

## 5 Minute Bitesize Health Inequalities Training: Caring for Vulnerable Migrants

Following completion of a Clinical Fellowship in the Training Hub, Dr Ros Petrie has produced a series of three short training videos relating to the care of vulnerable migrants.

Numbers of vulnerable migrants, including Asylum Seekers, Refugees and undocumented migrants, are increasing across BSW. Some GP practices care specifically for groups of patients in hotels, but increasingly there are higher numbers of individuals and families being housed in accommodation across towns and cities who will register with a wider number of practices.

Check out these [3 x 5 minute bitesize videos](#) which look at the context of the population group, highlight specific health needs and challenges that they face, and inform actions that both individuals and practices can take to improve care to this population group.

Additional resources to support care for vulnerable migrants can also be found [here](#).



## Social Prescribing Day - 19 March 2025

Social Prescribing Day is an annual celebration of the people, organisations and communities who make social prescribing happen.

For more information and to get involved, [click here](#).



## What's included in this issue: *(and more...!)*

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## FOCUS ON - You time! Discover the power of mentorship!

You may not yet be aware yet, but the BSW Training Hub offers a professional mentoring service – absolutely free!

Maybe you're starting out on your career, new in post or just considering your options? Wherever you are in your life and career journey, mentorship is designed to empower you to consider your options and take control.

So, what is mentoring? Here's a description that fits well:

'a professional relationship based on mutual trust in which an experienced, respected and enthusiastic person (the mentor), shares his/her knowledge and experience with a less experienced colleague (the mentee) in developing his/her knowledge, learning, work-based skills and wellbeing'.



**Jim Petter**  
Paramedic Lead &  
Workforce  
Planning

Our service takes the form of a series of one-to-one sessions with our Mentors who will be your sounding board, listener, critical friend, facilitator, networker and coach. Each mentoring relationship is different. Some are more intense and last some time, others are brief and related to a specific situation. Sessions are usually monthly, one-to-one (via Teams) or can be face to face depending on the travel involved. Mentors are here to work with you on whatever aspect of your working life you would like to discuss – it's a confidential relationship between you and the mentor only and it's your time to talk about what you want.

The BSW Training Hub is unique in providing professionally trained mentors free to all staff groups in the primary care sector and our mentors come from a variety of work backgrounds, so profession specific mentoring (i.e. being mentored by someone that does a similar role to you) is often possible.

Mentoring can support you by encouraging independence and self-development whilst helping to identify opportunities for future development. The improvements in performance can lead to increased job satisfaction and often also benefit both the employer and the wider NHS.

Make some you time! Join our mentoring scheme!

For further details write to: [bswicb.traininghub@nhs.net](mailto:bswicb.traininghub@nhs.net)

**DON'T  
MISS  
OUT!**

## Don't forget to book! Personalised Care Annual Event

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A Training and Networking event for Care Coordinators, Health Coaches and Social Prescribers working in BSW as well as other clinical and non-clinical colleagues with an interest in Personalised Care. Training sessions include Trauma Informed Care (Swindon Mind) and The Importance of Cultural Competency in Healthcare (Changing Suits).

Tuesday 04 March 2025 - 09:45-14:00 at Mechanics' Institute, Emlyn Square, Swindon SN1 5BP. Please complete the [booking form](#) to secure a place or contact [veronica.kuperman1@nhs.net](mailto:veronica.kuperman1@nhs.net) to find out more.



## This Month's Wellbeing Feature: Happy and Healthy February

Let's keep up the momentum in February 2025 because **You** are your priority (or you should be)!

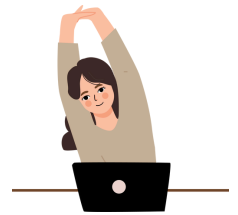
**Week 5:-** Incorporating Mindfulness can help us through the day. Why not try a mindfulness cuppa. No screens, no calls – just you, a few minutes peace, and a cuppa the only thing getting your full attention. Enjoy!

**Week 6:-** When's your lunch break? Blocking out a lunch slot in your diary is a must. Can it be moved for flexibility – Yes. Can it be removed - No. Why not have a more positive and productive pm by ensuring this essential break in the day.

**Week 7:-** Let's talk LBP (lower back pain), if only colleagues who are sat down all day could do something to help this. But wait... we can.... Stretch it out folks! Choose your favourite stretch, side bends, rotation, and for a few minutes, a few times a day, each day this week, get off that office chair.

**Week 8:-** “ When you're smiling, when you're smiling, the whole world smiles with you” (sing along). That's because when we see someone smiling our brains create feel good hormones, and it triggers the same positive response in ourselves. Plus, it's nearly spring, so there's lots to smile about 😊.

### Mindfulness



**Is a lack of confidence in Maths and / or English holding your career progression back? Are you looking to undertake an apprenticeship programme but can't evidence that you have Level 2 Maths and/or English? The BSW Training Hub can help!**



The BSW Training Hub has now registered with [BKSB one Advanced training provider](#) to offer primary care staff FREE training with the opportunity to go on to take Level 2 Functional Skills exams, also FREE.

The BKSB Functional Skills course covers the essential Maths and English needed for you to thrive in your personal and working life. The course is made up of several modules, written to match the Functional Skills standard specifications.

The Training Hub has also registered with [Open Awards](#) who offer the Functional Skills exams so employees can receive training and qualifications all FREE.

If you would like more information on this offer, please contact [kevinforeman@nhs.net](mailto:kevinforeman@nhs.net) in the Training Hub.

## What is Advanced Practice?

1. Advanced practice is a level of practice. Someone who works at this level is referred to as an Advanced Clinical Practitioner (ACP) or Advanced (their Profession) practitioner e.g. Advanced Paramedic Practitioner.

2. The agreed definition of advanced clinical practice is outlined below:

Advanced clinical practice is delivered by experienced, registered health and care practitioners. It is a level of practice characterised by a high degree of autonomy and complex decision making. This is underpinned by a master's level award or equivalent that encompasses the four pillars of clinical practice, leadership and management, education, and research, with demonstration of core capabilities and area specific clinical competence. Advanced clinical practice embodies the ability to manage clinical care in partnership with individuals, families, and carers. It includes the analysis and synthesis of complex problems across a range of settings, enabling innovative solutions to enhance people's experience and improve outcomes.

3. This definition therefore requires that health and care professionals working at the level of advanced practice to exercise a high degree of autonomy and decision making in a context of complexity, uncertainty and varying levels of risk, holding accountability for decisions made.

4. Please see the [multi-professional Advanced Clinical Practice \(ACP\) framework \(2017\)](#), for further detail. Further work is ongoing to support the identification of these roles.

NHS England South West Advanced Practice Faculty Handbook has been refreshed for 2025/2026. This can be located on [their Faculty website](#).

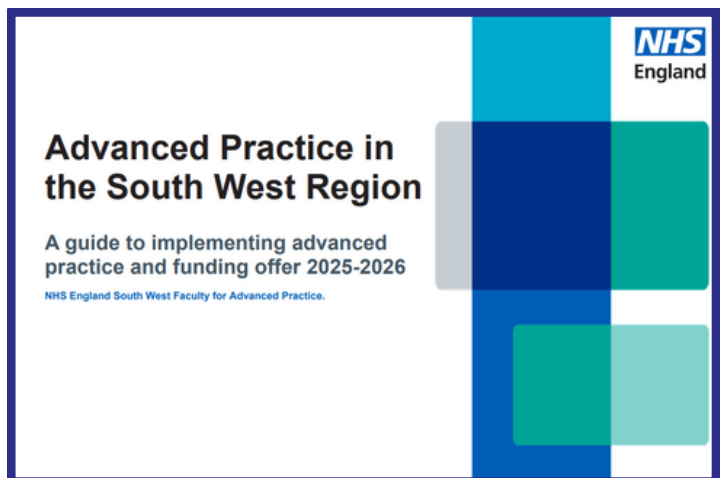
The handbook is on the resources for organisations section, along with other resources such as the Emerging Areas Workforce Transformation Resource. These organisational resources can be found [here](#).

The annual demand scoping for 2025/2026 will open on Tuesday 4th February and close on Thursday 27th March 2025.

Completion and submission of the HEE Centre for Advancing Practice's Governance Maturity Matrix is a requirement of this funding for each organisation applying, and we request that this is shared with the Faculty by Thursday 27th March 2025. The Governance Maturity Matrix can be found [here](#).

It is very much advised that anyone considering applying for funding support for this year start to complete the matrix as soon as possible and before the deadline of Thursday 27th March 2025. Help with how to complete the Maturity Matrix can be found [here](#).

All of those who have already expressed an interest in funding this year will be sent this information in advance of the opening date of 4th February 2025.



# Training Hub Team



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Nurse Fellowship April  
2025 - 2026



**Rachel Cooke**  
Projects Lead (GP Flex  
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**Hannah Cornish**  
GP Fellow  
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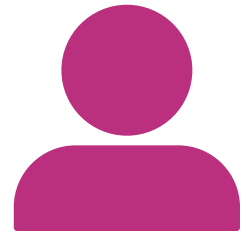
**Helen Edwards**  
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**Tina Fear**  
Nursing Lead



**Kevin Foreman**  
Lead for Apprenticeships,  
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