



A Fond Farewell to Dr Jo Sinclair



It's a time of change for our Newly Qualified GP Lead, Dr Jo Sinclair, who will be stepping away from her role at the end of May, and leaving the running of the scheme in the capable hands of Dr Hannah Cornish who has been supporting Jo for the past couple of years.

Jo set up this scheme from its very start and has supported a huge number of NQGP's to date. This has made an immeasurable difference to the experience of those new to the role of a GP, helping them to navigate the early part of their career, as well as supporting practices by providing this external input.

Although Jo will be sincerely missed, her legacy lives on, and your queries will be picked up by other members of the Training Hub and managed by Hannah.

Supporting GP Wellbeing: Why Mid-Career Matters

Did you know that burnout and intention to leave clinical practice often peak in mid-career?

One of our BSW GP mentors, Dr Gareth Bryant, has adapted a recent BMJ article to explore why this happens and what can make a real difference.

The article offers practical insights for GPs and organisations looking to support sustainable, fulfilling careers.



👉 Read the article: [Mid-career satisfaction and thriving in general practice](#)

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

- ✔ BSW General Practice Nurse & Nursing Associate Conference - [page 2](#)
- ✔ Fuelling Your Future Conference - [page 3](#)
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BSW General Practice Nurse & Nursing Associate Conference

EVENTS

Date: Wednesday 10 June 2026

Time: 9:00am – 4:00pm

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

SAVE
THE DATE

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

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

To secure your place, please complete the [booking form](#). Limited places (maximum of 35) – book early!

2026							JUNE						
SUN	MON	TUE	WED	THU	FRI	SAT	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											

Funded Preceptorship Programme for Nurses and Nursing Associates New to General Practice



Do you have a new Registered Nurse or Nursing Associate in your Practice?

BSW Training Hub is offering another funded, online Preceptorship Programme, designed for Nurses and Nursing Associates who are new to General Practice.

The Programme, now condensed to 6-months, covers a range of clinical and non-clinical skills and includes a 2-day Immunisation and Vaccination course.

Next start date: 2 September 2026

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

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.



VISION: A society where everyone enjoys good metabolic health.



MISSION: To empower, inspire and educate people that most chronic diseases can be prevented and reversed by maintaining good metabolic health through sustainable lifestyle changes.

CONFERENCE

When?

Wednesday 4 November 2026 | 09:00–17:00

Where?

The Need Community & Arts Centre,
Chippenham SN15 3WL

Why?

Learn what can be achieved with a low-carb real-food lifestyle

Who?

Everyone working in primary care;
GPs, GP Trainees, Trainers, Health Coaches, Nurses



BOOK NOW!

- ✓ Limited FREE places for BGPert & SET members
 - ✓ Non-members welcome – £80pp for 6+ hours CPD
- 🔗 Bookings via [BGPert](#) or [SET](#)



May Wellbeing Space



Supporting your Mental Health and Resilience in Primary Care

This Month's Focus: Healthy Eating

3 Top Tips for Healthy Eating to Boost Your Energy and Wellbeing

Focusing on simple, sustainable eating habits can make a big difference to how you feel throughout the day. Here are three easy ways to support your wellbeing - whether you're working in practice, at home, or on the move.

1. Explore the Freshwell Plate

Did you know the Freshwell Plate can help guide balanced eating without counting calories? It focuses on higher protein, healthy fats, and plenty of nutritious veg to keep you fuller for longer.

Take a look here: [Freshwell Guide - Freshwell Low Carb Project](#)



2. Try a Time-Restricted Eating Window

Time-restricted eating simply means eating all your meals within a set window - often 10 hours (or even 8 hours if that suits you).

Benefits may include:

- steadier energy levels
- reduced snacking
- improved digestion
- better sleep patterns

It's not about skipping meals, but about giving your body a longer overnight rest.



3. Eat the Rainbow - Aim for 30 Plant Points a Week

Variety is key for a healthy gut. Eating a colourful range of fruits, vegetables, nuts, seeds, herbs, and whole grains helps you reach 30 plant points per week - a great target for boosting gut health and supporting immunity. Try mixing in new colours or types of plants each week to keep it interesting!

[Click here for more information.](#)

Counting Your Plant Points

Whole Plants

Herbs & Spices

Extra Virgin Olive Oil

Tea & Coffee



Points are given for different types and colours of whole plants (e.g., fruits, vegetables, whole grains, legumes, nuts). Herbs and spices. EVOO, tea, and coffee count as 1/4 point

Examples: One green apple + one red apple = 2 points
Two black teas = 1/2 point

Note: Tea and coffee are only counted once per week.

Training Hub Core Team



Liz Alden
Co-Clinical Lead
(Portfolio with GP Education)



Rachel Cooke
Projects and
Governance Lead



Hannah Cornish
Deputy GP NQF Lead



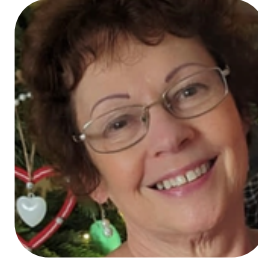
Tina Fear
Nursing Lead



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
Co-Clinical Lead
(Portfolio with GP Quality)



Di Walsh
Training Hub
Programme Lead &
Wellbeing Lead

Training Hub Fellowships



Caitlin Hayton
Training Hub
Fellow 2026



Richard Stainton
GP Training Hub
Fellow 2026



Anna Woodman
GP Training Hub
Fellow 2026