



BSW Primary Care Preceptorship Programme

Do you have a newly Registered Nurse or Nursing Associate joining your practice?

BSW Training Hub is offering another funded, online Preceptorship Programme designed to support nurses and nursing associates who are new to general practice. The programme covers clinical and non-clinical skills and includes a two-day Immunisation & Vaccination course.

Next start date: 26 February 2026

For more information or to book a place, please email: tina.fear@nhs.net



Oliver McGowan Training – New Booking System

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

Part 2 - after completing Part 1, Oliver McGowan Mandatory Training Part 2 (Tier 1 or Tier 2) in BSW is now booked via the OM Hub, not the ICB.

What's changed?

- New booking site: [Book your Part 2 training here](#)
- Managers can book up to 10 staff at once – great for team sessions and lift sharing.
- Use your free coupon codes (click on 'Add Coupon Code' link, enter your code and click 'apply'):
 - Tier 1: PRICAT1!
 - Tier 2: PRI-CAT2!

Part 2 Tier 1 = (1 hour webinar for non-clinical and/or non-patient facing healthcare colleagues)

Part 2 Tier 2 = (full day for clinical or patient facing healthcare colleagues)

Questions?

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

- ✓ Surfing Stress and Creating CALM Workshop - [page 2](#)
- ✓ Mentoring and Training Opportunities - [page 3](#)
- ✓ Fully Funded FCP Postgraduate Certificate Courses - [page 3](#)
- ✓ December Wellbeing Tips - [page 4](#)

Cognitive Behavioural Therapy (CBT) Toolbox Training - 26 February 2026

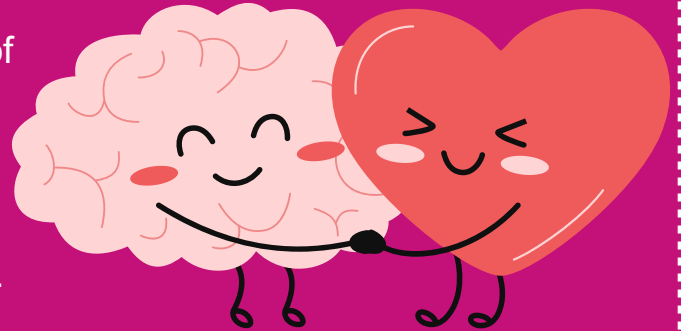
Training: Cognitive Behavioural Therapy (CBT) Toolbox – Delivered by Phil Harris from Freespace

When: Thursday 26 February 2026, 9.30am – 4.30pm

Where: on Zoom

Who is This Course For?

This course will be very helpful to a wide range of professionals who support people with mental health needs across a broad spectrum of disorders. This course offers practical CBT skills for rapid symptom management and can be combined with broader support planning models.



[Click here for more info and how to book.](#)

Surfing Stress and Creating CALM Workshop - 21 April 2026



A practical and paradigm shifting approach to personal resilience and emotional integration.

With Dr Ashish Bhatia, GP and founder of Humble.

Tuesday 21st April 2026. 2.00pm – 4.45pm
BRLSI, Queen Square, Bath

[See further details in attached invitation.](#)

Primary Care Leadership Programmes

Please see the attached document for details of an exciting opportunity to take part in the fully funded Mary Seacole Programme, offering nationally consistent, entry-level leadership training for practice managers, nurses, PCN managers, community pharmacists, and early-career GPs.

The document also includes information about the Rosalind Franklin and Elizabeth Garrett Anderson Programmes, which provide further leadership development options.

[Click here to view the document.](#)

Empowering Growth: Mentoring & Training Opportunities

BSW Training Hub offers a free mentoring service for all primary care staff - clinical and non-clinical. Mentoring provides a safe, confidential space to reflect, plan, and grow, whether you're new in post or seeking career development. Sessions are monthly via Teams or face-to-face.

Interested? Email: bswcb.traininghub@nhs.net



New for February 2026: Join our EMCC-accredited Mentor Training Course to become a qualified mentor. The program runs online from February to July, with portfolio submission in September.

Interested? Email: bswcb.traininghub@nhs.net

Read the full details [here](#).

Fully Funded FCP Postgraduate Certificate Courses – 2026

We're delighted to announce that **Health Sciences University** has secured **additional funding for 2026** to support First Contact Practitioner (FCP) Postgraduate Certificate courses. This means the course remains **fully funded for eligible professionals working in NHS Primary Care in England**.

If you have **paramedics, physiotherapists, occupational therapists, dietitians, or podiatrists** who are ready to take the next step in their professional development, we'd love to hear from you! Please share this opportunity with colleagues or teams who may benefit.

Course Information

- **Part-time structure**
 - **Stage 1:** Delivered fortnightly via a hybrid model
 - **Stage 2:** Delivered monthly online
- **Duration:** Approximately 1 year
- **Intakes:** January, May, and September 2026

For more details, please see the attached [Frequently Asked Questions](#).

To express interest or refer candidates, contact: fcg@aecc.ac.uk

This Month's Wellbeing Feature: December Wellbeing Tips

Eating at your Desk?

Are you finding yourself eating your lunch at your desk? Are you carrying on working whilst scoffing down your option for the day? Whilst a work ethic is admirable, working straight through is straight-up wrong! It does not aid productivity, and it does not aid wellbeing. Human beings are not supposed to be plugged into laptops all day long, indeed no productivity manual is ever going to recommend working 8 hours straight.

An easy tip is to block out a lunch break in your diary. A more difficult, but more meaningful tip is – to discipline yourself to take it! You know it makes sense.



Social Media

Every spring in Japan, 4 trees come into bloom: cherry, plum, peach and apricot. Each flower blooms in its own time and with uniqueness. Human beings also bloom in their own time, but social media does sometimes have a way of making people feel inadequate rather than unique. Managing your social media experience can help maintain your sense of beauty and wellbeing. If you see others celebrating, know your time will come. If your social media inspires, celebrates, and motivates you – great. If not, and it makes you feel inadequate or triggers negativity - what are you waiting for?

Simply unfollow this knowing you are uniquely blooming marvellous just as you are!



Toileting for Adults

If only there was something that we did approx. 8 times a day, that could give us the opportunity to maximise wellbeing. Let's ditch the complex solutions for a moment and look at some simplistic ones....

For each toilet break, is it possible to breathe, stretch, walk to the loo furthest away to get some extra steps in, complete some extra squats or lunges, or shut your eyes and just *be* for a second?

You could also stop to make a cuppa on the way back to replenish those fluids!



In the Tunnel

The darkest periods of life can often become the greatest sources of light, warmth, fire, and passion. They shape us, teach us, and fuel our growth. So, if you are feeling that life is tough right now, know that the light will shine again. When you emerge from the tunnel you will be stronger, wiser, and better equipped to navigate whatever is thrown in your path next.

We all have our tunnels to travel through and our darkness to confront. Reach out, speak to someone, and remember - you've got this!



Training Hub Team



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(Portfolio with GP Education)



Milly Ballentyne
Nurse Fellowship
2025 - 2026



Rachel Cooke
Projects and
Governance Lead



Hannah Cornish
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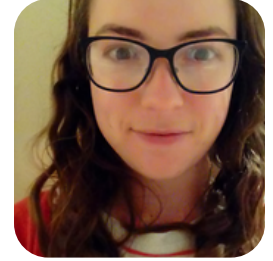
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