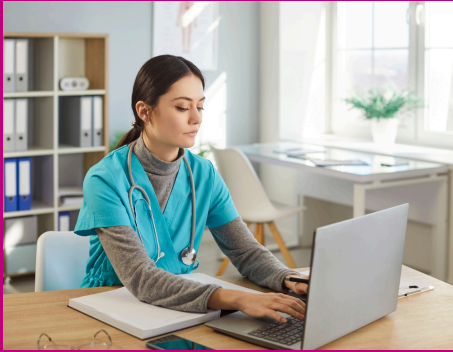




Unlock Funding for Advanced Clinical Practice – Don't Miss Out!

Expressions of Interest for NHSE funding support opens February 2026 - is your practice ready? If you're considering supporting a staff member to pursue an Advanced Clinical Practice qualification, join our essential Information Webinar on Wednesday 3 December 2025, from 12:30 to 14:00 via TEAMS.



This session will guide you through the funding process, eligibility, supervision, and how to prepare a strong application. It's your chance to ask questions and plan ahead with confidence.

💡 Contact kevinforeman@nhs.net to secure your spot - empower your team and shape the future of care.

BSW Primary Care Shines at Southwest Awards Ceremony 🎉

We're proud to celebrate the achievements of BSW primary care colleagues at the Southwest Community and Primary Care Nurse Awards held in Taunton on 16 October 2025. Their dedication, excellence and innovations were recognised among the region's best.

🏆 Award Highlights:

Above and Beyond Primary Care Nurse Award

🏆 Winner: Susan Mannings – The Southbroom Surgery

🥈 Finalist: Becky Wych – Combe Down Surgery

Primary Care Nurse Leadership Award

🥈 Finalist: Yvonne Winters – Hawthorn Medical Centre

Unsung Hero Award (Non-nurse)

🌟 Highly Commended: Kim Hiles – Chippenham, Corsham and Box PCN

Outstanding Nursing Associate/Student Nursing Associate Award

🏆 Winner: Maisy Parks – Bath Independents PCN

These honours reflect the incredible work taking place across BSW.


Congratulations to all our nominees and winners!



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

- ✓ Asthma Training - Last Few Sessions Remaining - [page 2](#)
- ✓ Knowledge and Library Services - [page 3](#)
- ✓ Using Mounjaro to Support Weight Loss - [page 3](#)
- ✓ November Wellbeing Tips - [page 4](#)

Men's Health and Wellbeing Webinar Series



KNOW-VEMBER
2025

Changing the Face of Men's Health in the South West
A month of information, support, and conversations about men's health in the South West

NHS Salisbury NHS Foundation Trust
NHS Avon and Wiltshire Mental Health Partnership NHS Trust

1. Prostate cancer awareness: curable through early detection – 5 Nov (1pm to 4pm)
2. Testicular cancer awareness: risk factors and self-checks – 11 Nov (10am to 1pm)
3. Mental health and suicide prevention – 13 Nov (1pm to 4pm)
4. Tackling alcohol and gambling addictions – 18 Nov (1pm to 4pm)
5. Healthy heart and lifestyles – 25 Nov (1pm to 4pm)

Click [here](#) to register for the webinars.



Book now! Last few sessions remaining for 2025!



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

Illustration from Primary Care Respiratory Society

STOP PRESS: Funded places available on a variety of accredited modules at UWE

Application deadline: 5th December

Contact Info: Please email [Helen](#) for more details.

NETS

NHS

The National Education and Training Survey (NETS) is open!

NETS is the only national survey open to all healthcare students, trainees, and apprentices.

Open until 2 December 2025.
It takes **10 minutes** to share your experiences:

www.hee.nhs.uk/nets-2025



Take the survey
Drive the change

We each have
a voice that counts

People Promise

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](#).



Using Mounjaro to Support Weight Loss - A Guide for General Practice

Join Dr Matt Thomas, GP in BSW, for a practical overview of using Mounjaro in primary care. This short session covers:

- Key pharmacology insights
- How to initiate and titrate safely
- Common prescribing challenges
- Managing side effects effectively



Perfect for GPs and practice teams looking to build confidence in prescribing Mounjaro.

[Access the recorded presentation here.](#)

This Month's Wellbeing Feature: November Wellbeing Tips

Week 41 – Born Lucky or Still Working on It?

Luck isn't magic - it's mindset. Why not try to:

- Say yes to new opportunities.
- Shift from complaints to gratitude.
- Step outside your comfort zone.
- See setbacks as growth in disguise.



Week 42 – A Product of Your Environment

Your environment shapes you - upgrade it by:

- Thinking: Physical, Body, Info, Spiritual, Financial, Relationships, Network, Nature, Self.
- Switching awareness to intention and action.
- Considering which areas need your attention.



Week 43 – The Blank Canvas

Wellbeing isn't about perfection.

- View yesterday's wins or stumbles as gone.
- View today as a fresh start.
- View every day as a blank canvas - paint wisely!



Week 44 – Being Childlike

Reconnect with wonder and play. Try these ideas:

- Ditch the phone and be present.
- Kick leaves and dance in the rain.
- Daydream like a kid - what do you want to be when you are a grown up?!



New Trauma Support Now Available

We're proud to share that Di is now a qualified TRiM (Trauma Risk Management) practitioner.

TRiM is a peer-led approach to supporting colleagues after traumatic events - helping spot those who may be struggling and guiding them to the right support.

Originally developed for the military, TRiM is now widely used across high-pressure sectors. Di's qualification strengthens her wellbeing and resilience offer, ensuring we're ready to support when it matters most.

Got questions or want to know more? Just get in touch - diane.walsh@nhs.net.



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



Website: www.bswtraininghub.nhs.uk



Email: bswicb.traininghub@nhs.net



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