

# Newsletter

July 2025



BSW PRIMARY AND COMMUNITY CARE  
**TRAINING HUB**

## FCP Clinical Supervision Training Session - 17 July 2025

Please see [flyers](#) inviting you to join a free online training session on Thurs 17th July 2025, 09:30-11:00 - [book now](#). If you were a previous attendee, please pass this information on to another one of your colleagues. NHS England has also extended the funded FCP Programme for another year so if you have a member of staff that is interested, Coventry University are recruiting for their September 2025 intake now.

For further details please see both [flyers](#), [web page](#) and [link](#) to the application form.

## Diabetes Study Day, 24 September 2025 - Trowbridge Civic Centre

Book your place now for the [annual diabetes study day](#). This day is suitable for GPs, practice nurses and nurse practitioners and is not to be missed. **This event is open to non-members of BGPert**: £80.00 attendance fee applies at the time of booking.

The BSW Training Hub have confirmed they are able to reimburse nurses through their CPD funding on receipt of an invoice from your practice.

For more information please [click here](#).

Please RSVP to [BGPert](#).



## ED&I Training

**Episode 3:** Tues 01 July,  
Migrant Health Inequalities,  
Dr Ros Petrie [Join Here](#)  
(re-scheduled from 23 July)

**Episode 4:** Fri 15 August,  
Difficult Conversations and  
Challenging Feedback,  
Dr Silvana Romero-Brown  
[Join Here](#)



Unsure about the new asthma guidelines?

Struggling to get other clinicians at your practice to prescribe MART and AIR therapy?

Feeling overwhelmed with trying to reduce salbutamol use?



If you are interested in having a face-to-face asthma training session at your practice for clinical and/or administrative staff, email **Amy** at the Training Hub [a.gwyther@nhs.net](mailto:a.gwyther@nhs.net)

*Illustration from Primary Care Respiratory Society*

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

- ✓ [Primary Care Nursing Awards - page 2](#)
- ✓ [Oliver McGowan Training - page 2](#)
- ✓ [July Wellbeing Tips - page 3](#)

## CYP Gender Support

The BSW children and young people's (CYP) gender support pathway launched on 1<sup>st</sup> April 2025. This is a joint pathway between community paediatrics and mental health services across BSW. Referral forms are now available on Arden.

Referrals will only be accepted from GPs. Lunchtime info sessions will be held on 10 July and 11 Sept at 1pm for 30 mins, please email [victoria.smith143@nhs.net](mailto:victoria.smith143@nhs.net) for an invite to this. Dr Teresa Carter, Community Paediatrician, and Lucy Hubbard from Oxford Health will be in attendance to answer any queries.



## South West Community and Primary Care Nursing Awards 2025



The 2025 South West Community and Primary Care Nursing Award nominations are now open.

Do you know a nurse, nursing associate, health care support worker or nursing team that have shined brighter this year? Do you want to see them get recognition for the great things they have done? Here is your chance!

Click [here](#) for details on the awards available, and then submit your nominations using the Microsoft form link or QR code in the document by 25 July 2025.

The South West Community & Primary Care Nursing Programme look forward to receiving your nominations.

## Basic Human Nutrition Course

The Training Hub are pleased to share this [Basic Human Nutrition Course](#) as excellent, evidence-based learning for anyone who has a need, or an interest, in improving or consolidating their knowledge in relation to nutrition. It comes with the compliments of Somerset ICB.



## How to Book - Oliver McGowan Training in BSW (fully funded)



**PART 1** - Oliver McGowan Mandatory Training on Learning Disability and Autism is an e-learning module accessed via e-LfH and must be completed before moving on to Part 2.

**PART 2** - after completing Part 1, practice colleagues can then book the Oliver McGowan Mandatory Training Part 2 (Tier 1 or Tier 2) via the following link: [Events - BSW Training & Education](#). Please see full details on TeamNet [here](#).

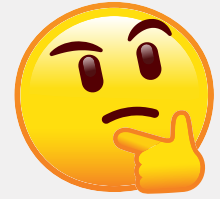
If you would like to attend the Part 2 Tier 1 / Tier 2 training as a small group of colleagues together, or you are a manager who would like to block book your staff onto training dates, please contact [danni.aw@nhs.net](mailto:danni.aw@nhs.net) who can assist you with this.



# This Month's Wellbeing Feature: July Wellbeing Tips

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

**Week 25** – This week's invitation is to go back in time to when something filled your headspace with concern and consider how you feel about it today. Moving forward, we ask, will this matter in a year?



**Week 26** – Questions this week. Are you waiting for the perfect moment to start your new wellbeing opportunity? Seeking support? Starting a new diet? Exercising more? Managing your work/life balance? When exactly is the perfect moment then? Why do we wait for them? There will never be a perfect moment, nor will anyone else give you a green light. Why not get started today?



**Week 27** – Still in those back to back meetings? If you are suffering from brain melting negative effects from back to backs, imagine a reset. Tips include:

- schedule to finish early (i.e. 25 min or 50 min meetings)
- have a tight agenda and stick to it
- conduct a meeting audit and be ruthless
- consider if you really need to attend each time you get an invite.
- Ensure 'travel' time (yes even virtually) for each meeting to gather your thoughts, have a drink to hand, and breathe. Travel out with final notes, comfort break and close that meeting in your mind. You are now ready to repeat.



**Week 28** – This week you are introduced to JOMO, relation of FOMO but a lot more fun!



If you suffer from Fear of Missing Out (FOMO), you might find you are a compulsive e-mail / phone / message checker. You check messages even when on holiday as you don't want to miss anything, must hear it first, stay connected etc.



Well imagine if you will, the Joy of Missing Out (JOMO) – disconnecting from modern life hustle and bustle, not trying to 'keep up' which is exhausting, stepping back, breathing, and focusing on what truly matters.

Fancy a bit of JOMO? Set an example, don't contact people when they are on holiday, single task for a bit by doing one thing without distraction, exercise caution before commitment thus avoiding impulsive decisions, and above all celebrate your downtime.



# 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,  
GPIP Facilitator &  
Prescribing Lead



**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**  
Clinical Lead  
(Portfolio with GP Quality)



**Di Walsh**  
Training Hub  
Programme Lead &  
Wellbeing Lead



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