

tandem facilitators news

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tandem has started

Welcome to the first edition of your tandem facilitators newsletter. We are delighted to announce the start of the main trial in July.

Seven sites are currently recruiting participants with 35 participants recruited to date.

We hope to welcome new site Bristol on board to commence recruiting early next year, with all 11 other sites to be open in the near future.



TIP OF THE MONTH

If someone expresses an emotion or thought that you find difficult to respond to, try giving a simple empathetic statement such as: "**That sounds hard**" or "**I can see that's upsetting for you**". Using these phrases help a person feel validated and listened to.

And two for the price of one - **do you have access to our brand new Facilitator Forum and training videos?** Abdal will have sent you a log-in to the QMPlus page, but shoot him an email if you can't access these great resources. The videos are very good and we'll also be answering questions from the forum regularly!

A word from Adam

Adam, one of our original facilitators from the pilot study, gave us some valuable advice to pass on.

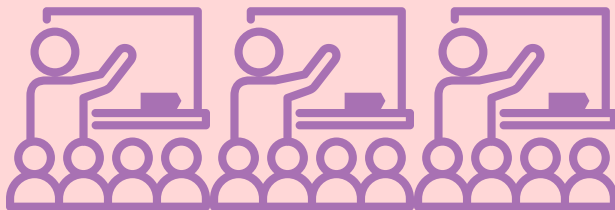
"I think the main thing is to understand it's a huge learning curve. At the beginning it feels like there is so much to remember but after the first couple of patients it comes naturally. Also, make the most of supervision. I found it really helpful to talk through things I was unsure about".

We'd like to say a big thank you to Adam for all his hard work and also hearty congratulations on his recent wedding in the summer.



Facilitator training January 2019

The next 3-day training session for facilitators will be held on **Tuesday 22nd January**, **Wednesday 23rd January**, and **Friday 1st March** 2019. Save the dates!



Refresher training

19 November 2018

After listening to your feedback, we're pleased to announce top-up facilitator training for those who are delayed due to regulatory delays.

1pm until 4.45pm
The Lyng Centre For Health & Social Care
3rd Floor - Meeting Room 4
Frank Fisher Way
West Bromwich

Let Abdal know if you would like to attend. And don't worry if you can't make this one - a London refresher day is in the works.

**Share your
news**

This is your newsletter and we'd love to invite you all to share your experiences for the next edition!

Do you have a story to share - a delightfully unexpected encounter? A hurdle that you've worked to overcome? - then we want to hear about it.

Send your stories to: tandemcopd@qmul.ac.uk

Stay in touch



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