

Newsletter

February 2024



Exciting opportunity alert: join the Southwest GPA Assistant Programme!

Sysco have been awarded the NHS England contract to oversee the GPA Assistant Programme in the Southwest, in partnership with Devon Training Hub. Accredited by Pearsons, the programme awards a Level 4 GPA qualification at a Foundation degree level with 10 CPD credits. Expressions of interest for the April cohort are open until **29th February 2024**. Learn about a Northwest GP practice's transformative GPA role [here](#). **To apply, complete the form using [this link](#).**



Medical
education

**Unlock Your CPD
Potential!**

Explore 'Hot Topics' Courses with the Training Hub

The Training Hub has obtained a number of licences for the 'Hot Topics' courses offered by NB Medical. These are for staff who are eligible for the CPD funding* from NHSE which is held by the Training Hub. If you fit the criteria and have not yet fully used your CPD allowance for this year, you may wish to take advantage of one of these subscriptions. The annual subscription would give you up to **100 hours of online training** in a variety of topics relevant to primary care that you can undertake in your own time. The 'Hot Topics' sessions include training for:

- Diabetes in Primary Care
- Paediatrics and Child Health in Primary Care
- Managing obesity and overweight patients
- Primary Care nursing
- Women's health
- Mental health
- Abnormal blood results
- Cancer for primary care

If you are interested in this, please contact bswpcb.traininghub@nhs.net, giving your name, role, and the name of your practice/PCN.* 'Eligible' staff are Registered Nurses, Nursing Associates, Physiotherapists, Paramedics, Podiatrists and Therapists who are employed in BSW practices.

It's nearly National Apprenticeship Week 2024!

[National Apprenticeship Week](#) takes place between **5 - 11 February 2024** and is a great opportunity for the education and skills sector to celebrate the achievements of apprentices around the country and the positive impact they make on communities, businesses and the wider economy. The theme for National Apprenticeship Week 2024 is 'Skills For Life'. For more information on Apprenticeships please [email Kevin](#).



Still spaces available - discover the power of mentorship today!

Embark on a journey of growth and support with mentors by your side! Whether you're stepping into a new role, embracing a recent promotion, or adapting to fresh responsibilities, mentors are here to guide you every step of the way. Imagine being paired with a mentor from a different practice or PCN, connecting with you monthly either via Teams or in person, providing personalised support and invaluable insights. **Email bswpcb.traininghub@nhs.net to learn more about our mentorship programme!**

Introduction to Primary Care programme for new admin and support staff

New to primary care? Join our tailored 6-week programme for administrative or support staff, designed for those who've joined in the last 6 months. Attend 12 interactive one-hour web workshops via MS Teams, every Tuesday and Thursday from 11:00 to 12:00, starting April 16, 2024. Topics include communication, customer care, active signposting, resilience building, medical terminology, and QOF. **Email bswpcb.traininghub@nhs.net to register.**



FOCUS ON - GP Mentors

The GP Supporting Mentor Scheme was established to provide 1:1 mentoring sessions to newly qualified GPs. It has been successfully running for three years. We have been able to extend this to other GPs and HCPs where capacity exists. We have trained 23 GPs to become accredited mentors with the European Mentoring and Coaching Council. Between them, they currently support 113 newly qualified GPs, four PAs, ten mid-career GPs, nine late-career GPs, two practice managers, one paramedic, and two pharmacists. At least six mentoring sessions are offered to everyone assigned to one of our mentors. They meet for about an hour once a month. Feedback has been excellent:



"Really supportive and helpful to speak to an experienced GP."

"My mentor sessions have been invaluable. My mentor has been alongside me as I left my practice, struggled with the thought of continuing in general practice, and now finding a way forward again. Having a compassionate GP who "allowed" me to take care of myself was something I needed more than I thought I did."

"It has given me the time to evaluate my priorities and to discuss personal difficulties with advice from an experience clinician who understands the pressures of working as a GP. It gives me motivation to make progress by setting goals and putting a plan to achieve them."



Making Every Contact Count - MECC training courses still available

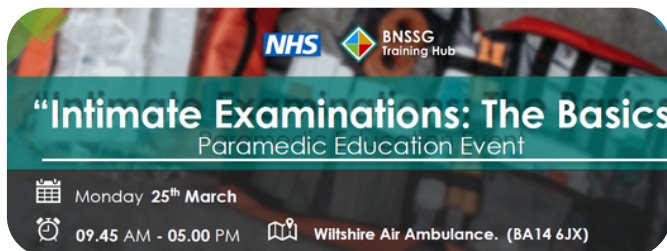
Making Every Contact is about making the most of contacts we have with the people we meet every day. This free online course involves one three hour online session and three optional MECC e-learning modules. Bookings are limited to two places per organisation. For more information email helen.aston@wiltshire.gov.uk. To book:

- [Wednesday 28th February 09:30-12:30](#)
- [Wednesday 13th March 09:30-12:30](#)



Introducing the Emerging Areas Advanced Practice Workforce Transformation resource

The [Emerging Areas Advanced Practice Workforce Transformation Resource](#) was launched last month to support local systems, organisations and services develop advanced practice roles in new areas. For more email england.advancingpractice.sw@nhs.net.



Free full day event on 'Intimate Examinations' with Lily Dixon and Dr. Lucy Pope!

This free, full-day event will cover the basics of intimate examinations, including common primary care presentations and their management. In the afternoon, you will have the opportunity to put your newfound knowledge to use on medical training aids. This event will be led by Lily Dixon (Paramedic Profession Lead, BNSSG Training Hub), with support from Dr. Lucy Pope (locum GP). [Sign up here.](#)

South West Primary Care Academy: The Secret To Thriving At Work virtual workshop

This two-hour interactive workshop will enable all Primary Care colleagues to better understand how to maintain your wellbeing and how to thrive at work. Tuesday 5th March 2024 09:30 – 12:00. [Book here.](#)

South West Faculty of Advancing Practice Funding Handbook 2024-2025

This South West Advancing Practice guidance for 2024-2025 is to support organisations in our region to develop advanced practice across services and to help build the advanced practice workforce of the future. [Read the NHS England South West Advanced Practice Faculty Handbook 2024-2025](#)

Advanced Practice in the South West Region

A guide to implementing advanced practice and funding offer 2024-2025

NHS England South West Faculty for Advanced Practice.



NEW!

New resources to support NHS line managers develop people-management skills

New resources are available to help NHS colleagues identify the knowledge, skills and behaviours required to be a good people-manager, and to help HR professionals understand how to support them. Improving how they are managed in the NHS has a ripple effect on recruiting, retaining and sustaining our people. The resources can be found [here](#).



Introducing the Humble Health Conference

[Humble](#) is a team of pioneering health professionals specialising in health and performance optimisation. Combining talks, workshops and community, the Humble Health Conference is a gathering of pioneering health professionals, passionate about nurturing health and wellbeing. [Book here](#).

- Thursday 2nd May 2024, 09:00 -15:00
 - Cumberwell Park Golf Club near Bath, BA15 2PQ
 - Fee: £30 Includes buffet lunch and refreshments
- If you have any questions contact team@humble.info.

NEW!

Change in contact details for NHS Pensions Finance Operations Team

Due to an email migration, the contact details for NHS Pensions Finance Operations teams have been updated. You can find them [here](#).

Lantum - does your practice need GP Locum cover?

BSW ICB are in partnership with Lantum (workforce management platform) in delivering a primary care flexible staff pool to support BSW practices in booking GP locums.

- 13 practices in BSW are successfully using Lantum to cover gaps in their rotas with GP locums.
- 16 licences remain available, so if you are a practice who would like to try posting on Lantum now that the pool of GPs is more established, please contact rachelj.cooke@nhs.net in the first instance who can arrange for you to be set up and to ensure we remain within our 29 practice licence limit across BSW.
- Lantum will remain free for 29 practices in total to use (with all booking, commissioning and licence fees covered by the ICB) until November 2024.

Human Givens Foundation online training



Explore a **free online course** for GPs and primary care practitioners, designed to enhance confidence in non-pharmacological approaches for **managing depression in NHS Primary Care settings**. Suitable for all primary care colleagues handling depression cases, this course, originally launched in 2018 and funded by the Human Givens Foundation Charity, is now available as a free recorded online version. **Access at [Human Givens Foundation training](#)**.



Struggling with maths skills? Don't worry, there's a solution.

Explore free online maths sessions leading to industry-recognized qualifications. For more information, email julia.wood@oxfordhealth.nhs.uk or visit workwiltshire.co.uk/multiply.

Primary Care Improvement Connect

Primary Care Improvement Connect, on the FutureNHS platform, is a virtual community led by the Primary Care Improvement Community. Join this hub for primary care enthusiasts driving sustainable change through quality improvement. Access resources and recorded webinars [here](#).



I'm Dr Rachel Morris, GP, Coach, host of the You Are Not A Frog podcast, and creator of the Shapes Toolkit. I am a former GP and team coach with a background in Medical Education and I specialise in resilience at work. I designed the Work Well Webinars for doctors and other busy healthcare professionals to make a deliberate choice about how they will live and work, so they can thrive not just survive, even through challenging times.



How to deal with stress and anxiety – with the Work Well webinar series

Cornwall Training Hub offers a monthly series of free, expert-led wellbeing webinars on relevant topics that impact work, such as setting boundaries, managing conflict, and designing a career. The next session on **February 13th** covers stress and anxiety with Dr. Caroline Walker and Dr. Rachel Morris. The live online sessions are open to all Training Hub staff and can be accessed later. Participants who register will also receive a free Wellbeing QI Toolkit to run a practice wellbeing Quality Improvement Project. [Click here to register and see the full programme of webinars.](#)



South West Personalised Care and Health Coaching Collaborative - Courses now available to book!

The South West Personalised Care and Health Coaching Skills Collaborative are offering a four-day virtual training, combining Part One and Part Two of Personalised Care & Health Coaching Conversations Skills. Tailored for Health and Wellbeing Coaches, and Health and Care professionals with a special interest (e.g., GP's, Allied Health Professionals, Social Workers). Join in to develop skills in personalised care, delve into the dynamics of coaching conversations, and enhance your coaching toolkit. The four half-day sessions run from 09:30-13:30, all delivered online. [Register here: P1 Booking. P2 booking.](#)



An Introduction to Welfare Benefits

Benefits Training Co. is offering an online beginner-friendly course, requiring no previous experience. They'll receive a link to join the event and a PDF of training materials. Completing both parts earns an e-certificate and access to a free 12-month post-course advice service. **Tuesday 26th and Wednesday 27th March 2024 09:45-12:45.** For more information and to reserve a place, please email bswicb.traininghub@nhs.net.



Monthly webinar for General Practice Nurses - 2 February 2024 from 13:00 – 14:00 via Microsoft Teams

The next webinar, run jointly by NHS England, National Association of Primary Care (NAPC) and the Royal College of Nursing (RCN) will include discussion on:

- The CARE programme
- Respiratory inhaler work at NHSE
- The cervical screening programme

You can view the agendas and book [here.](#)

Personalised Care Corner

Thanks to the colleagues who attended the Personalised Care annual event on 18th January and to our fantastic speakers. It was great to see so many of you. Feedback from colleagues was positive.

Coffee and Connect

An opportunity to network with colleagues in the same role or working in the same locality.

- Care Coordinators Coffee & Connect: Monday 4 March 12.30- 13.30
- Health & Wellbeing Coaches Coffee & Connect: Monday 11 March 12.30- 13.30
- Team Leader and Managers Coffee & Connect: Monday 18 March 12.30- 13.30
- Social Prescribers Coffee & Connect: Monday 25 March 12.30- 13.30

If you haven't received an invite and would like to attend please email [Veronica](#).

Team on TEAMS

A new team on TEAMS has been set up to bring together Personalised Care colleagues. If you are not a member yet and would like to be included email [Veronica](#).

Induction and Information sessions

The Training Hub Personalised Care Lead is now offering induction and information sessions for new and existing Personalised Care colleagues and managers. Please email [Veronica](#) to book.



Training Hub Team



Liz Alden
Clinical Lead



Rachel Cooke
Governance Lead
& GP Flexible
Pool Lead



Hannah Cornish
GP Fellow



Shaya Chivers
Admin Fellow



Helen Edwards
Admin Lead



Hilary Fairfield
Training and
Development
Manager



Tina Fear
Nursing Lead



Kevin Foreman
Lead for
Apprenticeships,
AHPs, and
Advanced Practice



Isaac Frank
Near Peer GP
Fellow



Andrew Girdher
GP Fellow



Veronica Kuperman
Personalised Care Lead



Chelsea Markham
Admin Fellow



Jim Petter
Paramedic Lead



Ros Petrie
Population
Health Fellow



Jo Sinclair
GP NQF and
Retention Lead



Roger Stead
Senior Project
Manager (BEMS)



Lucie Thompson
Pharmacy Lead



Michelle Trenwith
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Will Wallage
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Di Walsh
Programme Lead



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