

'WE WANT SCOTLAND TO BE A PLACE WHERE PEOPLE HELP EACH OTHER THROUGH THE DIFFICULT TIMES THAT CAN COME WITH DEATH, DYING AND LOSS''

End of Life Skills Aid for Everyone (EASE) is a course developed by Palliative Scotland, designed to equip you with confidence and knowledge

The course has 4 face-to-face learning sessions from 10.15 - 12.15pm each day at the North Berwick Library:

**20th & 27th November
4th & 11th December**

If you would like to find out more about the course or book your place, please contact:

admin@nbc-communityconnections.org

What is EASE?

End of Life Aid Skills for Everyone is a course designed to enable people to be more comfortable and confident supporting family and community members with issues they face during dying, death and bereavement.

The course has been developed by the Scottish Partnership for Palliative Care.

Who is EASE aimed at?

- EASE is for everyone. We welcome adults of all ages, experiences and walks of life throughout our Coastal Community.
- For people who want to be able to support someone with issues they face relating to death, dying and bereavement.
- For people who want to consider the future....
- Some people may find the course of interest in their professional capacity, although please note that the EASE course does not provide training in palliative care or in clinical matters. It is not a CPD course.

When & Where

This face-to-face course takes place in North Berwick on the following dates:

20th and 27th November, 4th and 11th December

It's a four-session course and each session is 10.15am - 12.15pm in North Berwick Library.

What to Expect

- The course is delivered in a relaxed, safe and friendly environment with trained and compassionate facilitators.
- Delivery includes group discussions, case studies, short films and handouts.
- Participants explore a range of issues that can arise when someone is approaching the end of life, and some practical ways a friend or family member can offer support.
- Participants become more confident supporting others going through difficult times and have space to think about how they cope with these issues themselves.
- Keeping in touch arrangements to be agreed in between sessions.

How to book

Please email admin@nbc-communityconnections.org for further information or to book your place on the course.