

### Mental Health First Aid Training



Learn more about the tools for signposting people to appropriate support so that everyone can thrive.

Mental Health First Aiders develop the skills to spot the signs of a person experiencing poor mental health, and the confidence to start a conversation. This online course qualifies you as a MHFA, giving you:

- An in-depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support – whether that's self-help resources, through their employer, the NHS or a mix

Learning takes place online, delivered through MHFA England, over four live training sessions, spread across two weeks, with self-learning activities in between.

Please contact Helen Edwards via [h.edwards12@nhs.net](mailto:h.edwards12@nhs.net) if you would like to go on a waiting list to be informed of the next course

**NEW!**

### New GPA Assistant Programme Launched in the Southwest

Sysco has been awarded the contract to manage the General Practice Assistant (GPA) Programme in the Southwest, supported by Devon Training Hub. Accredited by Pearsons, the programme offers a Level 4 GPA qualification, equivalent to a Foundation degree and 10 CPD credits.

#### Key Details:

- **Eligibility:** Open to nurses and allied health professionals (AHPs) working in community or primary care settings, including the charity and independent sectors.
- **Purpose:** Equip learners with the skills and knowledge to become competent GPAs, capable of handling administrative and basic clinical duties.
- **Programme Structure:** Self-directed learning with one day per week dedicated to online learning and hands-on experience under a GP mentor.
- **Duration:** 9 months
- **Cost:** Free, with a total of £2,120 paid to participating GP practices for supporting a GPA trainee.
- **Application Deadline:** 31 October 2024

Watch how a GP practice in the Northwest has successfully implemented the GPA role: [YouTube Video](#).

For more details and to apply, visit the [application form](#).

## What's included:

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and  
more!



## FOCUS ON - Wellbeing



**Di Walsh**  
TH Programme Lead  
and Wellbeing Lead

It's all about numbers as we have a focus on wellbeing this month, and hope that something might catch your eye.

### What is wellbeing anyway?

Wellbeing interpretations are certainly varied, but a helpful guide is to remember some key aspects:-

1. Physical, 2. Mental, 3. Emotional, 4. Financial, and no 5. a Combination of the above. These are often referred to as the **key wellbeing pillars**. All the pillars need attention from time to time.



Key question = **How are you holding up?**



**Health and Safety  
Executive**

have useful guidance in relation to managing work related stress

They note 6 key areas of work design that may be associated with increased risk, that should be considered by individuals and managers. These are:- 1. Demands, 2. Control, 3. Support, 4. Relationships, 5. Role, 6. Change

If feeling stressed, it can be useful to consider these headings to try to establish more clarity regarding the reasons and be able to communicate your needs more specifically.

**Every Mind Matters** is the website for 'Little Big Things'. EMM give us 7 areas of life where simple changes can make a big difference:-

1. Reframe unhelpful thoughts,
2. Be in the present,
3. Get good sleep,
4. Connect with others,
5. Live a healthy life,
6. Do something for yourself,
7. Write a letter for the future

You probably already know most of this, but have you heard of **Seven types of Meaningful Rest?**

Sleep well but still wake up tired? Not all rest is the same! *Meaningful Rest* can be achieved by focus on 7 aspects:

1. Physical Rest - sleep, yoga, stretching, massage
2. Mental Rest - slowing down and taking short breaks
3. Sensory Rest - reducing exposure to lights, computers, noise, and multiple conversations
4. Creative Rest - time for being in touch with nature and arts
5. Emotional Rest - having space, time, expressing feelings, and able to say 'I'm not ok'
6. Social Rest - face to face contact, being with people who revive, laughter
7. Spiritual Rest - prayer, sense of community, connection, belonging

If you want to start a conversation about wellbeing for yourself or your team, please e-mail me via [diane.walsh@nhs.net](mailto:diane.walsh@nhs.net).

Rest Up and Stay Well.....

## Reimbursement of Visa Costs for Newly Qualified GPs

You will be aware that from 30 April 2024, NHS England no longer directly reimburse Newly Qualified GPs for any visa related costs.

NHSE's existing funding for visa costs have instead transferred directly to ICBs, included as part of the System Development Funding (SDF) for Primary Care.

As a result of this change, BSW ICB have chosen to continue to offer visa cost reimbursement from 01 May 2024 – 31 March 2025, as part of plans to support GPs in the local area.

Only fully qualified GPs who have completed their GP training and are being employed and sponsored as a GP within BSW are eligible for these reimbursements.

Please see the new [Visa Reimbursement Form](#) which outlines the full guidance.

For any queries, please contact [rachelj.cooke@nhs.net](mailto:rachelj.cooke@nhs.net).

## Learning Organisation Approval (LOA) Process

The [Primary Care Learning Organisation Toolkit](#) sets out the new approval process, procedure and documents.

The aim is to approve Learning Organisations as sites for multidisciplinary learners - it streamlines and reduces the number of reapproval visits and audits required.

This short [video](#) helps general practices and PCNs understand the streamlined process and procedure for approval as 'learning organisations', so they can host trainees and students. The film helps explain the new system, which was introduced last year in line with the [NHSE Quality Framework](#) to create a single approval route for hosting learners across a range of disciplines.

We have approved x7 PCN Learning Organisations in BSW to date, with x1 in progress and x3 more planned over the coming months.

The remaining PCNs will be contacted by Dr Will Wallage and Rachel Cooke to undergo the LOA process by the project deadline of March 2028.

For any queries please access the [FAQ page](#) or contact [rachej.cooke@nhs.net](mailto:rachej.cooke@nhs.net)



## Suicide First Aid via Bath MIND



If you are interested in the one day or half day options noted in [this weblink](#), please contact Helen Edwards via [h.edwards12@nhs.net](mailto:h.edwards12@nhs.net) as we are gathering interest in hosting sessions re these.



## Preparing for the New Legal Duty to Prevent Sexual Harassment: Act Now for October 2024

NHS Employers have published some information in relation to a new legal duty that will come into force in Oct 2024 in relation to preventing sexual harassment.

The Worker Protection Act will change the duty on employers from redress to prevention, and there are steps that employers can take to prepare in advance.

Please take a quick look at [Get ready for new duty to prevent sexual harassment | CIPD](#) to gain high level information to enable you to start to think about any 'reasonable steps' needed.

As this duty includes:- defining sexual harassment and giving examples within policies; mention of regular training for all to understand roles in addressing; and the role of line managers in tackling any issues, your BSW Training Hub would like you to get in touch if you are interesting in looking at this as a BSW wide conversation and for potential to roll out shared resources / have a joint webinar etc. If you are interested in being involved, please e-mail Di Walsh, BSW Training Hub Programme Lead via [diane.walsh@nhs.net](mailto:diane.walsh@nhs.net)

## Funding available to become a Visa Sponsoring Practice

Over 50% of doctors in GP training are International Medical Graduates (IMGs) and typically not eligible for Indefinite Leave to Remain (ILR) in the UK when they qualify and must be employed by a practice with a Visa Sponsorship Licence to continue working in the UK.


20/84 (24%) BSW practices currently hold Visa Sponsorship Licences.


You can help support IMGs into employment by becoming a visa sponsoring practice. This has many advantages, e.g. gives access to an expanded workforce to employ from. To encourage as many practices as possible, the Training Hub are offering some financial support (cost of licence). To secure funding and become a sponsoring practice, please email [rachelj.cooke@nhs.net](mailto:rachelj.cooke@nhs.net).


x8 practices have obtained a Visa Sponsorship Licence (funded by the Training Hub) to date and a further x10 are in the process of applying. Further information and guidance on how to become a sponsor can be found [here](#).

Please note; the Training Hub / ICB are unable to fund practices for the cost of [Certificate of Sponsorships \(CoS\)](#), or the [Immigration Skills Charge](#).

## New MECC dates: Making Every Contact Count

 [Wednesday 11 September 09:30 - 12:30](#)

 [Thursday 10 October 13:00 – 16:00](#)

 [Wednesday 13 November 09:30 - 12:30](#)



Making Every Contact Count (MECC) is about making the most of contacts we have with the people we meet every day. MECC is a reflective, skills-based training opportunity that encourages a different way of interacting to address health and wellbeing issues.

This free online course involves one 3-hour online session and 3 optional MECC e-learning modules.

If you would like more information about embedding MECC in your organisation or to enquire about Train the Trainer please email [helen.aston@wiltshire.gov.uk](mailto:helen.aston@wiltshire.gov.uk).

## Webinar: Pelvic Health - 14 August 2024

Join Rosie Cardale, Pelvic Health Physiotherapist, to learn about pelvic health and why it's important.

14 August 2024 09:30-11:00 via Microsoft Teams

Join Rosie Cardale (Pelvic Health Physiotherapist, Founder of Mae Physiotherapy) to learn about pelvic health and why it's important.

The learning outcomes for this session include:

- Understand pelvic floor anatomy
- Understand pelvic floor function
- Understand abdominal wall function and anatomy
- Improve understanding of conservative management for pelvic floor related symptoms
- Understand conservative management of diastasis recti
- Learn and develop simple tools for assessment and management to implement in your practice
- Recommendations of good learning resources to develop your practice.

This training is open to all primary care clinicians in the South West – including AHPs, Nurses, PAs, and GPs. The session will be recorded and you must register to receive the recording.

If you have any questions, please contact [bnssg.training.hub@nhs.net](mailto:bnssg.training.hub@nhs.net).

[Book here.](#)



**DON'T  
MISS  
OUT!**

## Lunchtime Bite-Sized Equality, Diversity & Inclusion (ED&I) Training

03/07/24: Episode 1: Promoting Inclusion and Valuing Diversity kicked off the first in a series of ED&I sessions. Access the recording [here](#).

14/08/24: Episode 2: Unconscious Bias - 12:30-13:00 - **Teams Meeting ID: 366 312 728 380, Passcode: xu8jMx**

02/09/24: Episode 3: Neurodivergence and the NHS

01/10/24: Episode 4: ED&I and Staff Experience in the SW Region

Check out [this page](#) to find out more and book your place.

BSW Primary and Community Care Training Hub

TRAINING HUB

NEW! 2024

presents

# Lunchtime

# Bite-Size

30-minute ED&I Online Training Events

EPISODE 2: UNCONSCIOUS BIAS

DATE: WEDNESDAY, 14TH AUGUST 2024  
TIME: 12:30 PM - 1:00 PM  
TEAMS MEETING ID: 366 312 728 380  
Passcode: xu8jMx

GUEST: DR SILVANA ROMERO BROWN EDI & DA TPD SW

FOR: ALL MULTIDISCIPLINARY PRIMARY CARE PROFESSIONALS  
ORGANISED BY: ISAAC FRANK, ED&I FELLOW, BSW TH

IFRANK@NHS.NET TO BOOK  
OR JOIN USING ABOVE TEAMS ID

# Training Hub Team



**Liz Alden**  
Clinical Lead  
(Portfolio with  
GP Education)



**Rachel Cooke**  
Projects Lead (GP  
Flex Pool / Staff  
Survey Lead)



**Hannah Cornish**  
GP Fellow  
(Education)



**Shaya Chivers**  
Admin Fellow  
(Digital)



**Helen Edwards**  
Admin Lead



**Tina Fear**  
Nursing Lead



**Kevin Foreman**  
Lead for  
Apprenticeships,  
AHPs, & Advanced  
Practice



**Isaac Frank**  
Near Peer GP  
Fellow



**Andrew Girdher**  
GP Fellow  
(Digital)



**Veronica  
Kuperman**  
Personalised Care  
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**Chelsea Markham**  
Admin Fellow  
(Digital)



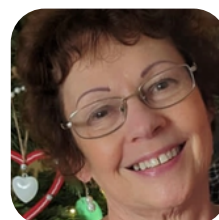
**Jim Petter**  
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**Ros Petrie**  
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**Jo Sinclair**  
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Legacy Nurse &  
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**Roger Stead**  
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Manager (BEMS)



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**Di Walsh**  
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**Kath Whysall**  
Nurse Fellow –  
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