



## BSW Primary Care Preceptorship Programme



Got a newly registered Nurse or Nursing Associate joining your practice? BSW Training Hub is offering a fully funded, online Preceptorship Programme to help them thrive in general practice.

- Covers clinical & non-clinical skills
- Includes a 2-day Immunisation & Vaccination course

**Next start date:** 26 February 2026

Secure a place today! Email: [tina.fear@nhs.net](mailto:tina.fear@nhs.net)

## Later-Career GPs Peer Group – Starting March 2026

Are you a GP in the later stage of your career and wondering what's next?  
Join our friendly, facilitated peer group to:

- Explore future transitions with confidence
- Connect with like-minded colleagues
- Share experiences and learn together
- Enjoy shaping an exciting next chapter

**Coach/Facilitator:** Dr Barbara Barton

**Format:** Online | 8 sessions (90 mins each)

**Dates:** March – December 2026

**Sign up:** Email [jo.sinclair1@nhs.net](mailto:jo.sinclair1@nhs.net)



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

- ✓ GP Assistant Programme – Applications Now Open - [page 2](#)
- ✓ New EDI Guide – Strengthen Inclusion in Your Practice - [page 3](#)
- ✓ Act Now: Prepare for Advanced Practice Demand Scoping - [page 3](#)
- ✓ January Wellbeing Tips - [page 4](#)

## Masterclass in Palliative Care - Friday 23 January 2026

Interested in developing your knowledge and skills?  
This course is ideal for experienced doctors, nurses and AHP's who are practicing in palliative care and end of life care. Following excellent feedback in 2025, Dorothy House Hospice are delighted to collaborate with OxCERPC for the third year to bring you this Masterclass in 2026.

### Book now.

The masterclass is worth 5 CPD points.  
[More details on the course content here.](#)




## Boost Efficiency with Agile – Free NHS Training

Join a free 90-minute online session to learn how agile working can make your team more adaptable, efficient, and collaborative.

Includes real NHS examples and practical tips. More dates coming soon!

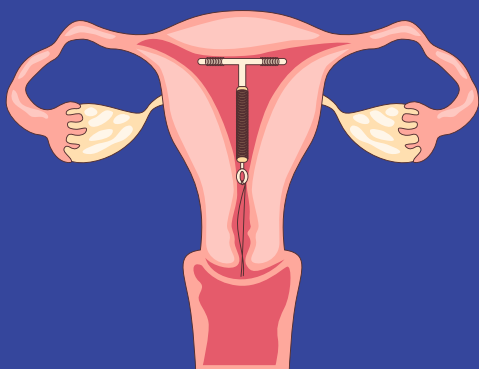
👉 [Full details on TeamNet](#)

### Next session:

 17 **12 February, 15:00-16:30**

 [Register here](#)

## Funding Available: Train Non-GP Staff as LARC Fitters



BSW has secured funding to train nurses and other non-GP staff as Long-Acting Reversible Contraception (LARC) fitters - boosting women's health capacity and reducing practice costs.

**Who can apply?** GP practices in BSW.

**What's covered?** Online theory, clinical training, LoC fees, membership, and staff costs.

Funding is limited - apply soon!

👉 [Read full details on TeamNet](#)

## GP Assistant Programme – Applications Now Open

### Programme Highlights:

- Level 4 qualification
- 9-month programme
- £2,120 funding paid to practice

**Act now** – places are limited!

[Please see full details and how to apply on TeamNet](#)



# New EDI Guide – Strengthen Inclusion in Your Practice

BSW Training Hub has launched a practical Equality, Diversity & Inclusion (EDI) Guide to help practices embed a strong EDI culture and support learners.



## Why use it?

- Be Learning Organisation Approval ready
- Showcase best practice
- Create a welcoming, inclusive culture



Whether you're preparing for Learning Organisation Approval or refreshing your approach, this guide is a valuable resource.

➡ [Read the full announcement and access the guide on TeamNet](#)

For queries, contact [rachelj.cooke@nhs.net](mailto:rachelj.cooke@nhs.net)

## Act Now: Prepare for Advanced Practice Demand Scoping

Planning to support a team member into Advanced Practice?

The annual demand scoping for 2026/27 training opens February and closes March 2026.

### Key steps:

- Complete the [NHSE Governance Maturity Matrix](#) (required for funding)
- Need help? [View resources from our drop-in sessions](#)
- Missed the webinar? [Watch the recording: Unlock Funding for Advanced Clinical Practice – 03 Dec 2025](#)

Start preparing now to stay ahead of the Expression of Interest process.

**Questions?** Contact [kevinforeman@nhs.net](mailto:kevinforeman@nhs.net)

## Primary Care Leadership Programmes

The attached document outlines 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.

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



## Training Calendar

A full list of all primary and community care training hub courses can be found in the [online training calendar](#).

Find out more about training at [www.bswtraininghub.nhs.uk](http://www.bswtraininghub.nhs.uk).

# This Month's Wellbeing Feature: January Wellbeing Tips

## Data, Data, Data

Steps, heart rate, calories... great info, but wellbeing isn't just numbers. Data without context is meaningless. Add the bigger picture - physical, mental, emotional, social, even financial health.

Everyone's journey is different, so avoid comparing with others. Most importantly, celebrate progress, not perfection.

If you hit your goal four days out of seven – well done, you! (despite what the gadget on your wrist says).



## Navigating Financial Storms

Money worries can weigh heavy. FinWELL says financial wellbeing has five parts:

1. Confidence in managing money
2. Your relationship with money
3. Ability to pay bills
4. Resilience for emergencies
5. Planning for the future

It's worth learning and seeking advice whenever you can - small steps make a big difference.



## Music

Music is powerful - it can boost mood, reduce stress, even ease pain. Try these:

- Listen to uplifting tunes daily
- Add music to your bedtime wind-down
- Create playlists for different moods
- Classical music for focus
- Exercise with music for extra energy

If it works, treat yourself to new headphones!



## Neurodiversity

Wellbeing isn't one-size-fits-all. For neurodiverse people (ADHD, dyslexia, dyspraxia, dyscalculia, autism, Tourette's) it's even more complex - and around 15% of us are neurodiverse.

### Tips that help:

- Set realistic goals - energy levels vary
- Take mental breaks throughout the day
- Manage sensory triggers
- Connect with others and share feelings
- Prioritise sleep and food to help regulation
- Stay active - take a walk or change your scenery for part of the day.



# 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, GPIIP  
Facilitator & Prescribing Lead



**Jo Sinclair**  
GP NQF & GP  
Retention Lead



**Jacqui Simmonds**  
Legacy Nurse &  
GPN Support



**Richard Stainton**  
GP Training Hub  
Fellow 2026



**Roger Stead**  
Senior Project  
Manager (BEMS)



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



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



**Anna Woodman**  
GP Training Hub  
Fellow 2026



**Website:** [www.bswtraininghub.nhs.uk](http://www.bswtraininghub.nhs.uk)



**Website:** [www.bswgeneralpracticejobs.nhs.uk](http://www.bswgeneralpracticejobs.nhs.uk)



**Email:** [bswicb.traininghub@nhs.net](mailto:bswicb.traininghub@nhs.net)



**LinkedIn:** [BSW Training Hub](https://www.linkedin.com/company/BSW_Training_Hub)

