



FAITH IN OLDER PEOPLE is pleased to be facilitating this **on-line (Zoom)** course on behalf of Good Life; Good Death; Good Grief.

End of Life Aid Skills for Everyone (**EASE**) is a **free** course for members of the public in Scotland who want to be better equipped to help friends or family who are caring, dying, or grieving. It was developed by the Scottish Partnership for Palliative Care.

The course aims to provide a safe and friendly environment where participants can grow more confident supporting others going through these difficult times, and to think about how they cope with these issues themselves.

Through activities, short films and group discussion 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.

The course takes approximately 8-12 hours to complete over a period of four weeks which includes 4 discussion sessions lasting around 2 hours between 4pm and 6pm on the following dates. The facilitators are Fiona Watt and Maureen O'Neill.

Wednesday, 29th January

Wednesday, 19th February

Wednesday, 12th February

Wednesday, 26th February

The course teaches the basics of end-of-life care and addresses some of the fears and uncertainties frequently held by members of the public. It aims to help people to:

- Become better equipped to provide informal support to friends, family and community members dealing with death, dying and bereavement.
- Find it easier to deal with these issues when they need to face them themselves.
- Know where to find further information and support in relation to these issues.

www.goodlifedeathgrief.org.uk/content/ease/

To book a place email: Director@fiop.org.uk (Please provide email address, telephone contact and organisation if appropriate). **Places are limited to 12.**

Further information and login details will be sent on booking.

Thank you.