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| **Join the Somerset Palliative Care ECHO Network**  **Are you interested in developing your knowledge of Palliative Care?**   |  |  | | --- | --- | | **2024 Network Session Dates**  **Wed 14 Feb 2-3pm** ***Gastrointestinal Symptoms in Palliative Care – Dr Ed Hayes***  A look at some common symptoms and ways to manage them.  **Thu 14 Mar 10-11am** ***Recognising the Last Days of Life - Loren Bennett – Community Palliative Clinical Nurse Specialist***  Identification of some of the signs and changes seen at the very end of life.  **Wed 10 Apr 2-3pm** ***Spiritual Care – Ann Fulton – Spiritual Care Coordinator***  What is Spiritual Care, Who Does it, and how?  **Thu 09 May 2-3pm** ***The Challenges of Supporting Families and Carers - St Margaret’s Supportive Care Team***  An overview of some of the barriers and difficulties that can arise when supporting families and carers.  **Thu 13 Jun 10-11am** ***Red Flags in Palliative Care - Anna Saunders -Senior Sister, Cher Griffiths- Trainee Advanced Clinical Practitioner, Ralph Langworthy Smith – Community Palliative Clinical Nurse Specialist***  Recognising possible emergencies and issues requiring prompt care and treatment in palliative care.  **Thu 11 Jul 2-3pm** ***The Challenges of Caring for Younger People – St Margaret’s Supportive Care Team***  An overview of some of the difficulties that we can face when caring for younger patients with life limiting illnesses.  **Wed 14 Aug 10-11am** ***Complex Pain in Palliative Care – Dr Mette Larsen***  A look at some of the pain issues in palliative care which necessitate different approaches and medications to manage.  **Thu 12 Sep 2-3pm** ***Social Prescribing- Dr Roger Smith***  A look at the initiative which enables health care professionals to refer people to local, non-clinical services to support their health and wellbeing.  **Wed 09 Oct 10-11am** ***Ethics in Palliative Care (Including Nutrition and Hydration) - Cher Griffiths – Trainee ACP***  An overview of some of the challenging and difficult choices and situations that we face in palliative care.  **Thu 14 Nov 2-3pm** ***Complementary Therapy in Palliative Care – Laura Franzen, Sarah Bellew- Complementary Therapy Coordinators***  An overview of the uses of complementary therapy techniques in palliative care.  **Thu 12 Dec 10-11am** ***Supporting our own Well-being and that of our Colleagues – Sarah Ireland – Head of Learning and People Development/MIND***  Taking the time to reflect on the impact that our work has on all of us and the way in which we can look after ourselves.  Sessions are FREE, held remotely and coordinated by the Hub (St. Margaret’s Hospice Care).  All you need is a device that you can access the internet and emails on, with a camera, microphone, and speaker.  For a link to join please email Min.perkins@st-margarets-hospice.org.uk |  |   Project ECHO brings together like-minded health and social care staff to share best practice and learning in an online forum. |