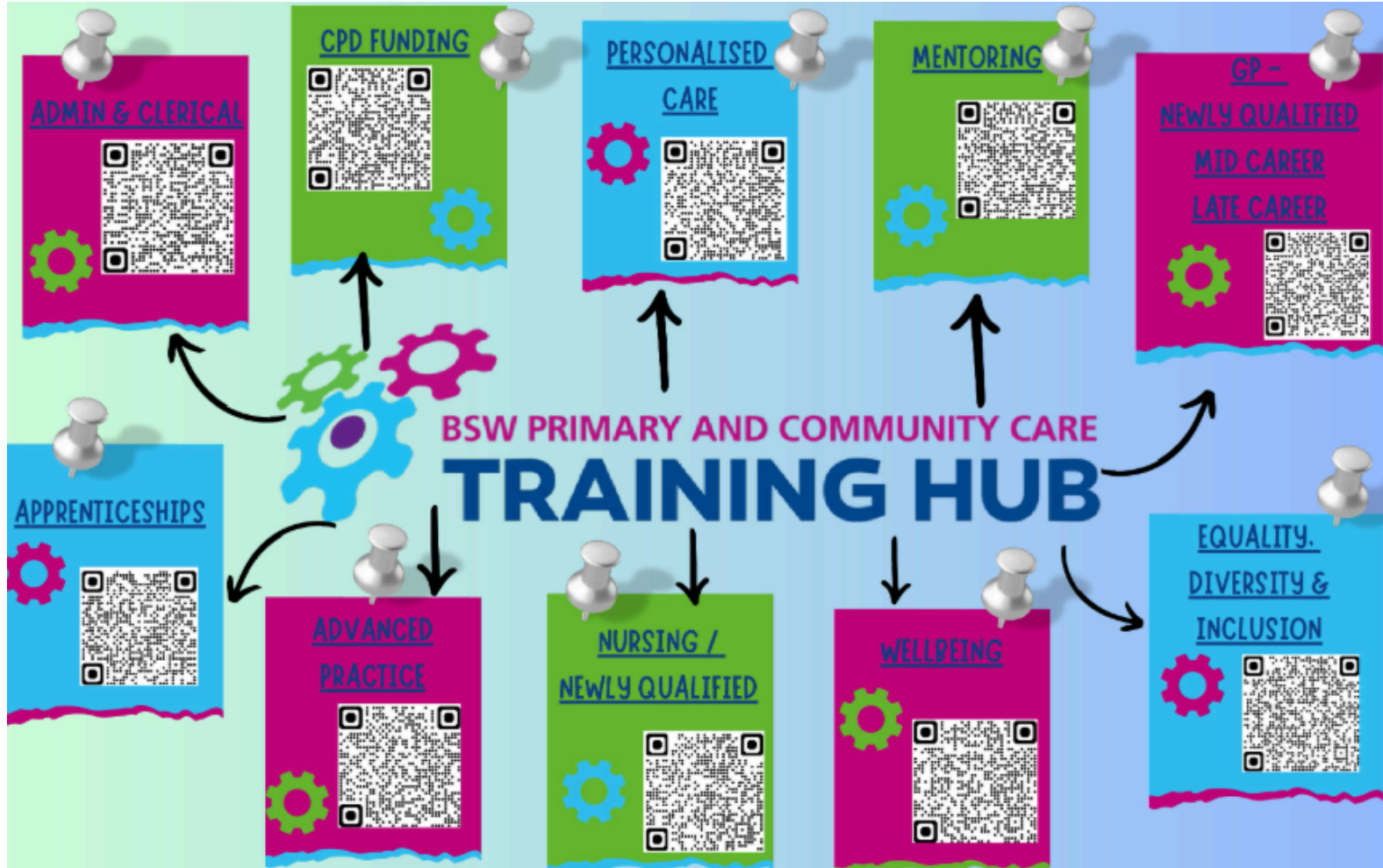




Training Hub Poster

If you attended the PCN / Practice Manager face-to-face meeting in Trowbridge in April, you would have received a poster to display on your noticeboard. This poster outlines the purpose of the Training Hub and how we can assist you. If you were unable to attend or would like a digital version, please refer to the poster [here](#).



Your 'go-to' place for education, development and support

bswicb.traininghub@nhs.net

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

- ✓ Knowledge and Library Services - [page 2](#)
- ✓ Personalised Care Corner - [page 3](#)
- ✓ June Wellbeing Tips - [page 4](#)

GP Assistant Programme - Southwest Region

Funding is available for 50 places on the GP Assistant Programme in the Southwest region.

Please see [information flyer](#) detailing the application process.

The next cohort of learners is due to commence on 10 July 2025.

Please register your interest by 30 June 2025.

For any queries, please contact devon.traininghub@nhs.net



Beat Eating Disorders - Beyond the Symptoms Wednesday 02 July 2025, 09:30-16:30

Hurry! Limited places left.

Click [here](#) for further information.

To book please contact: h.edwards12@nhs.net



Knowledge and Library Services for GPs and Practice Teams

NHS Knowledge and Library Services can give you access to the most up to date and trusted evidence and information in healthcare today, enabling high quality decision making, professional development, research and innovation to achieve health improvement across England, locally, regionally and nationally.

More information on what's available for Primary Care staff can be found [here](#) along with [promotional material](#).

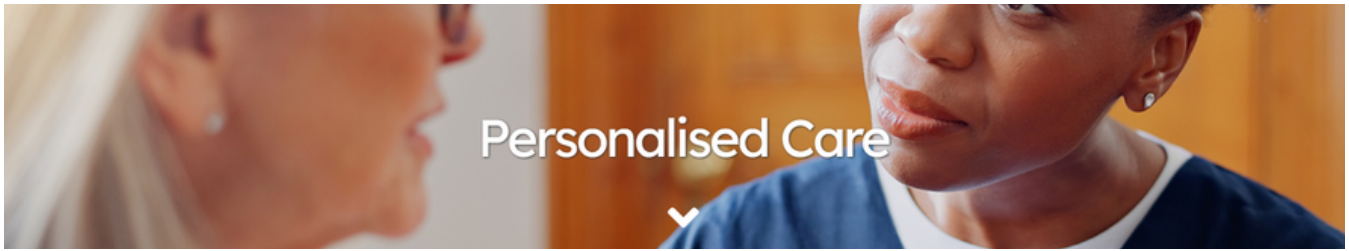


Funded Membership for Association of Apprentices (AOA)

The NHSE funded membership for AOA has just renewed. It is free for any NHS apprentice, past or present and they will have access to great resources, community networking, virtual and face to face events and mental health support. Please click [here](#) for more details.



Personalised Care Corner



Coffee & Connect

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

- Care Coordinators Coffee & Connect: Wed 4 June 12.00-12.30.
- Social Prescribers Coffee & Connect: Wed 4 June 12.45-13.15.
- Health Coaches Coffee & Connect: Wed 4 June 13.30-14.00.

If you haven't received an invite and would like to attend, please contact: veronica.kuperman1@nhs.net

Induction and Information Sessions

The Training Hub Personalised Care Lead offers induction and information sessions for new and existing Personalised Care colleagues and managers. Please email veronica.kuperman1@nhs.net to book.

Team on TEAMS

If you would like to be added to our Personalised Care Teams Channel, please contact: veronica.kuperman1@nhs.net

Webinar: Masculinity and Men's Mental Health

In partnership with Swindon Mind – delivered by Sara Bhavani
2nd July, 12:30 – 13:30 Link: [Join the meeting](#)

What will be covered:

- Definitions of terms
- Overview of 'mental wellbeing'
- Why mental wellbeing is important and why men are less likely than women to access appropriate support
- Men, masculinity and socialisation
- How can we effectively support men with their mental wellbeing?
- Q&A



This webinar is free to attend is open to all BSW staff. For additional information please get in touch with Veronica Kuperman, Personalised Care Lead veronica.kuperman1@nhs.net



This Month's Wellbeing Feature: June Wellbeing Tips

Some suggestions for each week of June 2025 because You are your priority (or you should be)!

Week 21 – In another week of expected workplace challenges, you are invited to focus on the things that bring you joy and fulfilment, whether that is spending time with loved ones, pursuing a new hobby, or making a positive impact in your community. Small things can be full of meaning and purpose and can offer some much-needed perspective. Enjoy!



Week 22 – Have you heard of Joseph Campbell's - A Hero's Journey? The journey is boiled down to 3 stages:- Departure (leaving a familiar world), Initiation (navigating the unfamiliar world), Return (return to a new familiar world). All heroes have been through this journey. They appreciate that hardships make resilience, that it's each unique journey that makes you special, and that sharing stories may help someone else with theirs.



Whilst on the subject – take a moment to think about what you have previously been through, all the good things you do, how you turn up, and embrace who you are. You are a hero!

Week 23 - How is your Rest Ethic? Probably never been asked that before. What would it look like if you mapped out your week this week? Work at work, work at home, chores, helping others. How many hours rest is there scheduled in for YOU? Does your long-term wellbeing strategy mean more to you? – then schedule more R&R time.



Week 24 – A little perspective this week as look at managing our opinions as a key to wellbeing. Everyone has different opinions, or we would not have the pineapple on pizza debate (yes or no), or the what goes on a scone first (jam or cream) controversy. Some tips:



- Stepping back and thinking things through can help identify fact from emotion.
- Considering other points of view builds perspective and understanding.
- Letting it go (as Elsa would say) when opinions are not serving you well can reduce anxiety.
- Not taking it personally when someone disagrees is useful and aids relationship building.
- Listening well to others rather than just proving you're right is a good strategy (imagine if you are actually wrong)!



Training Hub Team



Liz Alden
Clinical Lead
(Portfolio with GP Education)



Milly Ballentyne
Nurse Fellowship
2025 - 2026



Rachel Cooke
Projects and
Governance 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 &
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