

**MACMILLAN
CANCER SUPPORT**

**NORTH WEST
PROSPECTUS
2019**

**COURSES FOR
EVERYONE**

Learn new things and
develop your skills with
Macmillan Cancer Support.

Welcome to the Macmillan programme of courses for everyone in the North West.

All our courses are fully funded by public donations. We are only able to offer these workshops, events and courses to you at no cost because of the huge generosity of our thousands of supporters, who every year do many things including running marathons and baking cakes to raise funds for us. We are grateful to each and every one of these people who enable us to offer you these opportunities.

Late cancellation or non attendance to an event will result in loss of Charity money.

In exchange for this free training, you will be asked to complete a simple online feedback form; this will be emailed to you after the training is complete. The information collected will assist us in identifying how effective the learning events have been in meeting participants' needs. Macmillan Cancer Support offers free training across the whole of the UK.

Whilst we are more than happy for you to attend courses, as a charity we would not necessarily be able to contribute towards any travel or expenses associated with attending.

All course places must be fully confirmed via email.

Data Protection Declaration:

We will use your details to administer the course you registered for and to share your details (name and job title only) with the course facilitator running the course.

We promise to keep your details safe and never sell or swap them with anyone. Our [privacy policy](#) explains how we keep this promise. If you don't want to hear from us, or change your mind about how we contact you, email contact@macmillan.org.uk or call 0300 1000 200.

HOW DO I APPLY?

These courses are open to Macmillan Professionals, the wider workforce and volunteers.

To book a place on any of our courses, please email northlearning@macmillan.org.uk with the following information:

- Name
- Job title
- Workplace
- E-mail address
- Contact telephone number
- Details of courses you would like to book a place for
- Any mobility or dietary requirements you have

Please note that all our courses are subject to availability.

If you would like to book a place for yourself and a colleague, we will need this information for both of you to secure both places.

Introduction to (e)HNA

The aim of the half-day session is to provide information on the benefits and challenges of undertaking holistic needs assessments and care planning, and to demonstrate the Macmillan eHNA system. A great way to refresh your knowledge if you already use HNA or learn a new skill if you're a beginner.

5 February - **Liverpool** - **09:30 – 12:30**

13:30 – 16:30

8 April - **Manchester** - **09:30 - 12:30**

13:30 – 16:30

25 September - **Liverpool** - **09:30 – 12:30**

13:30 – 16:30

11 November - **Preston** - **09:30 – 12:30**

13:30 – 16:30

Please note this is a half-day session. Please specify which time you would like to attend when booking a place.

Listening and Responding

This one-day workshop will help you to identify the differences between listening and other helping strategies such as providing information and advice as well as developing and practising your listening and responding skills in a supportive environment.

10 May - **Manchester** - **10:00 – 16:00**

18 November - **Liverpool** - **10:00 – 16:00**

Buddying and Befriending

This is aimed at people who are interested in the buddy/befriender role, people setting up buddying and befriending volunteering services, or those already part of existing buddying/befriending services who are interested in reviewing their practice.

This free workshop will give you an overview of what's involved in buddying and befriending so that you are able to understand the role of a buddy/befriender, establish best standards of practice and be able to manage the emotional demands of the role.

You will develop a greater understanding of what the buddy/befriender role entails and what constitutes best standards of practice. It will provide you with an understanding of relevant support services and how people's changing needs may be best supported.

4 July - **Liverpool** - **10:00 – 16:30**

Developing Resilience to Burnout

This course will give you the opportunity to practice a range of “compassion mind” training techniques and skills. You will measure your self-compassion levels and identify specific behavioural patterns that perpetuate stress and are resistant to self-compassion. Determine which “affect regulating systems” you are activating during work-related experiences and how you can use mindfulness meditation techniques to avoid burnout and compassion fatigue.

28 May - **Manchester** - **09:30 – 16:30**

Cancer Awareness

The aim of this one-day free workshop is to raise awareness of the nature of cancer and provide an introduction to prevention, early detection, investigation, staging and treatment options for cancer. This course is aimed at those who are from a non-clinical background.

- Describe the biological nature of cancer in basic terms
- Discuss the risk factors for developing cancer
- List the potential signs for common cancers e.g. breast, prostate, bowel, lung, and skin cancer
- Discuss the staging of different cancers and investigations to stage and diagnose cancer
- Describe the main treatment options for cancer.

2 May - **Liverpool** - **09:30 – 16:30**

9 October - **Manchester** - **09:30 – 16:30**

SAGE & THYME[®]

SAGE & THYME[®] is a model to enable health and social care professionals to listen to concerned or distressed people, and to respond in a way that empowers the distressed person. This model aims to be applicable in a variety of settings from hospital to home, and aims to develop key communication skills which can be beneficial for volunteers, administrators and social workers alongside doctors and nurses.

21 March - **Liverpool** - **13:00 – 16:30**

10 June - **Chester** - **13:00 – 16:30**

5 September - **Preston** - **13:00 – 16:30**

5 December - **Crewe** - **13:00 – 16:30**