



BSW General Practice Nurse & Nursing Associate Conference

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Date: Wednesday 10 June 2026

Time: 9:00am – 4:00pm

Venue: DoubleTree by Hilton, Lydiard Fields, Swindon, SN5 8UZ

Join us for a full day of clinical skills, professional updates, and new knowledge to support your development in General Practice.

To book your place, please complete the [booking form](#).

2026							JUNE	
SUN	MON	TUE	WED	THU	FRI	SAT		
	1	2	3	4	5	6		
7	8	9	10	11	12	13		
14	15	16	17	18	19	20		
21	22	23	24	25	26	27		
28	29	30						



A Fond Farewell to Helen Edwards

The end of April will see us bidding a fond farewell to our administration backbone, Helen Edwards.

Helen leaves us to start a slightly earlier than originally planned retirement, and although she knows she will miss all colleagues in Primary Care, she will be filling her time walking the dogs, spending more time with her grandchildren and dancing - what's not to like about that!

We want to say a huge thank you to Helen for all her hard work and dedication to the Training Hub, and for supporting so many primary care staff across our BSW system.

From 1st May 2026, the Training Hub inbox and all administrative queries will be managed by other members of the team.

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

- ✔ Doctors of the World Migrant Health Training - [page 2](#)
- ✔ April Wellbeing Space - [page 3](#)

Doctors of the World Migrant Health Training - Tue 21 April



As more vulnerable migrants are housed across towns and cities - and increasingly register with a wider range of surgeries - it is critical that we are prepared.

Join Valentina D'Orazio (Doctors of the World) and Tom Bain (The Harbour Project, Swindon) for a practical session on inclusive care, the Safe Surgeries Network, and migrant health entitlements.

Who should attend?

All primary care staff - administrative, managerial and clinical.

What's included?

- 30-minute presentation + optional Q&A
- Practical steps to make your surgery more inclusive
- Key information on migrant health and entitlements

New Date: Tuesday 21 April (*rescheduled from 24 March*)

Time: 1pm – 2pm

Joining Link: [Doctors of the World Migrant Health Training: Inclusive Healthcare in Action – Safe Surgeries & Healthcare Entitlements](#)



Important:

This session will not be sent as a calendar invite.

Please add the MS Teams link to your diary now to avoid missing it.

Questions? Contact Dr Ros Petrie: ros.petrie@nhs.net

NB Medical 'Hot Topics' GP Update – 29 April

We're pleased to share details of the upcoming LIVE Hot Topics GP Update Course Webinar, delivered in partnership with NB Medical.

This full-day interactive update is tailored for BSW GPs and GP trainees, offering the latest evidence-based guidance, practical case discussions, and access to high-quality CPD resources.

You can view the [full flyer and booking details attached](#).



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.



April Wellbeing Space

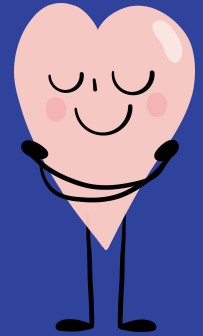


Supporting your Mental Health and Resilience in Primary Care

This Month's Focus: Self-Kindness

We often talk about resilience – the ability to “bounce back” during tough times. The 6 R's of Resilience offer simple ways to check in with yourself:

- Responsibility – owning your mental health and wellbeing.
- Reflection – noticing how you're feeling and what's affecting you.
- Relaxation – finding calming activities that work for you.
- Relationships – building confidence through positive connections.
- Refuelling – eating well and managing alcohol intake.
- Recreation – moving your body and making time for fun.



This month we're spotlighting Relaxation - and how easy it can be to practise a little mindfulness. Mindfulness simply means being fully present in the moment, without judgement. Try these quick ideas:

Cooking: Notice smells, textures, and flavours. Focus on simple tasks like chopping and stirring.



Dancing: Put on music you love and move. Pay attention to how the rhythm and lyrics make you feel.



Nature: Spend time outdoors - feel the soil, notice colours and patterns, listen to birds and everyday sounds.



April's wellbeing nudge: On your next day off, cook a little, dance a little, and step outside for a while. Three small moments of mindfulness that can make a big difference.

COOKING
» TIME «

LET'S
Dance

ENJOY
NATURE

Training Hub Core Team



Liz Alden
Clinical Lead
(Portfolio with GP Education)



Rachel Cooke
Projects and
Governance Lead



Hannah Cornish
Deputy GP NQF Lead



Helen Edwards
Admin Lead



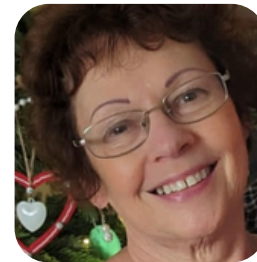
Tina Fear
Nursing Lead



Kevin Foreman
AHP, AP, Mentoring +
Apprenticeship Lead



Jo Sinclair
GP NQF & GP
Retention Lead



Jacqui Simmonds
Legacy Nurse &
GPN Support



Roger Stead
Senior Project
Manager (BEMS)



Will Wallage
Clinical Lead
(Portfolio with
GP Quality)



Di Walsh
Training Hub
Programme Lead &
Wellbeing Lead

Training Hub Fellowships



Caitlin Hayton
GP Training Hub
Fellow 2026



Richard Stainton
GP Training Hub
Fellow 2026



Anna Woodman
GP Training Hub
Fellow 2026