

## NEW Lunch & Learn – Your Primary Care Knowledge Boost!

The BSW Training Hub PC Forum is now called “Lunch & Learn” to reflect its content. These sessions are free, online, and open to anyone in primary care. Join expert speakers for practical updates and interactive discussions.



### Upcoming topics include:

- Women’s Health – Endometriosis, Thrush & UTI, Pelvic Prolapse
- Tissue Viability – Wound Care, Chronic Wounds
- Respiratory – Spirometry

View the full timetable: [Click here](#)  
To book: Email [tina.fear@nhs.net](mailto:tina.fear@nhs.net)  
Come and join us!

## Mid-Career GP Peer Group

Monthly Friday-morning sessions in Devizes for mid-career GPs.

Facilitated by Dr Gareth Bryant, focusing on self-development, career planning and work-life balance.

### Full details on TeamNet

Email to register:  
[jo.sinclair1@nhs.net](mailto:jo.sinclair1@nhs.net)



## Late-Career GP Peer Group

A new facilitated peer group for late-career GPs.

Join to explore future career options, connect with peers, and share experiences across eight online sessions led by Dr Barbara Barton.

### Read more on TeamNet

Email to register:  
[jo.sinclair1@nhs.net](mailto:jo.sinclair1@nhs.net)



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

- ✓ Introducing Our New Training Hub Fellows - [page 2](#)
- ✓ Advanced Practice Funding - [page 3](#)
- ✓ Apprenticeship Information Sessions - [page 3](#)
- ✓ February Wellbeing Space - [page 4](#)

## CPD Headlines 2025/26 - we it because:-

- ✔ All practices have connected with the Training Hub to access CPD funding this year.
- ✔ 671 Nurses and AHPs have accessed CPD funding between April 25 – January 26.
- ✔ 20 fully funded Non-Medical Prescriber places have been taken up.
- ✔ We've provided 32 places on Suicide First Aid training this financial year.
- ✔ 48 staff working in general practice have accessed MHFA training in the past six months.
- ✔ 16 staff (including HCAs) accessed the Beyond the Symptoms Eating Disorder Awareness Training.

## LATEST NEWS

### Introducing Our New Training Hub Fellows for 2026



#### Fuelling Your Future - Making Food Your First Medicine

Hello! I'm **Dr Anna Woodman**, a portfolio GP based in Wiltshire with a passion for **Metabolic Health** and supporting people to take control of their wellbeing.

This year, as a 2026 Fellow, I'll be launching an exciting new initiative:

★ **Fuelling Your Future** – a programme focused on helping people reverse type 2 diabetes through a low-carb lifestyle approach.

I'd love to connect with others already exploring similar work in their practices, or anyone keen to collaborate as the programme develops.

💬 Delivering something similar?

👉 Want to get involved?

I'd love to hear from you!

✉ Contact: [anna.woodman3@nhs.net](mailto:anna.woodman3@nhs.net)



#### Group Clinics: A New Approach to Long-Term Conditions

I'm **Dr Richard Stainton**, GP Partner and Trainer at North Swindon Practice, with a special interest in **Lifestyle Medicine**.

During my Training Hub Fellowship year, I'll be developing **group clinics** for long-term conditions, **creating a pioneer site across BSW** to support other practices to adopt this model. There is strong evidence for group clinics in **diabetes, hyperlipidaemia, hypertension, chronic pain and menopause**.

If you're looking for a **new way to manage long-term conditions**, group clinics could be the answer.

Interested?

✉ Contact: [richard.stainton@nhs.net](mailto:richard.stainton@nhs.net)

## Advanced Practice Funding 2026–27 – Applications Open 3 Feb

Applications for Advanced Practice Funding open Tuesday 3 February 2026 and close Thursday 26 March 2026.

The [South West Faculty Advanced Practice Handbook](#) has been refreshed for 2026–27 and includes details on available funding and application criteria.



👉 [Read the full guidance on TeamNet](#)

What you need to do now:


- Complete the [NHSE Governance Maturity Matrix](#) by 26 March (mandatory for funding)
- [View resources from our drop-in sessions](#)
- Missed the webinar? [Watch Unlock Funding for Advanced Clinical Practice \(03 Dec 2025\)](#).

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

## Thinking About an Apprenticeship? Hear Real Stories!

Want to know what it's really like to do an apprenticeship in primary care? To celebrate National Apprenticeship Week within BSW, the Training Hub is hosting an online lunchtime session:

 **Tuesday 10th February**

 **12:30 – 13:30**

**Theme:** Apprenticeship Journeys – Real Experiences from Real People

Hear directly from current and recent apprentices as they share:

- ✓ What apprenticeship they did
- ✓ How it's helped their career
- ✓ Highlights, challenges, and lessons learned
- ✓ Tips for anyone considering an apprenticeship

Whether you're curious about starting your own apprenticeship or just want to learn more, this is your chance to get inspired!

👉 [Click here to join](#)

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

## Feeling Held Back by Maths or English?

Join our session on 11th Feb!

 **Wednesday 11th February**

 **12:30 – 13:30**

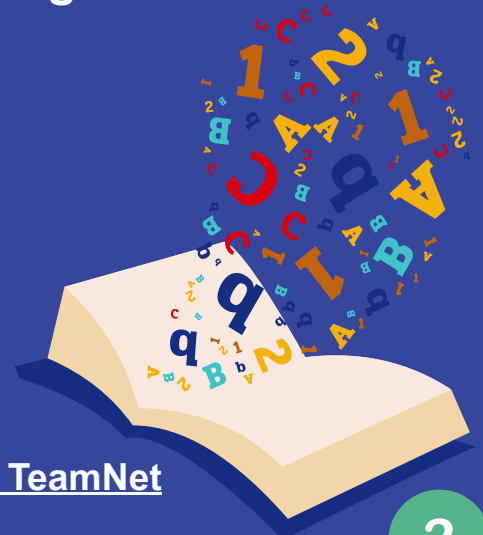
**Theme:** Functional Skills – Overcoming Barriers!

👉 [Click here to join](#)

- ✓ Bust myths about Functional Skills
- ✓ Discover how to boost confidence in Maths & English
- ✓ Get practical tips to unlock career opportunities (including being able to access an apprenticeship)

Don't let Functional Skills hold you back! [See full details on TeamNet](#)

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





## February Wellbeing Space



### Supporting your Mental Health and Resilience in Primary Care

#### Free, Confidential Mental Health Support

NHS Practitioner Health is a free, confidential NHS primary care mental health and addiction service with expertise in supporting health and care professionals. If you can't access local care due to your role or team, you can [self-refer today](#).

#### **New Resource:** [Understanding and Managing Your Emotions](#)

A free eBook offering practical insights and compassionate guidance to help you navigate the emotional impact of your work.

👉 Download now: [UnderstandingEmotionsEbook](#)

Explore more NHS Practitioner Health [self-help and wellbeing resources](#)

#### New Resource: Managers' Guide to Wellbeing Conversations

Supporting colleagues' wellbeing is vital for a healthy and productive workplace. This practical guide offers managers in primary care useful tips to:

- Recognise signs of stress and burnout
- Hold meaningful wellbeing conversations
- Use everyday coaching techniques
- Navigate sensitive situations with empathy
- Access additional support and resources



The guide also includes tips for creating safe spaces, maintaining confidentiality, and looking after your own wellbeing as a manager.

[Read the full guide here.](#)

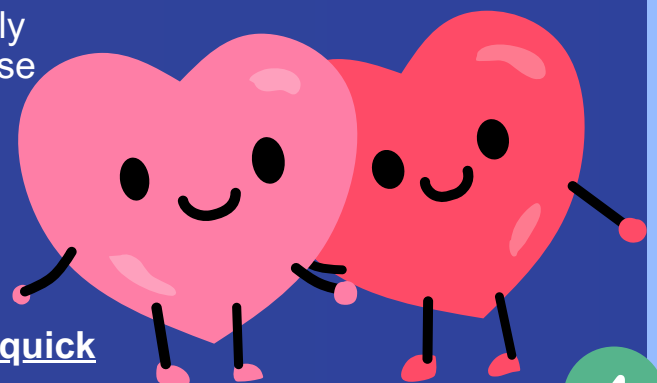
#### Friendly February

Connection is key to our wellbeing, and this February we're inviting you to take part in Friendly February - a month of simple, uplifting actions designed to help you be kinder to others and strengthen your relationships.

Explore the [Friendly February calendar](#) for daily ideas that can boost your mood and support those around you.

Vanessa King, Head of Psychology at Action for Happiness, also shares her [top tips for a more connected month](#), inspired by the [10 Keys for Happier Living](#).

Take action now: Join Abi from the 10 Days of Happiness programme for a [short video and a quick activity](#) to help you feel more connected today.



# 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)

