

Enfield Carers Centre
Empowering Carers

FREE HOSPITAL DISCHARGE TRAINING **Learn Valuable Nursing Skills**

Is the person you care for in or leaving hospital soon? Have they recently been in hospital and now being treated at home by Community or District Nurses? Have they had surgery or an infection? Are they visiting their local GP surgery to have dressings changed?

If one or more of these situations apply to the person you care for, this course will help you keep them safe and healthy at home.

**Preventing
Dehydration**

**Unwell out of
hours? Where to
go/who to call**

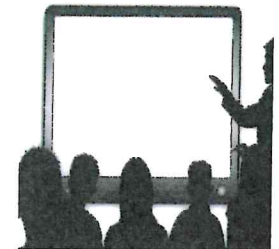
**Signs of infection and
what action to take**

**Avoid swallowing
problems**

**Avoid Hospital
Re-Admissions**

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

**Skin care and prevention
of pressure sores/ulcers**



Call 0208 366 3677 for future sessions dates

Start Time: 10am

Finish Time: 1.30pm

Training will be held at

**Enfield Carers Centre, Britannia House,
137-143 Baker Street, Enfield EN1 3JL**

Charity Registration No: 1140089

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

