

Introducing Milly - Nurse Education Fellow

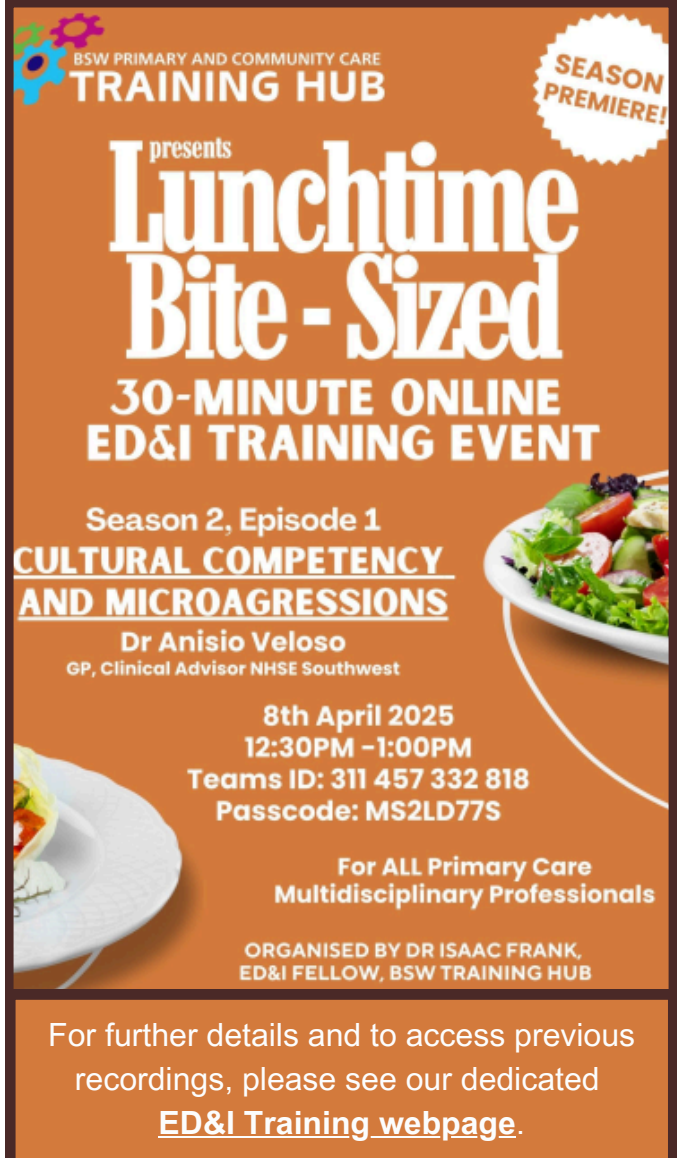
Milly has been a Registered Nurse for 15 years, working in General Practice for the last 6 years.

She is an Advanced Nurse Practitioner working within both, routine and Urgent Care

as well as the Clinical Nurse lead for a team of 8 Nurses, NA's and HCA's. Milly has a special interest in Clinical Supervision and successfully established multiple Clinical Supervision programmes across BSW.



Throughout her career, Milly has developed a passion for teaching, learning and development in practice. Therefore, she is delighted to be further developing Nurse Education as a Fellow in the BSW Training Hub from April 2025.



BSW PRIMARY AND COMMUNITY CARE
TRAINING HUB

SEASON PREMIERE!

presents
**Lunchtime
Bite - Sized**

**30-MINUTE ONLINE
ED&I TRAINING EVENT**

Season 2, Episode 1
**CULTURAL COMPETENCY
AND MICROAGGRESSIONS**

Dr Anisio Veloso
GP, Clinical Advisor NHSE Southwest

8th April 2025
12:30PM - 1:00PM
Teams ID: 311 457 332 818
Passcode: MS2LD77S

For ALL Primary Care
Multidisciplinary Professionals

ORGANISED BY DR ISAAC FRANK,
ED&I FELLOW, BSW TRAINING HUB

For further details and to access previous recordings, please see our dedicated [ED&I Training webpage](#).



Time is running out to use your CPD funding! Please claim reimbursements for nurses and AHPs by Monday 31st March 2025 if at all possible. Contact [Helen Edwards](#) if you have any questions about reimbursements or training requirements.

Fully Funded Suicide First Aid Training – Tuesday 8th April 09:30-16:30

Teaching the theory and practice of suicide intervention skills that can be applied in any professional setting.

Please contact: h.edwards12@nhs.net

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

- ✓ FOCUS ON - Visa Sponsorship Licences (funding still available) - [page 2](#)
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FOCUS ON - Visa Sponsorship Licences



Rachel Cooke, Project Lead

Funding still available – act now to become a visa sponsoring practice



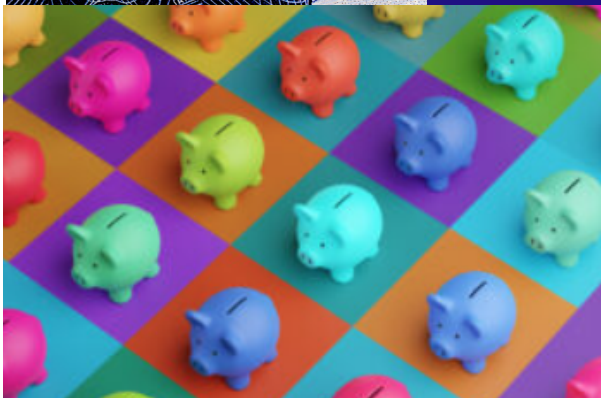
BSW Training Hub are continuing to offer financial support (£536 for cost of licence) to practices who apply for a Visa Sponsorship Licence. To secure this funding and become a sponsoring practice please email: rachelj.cooke@nhs.net.

Do you know what a Visa Sponsorship Licence is or why you might need one?

This podcast will persuade you to push this up your practice list of priorities as something to have in place! Listen now to find out why. Wessex LMCs Joint CEO and GP Dr Laura Edwards talks with a panel (including our very own Marie Narang, Practice Manager, Salisbury Medical Practice - featuring at 22:30mins) around visa sponsorship and how it impacts International Medical Graduates particularly around the time of qualification and what actions practices may want to take to help with their recruitment.

Obtaining a sponsor licence can be a long-term strategic decision for individual GP practices, allowing the organisation to access a wider pool of candidates to address shortages.

For further information visit: [Skilled Workers/Visa Sponsorship Licences](#) or contact rachelj.cooke@nhs.net



Reimbursement of Visa Costs for Newly Qualified GPs
Newly qualified GPs who have completed their GP training and are being employed and sponsored as a GP, within a BSW visa sponsoring practice, are eligible to have their visa costs reimbursed.

Click [here](#) to access the Guidance/Visa Reimbursement Form.

Please contact rachelj.cooke@nhs.net with any queries.

Last few places left! Book before 03 March. Personalised Care Annual Event



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 Central Community Centre, Emlyn Square, Swindon SN1 5BP.

Please complete the [booking form](#) to secure a place or contact veronica.kuperman1@nhs.net to find out more.



This Month's Wellbeing Feature: Grateful for You in March

Grateful for You in March 2025 because **You** are awesome!

Week 9:- We start the first week of March with a shout out for **Gratitude** to unlock the sense of joy. Why not note 3 things each day that you are thankful for about the day. They can be simple:- what made you smile, what was the best bit, who did you feel grateful for? Ready for Step 2? Pay forward an act of kindness to give someone else a thing to be thankful for. This spread of kindness is good for them and good for you.

Week 10:- Touching base with people may take only a small amount of time but can make a huge difference. Remember short undivided attention is more effective than longer half attention/wandering attention time. Touch base via a well timed GIF; or by sending a quick message to let someone know you are thinking about them, or make that call to check in. You reach out to others.... others reach out to you..... everyone's a winner!

Week 11:- Create some space to ensure you protect **Me Time**, every day / every week. Think about what you do that drains your resource, and what restocks your resource. Running on empty is never a great strategy or a good plan however you try to phrase it. Meanwhile, any amount of Me Time is a great investment and needs to be part of your daily replenishment plan.

Week 12:- Ever feel that everyone wants a piece of you - at work, at home, almost constantly? Then it's time for using some practical tips to **unblur those lines of what's acceptable**. Being explicit about 'I can do this; I can't do that' can help manage the expectations of others. Decline when you need to decline, develop a closedown routine for each day, and schedule your shutdown time before you reboot and are awesome once again!



me time



Wellbeing Support: Offer from Di Walsh

There is so much information and advice, and indeed many offers, in relation to wellbeing - but sometimes they just don't seem to 'hit the spot'.

If you would welcome a confidential conversation in relation to your (or your team's) wellbeing, with some help to scope the best option for you to follow up on, please don't hesitate to contact Di Walsh, BSW Training Hub Programme Lead & Wellbeing Lead for a supportive conversation.

This conversation can take the form of coaching or mentoring, or advice and guidance, or even signposting to training. It's a very safe place for you to offload, gain support, and reflect on future actions in a positive way. The only criteria being that it is helpful for YOU! You can reach Di via diane.walsh@nhs.net.

Social Prescribing Day - 19 March 2025

19 March 13.00 - 13.45: Join us online to celebrate Social Prescribing Day - an annual celebration of the people, organisations and communities who make social prescribing happen!

We will be hearing from Dr Daniel Hayes, Senior Research Fellow in Social Science, University College London. Daniel manages the day to day running of Wellbeing While Waiting, a three year national programme of work which is exploring how social prescribing can help young people waiting for NHS mental health support. He is also a collaborator on ORIGIN, led by the University of Oxford, which is exploring online arts and culture for young people's mental health. Daniel is also head of the Social Prescribing Youth Network (SPYN), a group of 1,300 members who are interested in rolling out and embedding youth social prescribing across the UK and internationally.



Please contact veronica.kuperman1@nhs.net to book a place.

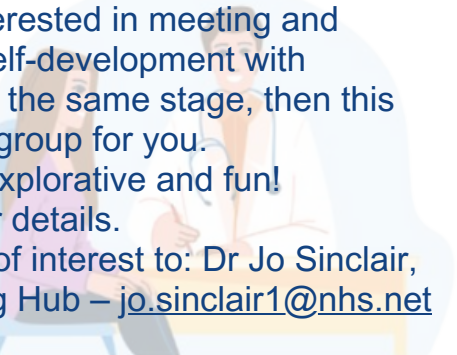
Mid-Career GP Peer Group 2025

If you are in the middle of your career as a GP and interested in meeting and working on self-development with colleagues at the same stage, then this might be the group for you.

Supportive, explorative and fun!

Click [here](#) for details.

Expressions of interest to: Dr Jo Sinclair, BSW Training Hub – jo.sinclair1@nhs.net



Late Career GP Peer Group 2025

Are you a late-career GP navigating the 'afternoon' of your professional life?

Do you find yourself with fuzzy concerns about what's next?

Join a small, friendly, supportive facilitated peer group – click [here](#) for details.

Expressions of interest to: Dr Jo Sinclair, BSW Training Hub – jo.sinclair1@nhs.net



GENERAL PRACTICE NURSE CONFERENCE

Wednesday 25th June 2025

Time: 09:00-16:00

Double Tree Hilton Hotel
Lydiard Field
Swindon
Wiltshire SN5 8UZ

To book your place email: bswicb.traininghub@nhs.net



Training Hub Team



Liz Alden
Clinical Lead
(Portfolio with GP Education)



Milly Ballentyne
Nurse Fellowship
2025 - 2026



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



Hannah Cornish
GP Fellow
(Education)



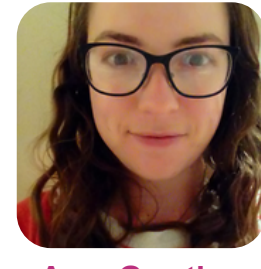
Helen Edwards
Admin Lead



Tina Fear
Nursing Lead



Kevin Foreman
Lead for Apprenticeships,
AHPs, & Advanced Practice



Amy Gwyther
GP Training Hub Fellow
2025 - 2026



Veronica Kuperman
Personalised Care Lead



Jim Petter
Paramedic Lead &
Workforce Planning



Jo Sinclair
GP NQF & GP
Retention Lead



Jacqui Simmonds
Legacy Nurse &
GPN Support



Roger Stead
Senior Project
Manager (BEMS)



Oliver Thomas
GP Inequalities Fellow
2025 - 2026



Will Wallage
Co-Clinical Lead
(Portfolio with GP Quality)



Di Walsh
Training Hub
Programme Lead &
Wellbeing Lead



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