



A Fond Farewell to Di Walsh



At the end of June, we will be saying a very fond farewell to Di Walsh, our BSW Training Hub Programme Lead, as she steps away from the NHS after an incredible 31.5 years of dedicated service.

Di has been a truly exceptional presence across the Training Hub, the ICB, primary care and the wider NHS. Highly respected, deeply trusted and universally liked, Di has made a lasting difference to countless colleagues and primary care staff across our system. Her passion, commitment and unwavering belief in the importance of people and wellbeing have shaped not only the Training Hub, but the culture around it.

Di's leadership, wisdom and warmth will leave a huge hole — not only in our team, but across the many networks and partnerships she has nurtured over the years. Her ability to bring people together, to listen, and to lead with compassion has been truly special, and something many of us will continue to aspire to.

As she steps away from the NHS, Di will be taking some well-deserved time for motorhome adventures, travel and holidaying, before moving on to pastures new. While Di is leaving the NHS, this is very much not the last we will see of her. She will be continuing her wellbeing work independently — wearing her wellbeing hat with the same passion and purpose that has defined her career. We know she will go on to inspire and support many more people in this next chapter.

We would like to say a huge thank you to Di for her extraordinary contribution, her leadership, and the lasting legacy she leaves behind. She will be missed more than words can say, but we wish her every happiness and success for all that lies ahead. ❤️

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

- ✔️ Enthusiastic Nurses Seeking Practice Nurse Roles - [page 2](#)
- ✔️ Events - [page 3](#)
- ✔️ June Wellbeing - A Summer Challenge - [page 4](#)

Migrant Health eLearning

A 45-minute interactive NHSE Migrant Health eLearning module is available for all healthcare staff (clinical and non-clinical) who may encounter refugees and people seeking asylum. The module covers:

- key characteristics of people seeking asylum and refugees
- legal rights and access to healthcare (including common barriers)
- links between migration and health outcomes
- practical guidance on delivering trauma-informed and culturally sensitive care

You can access the training here: [NHSE Migrant Health eLearning](#)

For those who would like a deeper understanding of Trauma-Informed Care – which is particularly relevant to this group of patients but applicable to all consultations and interactions – additional [Trauma-Informed Care](#) eLearning modules are also available via the NHS learning platform.



Missed the Doctors of the World webinar?



If you were unable to attend last month's webinar delivered by Doctors of the World, you can:

- view the [presentation slides](#) and [speaker notes](#).
- sign your practice up to the [Safe Surgeries Network](#)

Enthusiastic Nurses Seeking Practice Nurse Roles

Are you able to support a newly qualified nurse into primary care?

We have a cohort of highly motivated, newly qualified nurses who are passionate about developing a career in general practice and seeking opportunities to become Practice Nurses.

To support this, a funded 6-month online Preceptorship Programme is available, designed to equip nurses with the core skills required for primary care roles.

This is a great opportunity for Practices to:

- Grow their own workforce
- Support early career nurses
- Strengthen succession planning

If you are able to offer a post or would like to find out more, please contact:

✉ 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.

EVENTS

General Practice Nurse & Nursing Associate Conference - 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.

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

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

Limited places (maximum of 35) – book early!

Primary Care Preceptorship Programme - 2 September 2026

BSW Training Hub is offering another funded, online Preceptorship Programme, designed for all nurses and nursing associates new to Primary Care. The Programme, now condensed to 6 months, provides a range of clinical and non-clinical skills appropriate to general practice, including the 2-day Immunisation and Vaccination course.

Start date: 2 September 2026

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

Diabetes Study Day – 15 October 2026

BSW have funded 20 places for non-members, offered first come, first served.

Book here: [Annual Diabetes Study Day for GPs and Practice Nurses](#)

Fuelling Your Future Conference – 4 November 2026

Join this one-day, BSW-wide primary care conference exploring metabolic health and what can be achieved through a low-carb, real-food lifestyle.

Who: Open to all primary care staff

CPD: 6+ hours

Date & Time: Wednesday 4 November 2026, 09:00–17:00

Venue: The Neeld Community & Arts Centre, Chippenham, SN15 3WL

Cost & Special Offer:

- Free: BGPERT members (book via: [BGPERT@birdbath.org.uk](mailto:BGP<small>ERT</small>@birdbath.org.uk)) and SET members (book via [Fuelling your Future Conference](#))
- £80: Non-members
- ★ Special offer: BSW Training Hub has funded 20 places for non-members (first come, first served). To secure a place, please contact kim.taylor18@nhs.net (Swindon Education Trust).

Booking & full details: [Click here](#)

Speaker Biographies: [Click here](#)

Queries: [Dr Anna Woodman, Portfolio GP](#)



June Wellbeing - A Summer Challenge

This June, we're encouraging everyone across Primary Care to take part in a simple, feel-good wellbeing challenge.

“30 Things – How Many Will You Do?”

The idea is easy:

Throughout the month, try as many of the activities below as you can — on your own, or as a team.



Team idea:

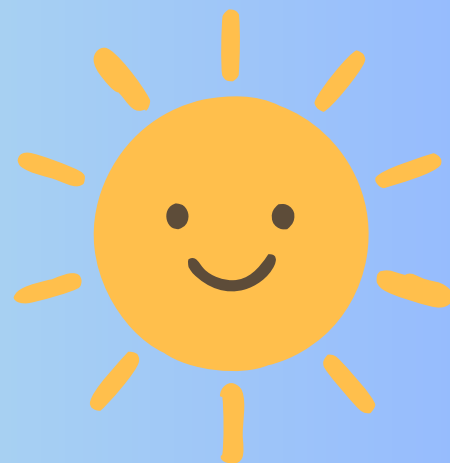
Why not print this off and pop it on your staff noticeboard?

Teams can tick off activities as they complete them, share ideas in meetings, and celebrate progress together.



The 30-Day Summer Wellbeing Challenge

1. Visit a place with vibrant colours
2. Spend 30 minutes listening to calming nature sounds
3. Walk barefoot on grass (or sand if you're lucky!)
4. Try a fruit you've never eaten before
5. Light a candle and focus on the aroma
6. Cook a fragrant meal
7. Reflect on which sense (sight, sound, touch, taste, smell) made you feel most alive
8. Explore a new café, pub or restaurant
9. Take a different route to work
10. Visit a town you've never been to
11. Have a picnic somewhere new
12. Reflect on your favourite new discovery
13. Write down 10 of your biggest achievements to date
14. Send a thank you message to someone
15. List 5 things you love about yourself
16. Take a photo of something beautiful and share it
17. Note 3 small wins from your week
18. Add a happy memory to your 'virtual joy jar'
19. Revisit that happy memory later in the month
20. Dance for at least 10 minutes (no judgement!)
21. Try a new form of exercise (yoga, skipping, push-ups...)
22. Leave an uplifting note for someone (keep it kind, not creepy 😊)
23. Compliment a stranger
24. Buy a coffee for someone or do a small act of kindness
25. Paint or create something
26. Laugh – a comedy, film, or time with friends
27. Reflect on what kindness means to you
28. Plan a holiday (or day trip)
29. Watch a sunrise or sunset
30. **And if you complete the first 29...**
🎉 Treat yourself to a whole day just for you – you've earned it!



💬 Why take part?

Small actions can make a big difference to how we feel day to day.

☀️ **This challenge is about:** boosting wellbeing, trying something new, building positive habits, connecting with colleagues

✅ **Get involved:** Print it, share it, personalise it – and most importantly, enjoy it.

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



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