Newsletter

August 2026



BSW PRIMARY AND COMMUNITY CARE TRAINING HUB

Funded Preceptorship Programme for New Nurses and NAs



Support your newly recruited Registered Nurses and Nursing Associates to thrive in Primary Care.

BSW Training Hub's funded online Preceptorship Programme is designed specifically for those who are new to General Practice, providing tailored support, professional development, and practical skills to build confidence in their role.

The condensed 6-month programme includes:

- Clinical and non-clinical skills development
- Peer support and networking opportunities
- A 2-day Immunisation and Vaccination course

Starts: 2 September 2026. Places are limited and filling quickly.

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

Introducing Sarah Marshall - SWAG Cancer Alliance GP Lead

Hello, I'm Dr Sarah Marshall, the SWAG Cancer Alliance GP Lead for BSW.



Over the coming months, we will be offering a range of cancer education opportunities across BSW, including virtual events in **October** and **December**, followed by a **half-day face-to-face event in February** (date to be confirmed). These sessions will provide updates, share learning, and support improvements in cancer care across our system. Please keep an eye out for further details.

We are also hosting a **Neighbourhood Cancer Care Co-Design Event** in Bath on **24 September**. Further information and booking details can be found here: https://swagcanceralliance.nhs.uk/swag-cancer-alliance-neighbourhood-cancer-care-co-design-events/

If you have an interest in cancer care, or your practice has a Cancer Lead, I would be delighted to hear from you. I am looking to establish a **BSW Cancer Networking Group** to share ideas, best practice and learning across practices.

Please get in touch at sarah.marshall36@nhs.net.

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

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Type 2 Diabetes Remission: Could a Low-Carbohydrate Approach Benefit Your Patients?

Could your patients benefit from a low-carbohydrate lifestyle approach, with the potential to reduce their reliance on medication and achieve improvements in glycaemic control?

At East Kennet PCN, we have been delivering an eight-week programme with encouraging results, covering:

1. Introduction to Low Carb
2. Fear of Fats
3. Movement as Medicine
4. Glucose Monitors
5. Intermittent Fasting
6. Sleep & Stress
7. Gut Health
8. Results & Festivities



If you are interested in learning more about the programme and how it could be delivered within your practice or PCN, please contact anna.woodman3@nhs.net.



15 Funded Places Available – Fuelling Your Future Conference

BSW Training Hub has 15 funded places remaining for primary care staff to attend the Fuelling Your Future Conference. This popular one-day, BSW-wide conference will explore metabolic health and the impact of a low-carb, real-food lifestyle, featuring expert speakers and providing 6+ hours of CPD.

Who: Open to all primary care staff
Date: Wednesday 4 November 2026, 09:00-17:00
Venue: The Neeld Community & Arts Centre, Chippenham, SN15 3WL

Funding available:

- Free for members of BGPERT – book via BGPERT@birdbath.org.uk
- Free for members of SET – book via Fuelling your Future Conference
- 15 funded places remain available for all other primary care staff (normally £80), available on a first come, first served basis.

To secure one of the remaining funded places, please contact **kim.taylor18@nhs.net**
Booking and full details: Click here. Speaker biographies: Click here

August Wellbeing Corner

Supporting your Mental Health and Resilience in Primary Care

This Month's Focus: Small Changes, Big Difference

Working in primary care can be incredibly rewarding, but it can also be demanding. When workloads are high, it can be easy to put our own wellbeing to one side.

Lifestyle Medicine reminds us that looking after ourselves doesn't require dramatic changes. Small, sustainable steps can have a positive impact on both physical and mental wellbeing.

The six pillars of Lifestyle Medicine provide a helpful framework for maintaining good health:

Nutrition: Nourish your body with regular, balanced meals and stay hydrated throughout the day.



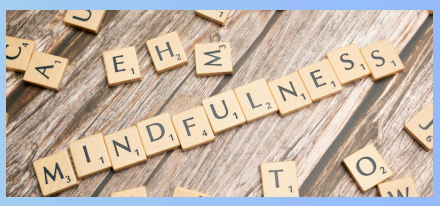
Physical Activity: Find opportunities to move more, whether that's a lunchtime walk, stretching between clinics, or taking the stairs.



Sleep: Prioritise good sleep habits by maintaining a regular sleep routine and creating time to unwind.



Stress Management: Take moments to pause during the day, practise mindfulness, breathing exercises, or simply step away from your desk when possible.



Social Connection: Building and maintaining positive relationships with colleagues, friends and family can help improve resilience and reduce feelings of isolation.



Avoiding Risky Substances: Being mindful of our use of alcohol, nicotine and other substances can support our overall health and wellbeing.



This month, why not choose just **one pillar** to focus on and make a small change? Whether it's taking a short walk at lunchtime, prioritising an earlier bedtime, or catching up with a colleague over a coffee, small actions can make a meaningful difference. **Remember:** looking after yourself is not a luxury. It's an essential part of being able to care for others.

What will your one small wellbeing change be this month? 🌱

Training Hub Core Team



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



Rachel Cooke
Projects and
Governance Lead



Hannah Cornish
NQGP Fellowship
Scheme 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)

Training Hub Fellowships



Caitlin Hayton

Training Hub
Fellow 2026



Richard Stainton

GP Training Hub
Fellow 2026



Anna Woodman

GP Training Hub
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