



## Extension for Community Healthcare Outcomes

Scarborough, Ryedale and Vale of York

Promotional events 2020/ 2021

**In collaboration with St Leonards Hospice, a series of free virtual reflective learning sessions to support Care staff during Covid-19**

Date/time	Title
26/ 10/ 2020 2pm	<b>Looking after ourselves in the workplace: The power of Mindfulness</b>  Led by an experienced complimentary therapist the session will explain the role that Mindfulness plays and demonstrate some simple exercises for staff to support themselves during their work.
18/11/2020 2pm	<b>The role that Unconscious Bias can play in how we deliver care</b>  A panel discussion about how our own biases can influence how we see other people and deliver care.
11/12/2020 2pm	<b>The importance of Advance Care Planning</b>  Led by a palliative care Social Worker, a session to highlight the importance of empowering the people we care for to make choices about the care that they want.
20/01/2021 2pm	<b>Supporting those who care: We are here for you too</b>  Led by a Hospice Bereavement counsellor, a session on how to deal with Bereavement and the help that is available.

If you are interested in joining, please contact  
Chris Charters (Project ECHO manager) on **01904 708553**  
or email **ProjectECHOTeam@stleonardshospice.nhs.uk**

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