



Monday 10th February 2025

FREE TRAINING FOR FAMILY/INFORMAL CARERS

Learn valuable nursing skills
to help prevent hospital admissions

Are you looking after a partner or relative who's ill or disabled? Are they being treated by their GP or district nurses? Have they had surgery or an infection? If any of these situations apply to the person you care for, this free course will teach you basic nursing skills which will help you keep them healthy and avoid hospital stays or re admissions.

Skin care and
prevention of
pressure ulcers

Unwell out of
hours? What
services to go
to/who to call

Preventing
Dehydration

Avoid Hospital
Re-admissions

Medication safety

How to avoid
swallowing problems

Preventing
infections

Want to avoid an unnecessary trip back to A & E or to your GP? Join other carers on this crucial course and learn basic, but vital clinical skills that once learned, you'll be able to use for life.



Where: North Middlesex Hospital,

Clinical Skills Room 1 / Tower Block level Minus 1

Start Time: 10am

Finish Time: 1.45pm

Attendance certificate for all attendees

Light Lunch/Refreshments provided

CALL 0208 366 3677 to book

This training is produced in partnership with CEPN funding from NHS Education England