in terms of the research, clinical trials and support they offer patients and carers

Presenters

Dr Sharon Chadwick
Consultant in Palliative Medicine, Medical Director
The Hospice of St Francis

Charlotte Hogben
Clinical Nurse Specialist for Interstitial Lung Disease
Royal Brompton & Harefield Hospitals

Kirstie Atkins
Research Officer
Action for Pulmonary Fibrosis

Maria Buxton (MSc, Grad Dip Phys)
Consultant Respiratory Physiotherapist & Service Lead, West Herts Community Respiratory Service

Manisha Cook
Specialist Physiotherapist and Lecturer Practitioner
The Hospice of St Francis

Claire Hewitt
Joint Head of Family Support
The Hospice of St Francis

Wednesday
5th
November
9.30am - 4.30pm

A Study Day for Healthcare Professionals facilitated by The Hospice of St Francis.



In Person:
HP4 3GW
& Online



£55

(Lunch provided thanks to the kind generosity of Fischer and Paykel Healthcare)



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PREPARED TO CARE?

Supporting patients with mental health and palliative health care needs

Who Should Attend?

Open to all mental health or generalist/palliative care staff who want an introduction into this important area of care.

Thursday

6

November

9.30am - 4.30pm



**Isabel Hospice
AL7 1GD**



**Fully Funded
by HPFT
(Lunch provided)**

Presenters:

Consultants and experienced clinicians from The Hospice of St Francis, Isabel Hospice, Hertfordshire Partnership University NHS Foundation Trust (HPFT)



This one-day course aims to bring healthcare professionals from both disciplines together with the primary objective of learning from each other. The programme will allow for collaborative work during sessions alongside separate sessions for each discipline and will build on the success of previously run sessions.

What will be covered?

Mental Health Professionals

- Recognising deterioration
- What can palliative care offer individuals
- How to approach future planning discussions

Palliative Care Professionals

- An overview of mental health care conditions
- What support and services can mental health offer individuals

Both

- Referral pathways
- Collaborative approaches through case study work and discussion

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INTRODUCTION TO PALLIATIVE CARE for Non-Clinicians

Tuesday
18
November
9.30am-1pm



Online



Free

Presenter:

Dee Cooke
Lecturer
Practitioner/Nurse



All non-clinical staff and volunteers who want an introduction to palliative care. This could be a receptionist in a GP surgery, a fundraiser for a Hospice or anyone looking to learn more about palliative care and what it offers people.

Course Aims:

To gain an overview of palliative care

Objectives:

- Define palliative care and end of life care
- Who can benefit from palliative care and when?
- Describe what a good death looks like
- State the benefits of planning ahead and honest conversations

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AHP BITE SIZE

Core Principles of Palliative Rehabilitation – an AHP Approach

Wednesday

19

November

9.30am - 12.30pm



Online



£15

Presenters:

Manisha Cook
Lecturer Practitioner/
Physiotherapist

Amy Smissen
Lecturer Practitioner/
Occupational Therapist



A foundation level training session for AHP's interested in learning how to apply palliative rehabilitation principles in any healthcare or community setting.

If you support people living with life-limiting conditions, frailty or long-term conditions, we are confident that this session will help you develop new skills and confidence when supporting people with palliative care needs.

Course Aims:

We aim to share the foundations of palliative rehabilitation including holistic assessment, self-management and goal setting. We hope you will then be able to apply these skills in your own healthcare setting

Objectives:

- To expand knowledge and understanding of the vision and ambitions of palliative rehabilitation based on most recent evidence
- To increase understanding of the benefits of holistic assessment, self-management and goal setting strategies in all clinical and healthcare settings
- To provide an opportunity to reflect on your own and your services ability to deliver palliative rehabilitation effectively

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APPROACHING ANNIVERSARIES for those who are bereaved

Thursday
20
November
1pm-2pm



Online



Free

Presenters:

Claire Nicell
Joint Head of
Education and
Learning

Alison Parsons
Bereavement Support
Co-ordinator



Anyone who would like some practical suggestions about approaching anniversaries for those who are bereaved. This may be suitable for health and social care professionals / volunteers who support bereaved individuals and individuals approaching this from a personal perspective.

Course Aims:

To share some practical suggestions and advice about ways to navigate anniversaries for those who are bereaved

Objectives:

- Identify why anniversaries can be a challenge
- Refresh understanding of what normal grief looks like
- Identify approaches that may be helpful or less helpful when approaching anniversaries and special occasions
- Explore some practical strategies/ ideas that individuals may find helpful when approaching anniversaries and special occasions

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COMPASSIONATE COMMUNICATION SKILLS - Foundation Level

Alternative Date:
Tuesday 24th February 2026

Thursday
4
December
9.30am-1pm



Online



Free

Presenters:

Manisha Cook
Lecturer Practitioner/
Specialist
Physiotherapist

Dee Cooke
Lecturer Practitioner/
Nurse



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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MASTERCLASS

to Treat or not to Treat

Wednesday
10
December
12pm - 1.30pm



Online



£15

Presenters:

Dr Sharon Chadwick
Consultant in Palliative Medicine



Clinicians who grapple with ethical decision making for the well being of their patients. May be particularly suitable for hospital doctors, GPs, palliative care clinicians, community staff and AHPs

Course Aims:

To explore ethical decision making in relation to whether/ when to treat and not to treat patients

Objectives:

- To outline some ethical frameworks to inform approaches to treatment
- To highlight the benefits of honest conversations and palliative care approaches with patients
- To consider the pros and cons of different treatment approaches
- To reflect on case studies
- To provide space for discussion, questions and reflections

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LUNCHTIME WELLBEING SERIES

**from Rest to Restoration:
The Art and Science of Sleep**

TUESDAY

16

December

12.30pm - 1.30pm



In Person:
HP4 3GW



Free

Presenter:

Simon Shepard

Author of The Battle for Balance and Founder
of Optima-life.com



**Open to Staff, Volunteers and the
Public**

Do you get out of bed feeling mentally alert and physically refreshed? If the answer is yes, this session will help you understand why; and if the answer is no, this session will help you get to grips with what you might be able to do to turn 'rest' into 'restoration'.

Course Aims:

- What is good sleep?
- The physiology of rest and restoration
- To Encourage participants to take control of one of their most deliberate coping strategies

Objectives:

- To promote self reflection
- To increase knowledge
- To promote energy

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AHP BITE SIZE

Outcome Measures for Palliative Rehabilitation

Thursday

18

December

12pm - 13.30pm



Online



£10

Presenters:

Manisha Cook
Lecturer Practitioner/
Physiotherapist

Amy Smissen
Lecturer Practitioner/
Occupational Therapist



All AHP and wellbeing practitioners who are interested in palliative care and looking to learn about how to implement outcome measures into their practice.

The principles of this session can be applied to any health care setting

Course Aims:

This session will explore outcome measures that may be suitable for palliative rehabilitation. Recognising the challenges for palliative conditions, we will look at what we are trying to measure and how to ensure outcome measures are holistic. We will share examples including IPOS, GAS goals light and MYCAW and discuss how effective they are for people living with life limiting conditions.

Objectives:

- To identify the importance of outcome measures in the context of palliative rehabilitation or those living with a life limiting condition
- To look at different outcome measures as recommended by Hospice UK
- To share some case studies using outcome measures in practice

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PALLIATIVE CARE DEVELOPMENT PROGRAMME (PCDP)



Delivered by:

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



Rennie Grove Peace

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.

2026 DATES

(2½ hours each afternoon 1.30-4pm)

- Day 1 (full day) 14th January
- Day 2 - 21st January
- Day 3 - 4th February
- Day 4 - 11th February
- Day 5 - 25th February
- Day 6 - 4th March
- Day 7 - 18th March
- Day 8 - 25th March

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 virtually via zoom.

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

"This course is excellent value for money and covers a wide range of topics which are so relevant to working in Palliative Care"

"Hugely beneficial in helping me better my working practice"

(Course attendees 2024)

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

Administrated by:

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



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.

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](https://www.stfrancis.org.uk/education).

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

- Spring 2026:**
 - Monday 13 April (Course Launch)
 - Wednesday 17 June (Assessment Day)
- Autumn 2026:**
 - Monday 7 Sept (Course Launch)
 - Wednesday 11 Nov (Assessment Day)

FIND OUT MORE!

Scan the QR
code or visit:



stfrancis.org.uk/education

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

europeanecertificate@pah.org.uk



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

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?

7 & 8 January 2026 **FULLY BOOKED**

10 & 11 February 2026

11 & 12 March 2026

8 & 9 April 2026

7 & 8 May 2026

2 & 3 June 2026

1 & 2 July 2026

15 & 16 September 2026

6 & 7 October 2026

11 & 12 November 2026

2 & 3 Dec 2026

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

Administered by:

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



Notes