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News and Updates

ECG Interpretation training for nurses
- 24th January, 10:00–13:00 @ The Irish Cultural Centre, W6 9DT [book here](#)

The session will cover:

- What is an ECG .
- How a trace is produced.
- Identifying red flags.

Personalised Care Networking Event
- 7th February 10:00–15:00 @ St Mary’s Church Marylebone, W1H 1PQ [register here](#)

The personalised care networking event, is bringing together the 3 additional roles in primary care (Social Prescribers, Health and Wellbeing Coaches and Care Co-ordinators) with an opportunity to network, promote offers to the roles and training opportunities.

The day will include exciting presentations on Integrated Neighbourhood working (INTs); Shared Decision Making (SDM), making Every Contact Count and limited slots for onsite massage as well as workshops on personal wellbeing. [View agenda here](#). Please register by the 22nd January to secure your place.
For any questions, please email: nhsnw.ippannedcare@nhs.net

Intro to support options for individuals with no recourse to public funds
- 12th February 2025 10:30 – 13:30 in person @ The Irish Cultural Centre, W6 9DT [express your interest here](#)

Open to ARRS Social Prescribing Link Workers, Care Coordinators and Health & Wellbeing Coaches only.

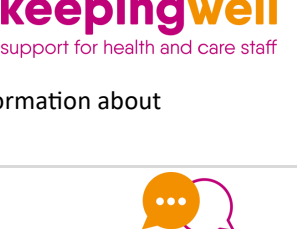
Managing Expectations, Boundaries, and Conflict
- 5th March 2025 9:30 – 13:00 in person @ The Irish Cultural Centre, W6 9DT [express your interest here](#)

Open to ARRS Social Prescribing Link Workers, Care Coordinators and Health & Wellbeing Coaches only.

Practice free Mindfulness Based Stress Reduction (MBSR) with Keeping Well

- Monday 20th January 4-6pm – for 8 weeks [book here](#)
- Wednesday 22nd January 4-6pm – for 8 weeks [Book here](#)

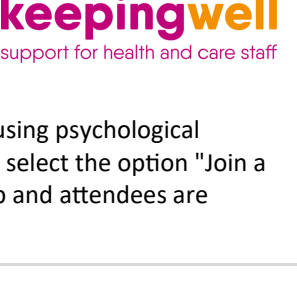
Join Peter Helmer, NHS mindfulness practitioner with the Keeping Well service for an eight week MBSR programme, free to join for all staff. MBSR is an 8-week training programme that can help us better understand how stress manifests in our day to day lives and how mindfulness can help. There is further information about mindfulness and resources for relaxation [here](#).



Burnout Group – Keeping Well

- 6 consecutive weeks starting on 5th February 13:30–15:00. To join complete this [self-referral form](#) and select the option "Join a Burnout Group".
Feeling overwhelmed? Is work stress affecting your mental health and leading to you feeling burnt out? Keeping Well will be facilitating the Burnout Group which will be running for 6 consecutive weeks, starting on Wednesday 5th February, 1:30 – 3pm.

The sessions will incorporate Cognitive-Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT) protocols as a means of promoting positive wellbeing using psychological techniques, reflective exercises and group discussions. There are a limited number of spaces for this group. If you would like to join, you can use the [self-referral form](#) and select the option "Join a Burnout Group". A brief assessment call will be conducted with those interested in joining to ensure the group is a suitable support. Please note that this is a closed group and attendees are encouraged to attend every session.



Gynaecological cancers: Red flags and practical tips
- 15th January 12:45–13:30 [register here](#)

In this session Dr (Marium) Shanaz Meeran, GP cancer lead, and Specialist Gynaecologist Michelle Swer, will cover red flags and barriers to patients suspected of gynaecological cancers. They'll also bring practical tips for earlier diagnosis, like having a low threshold for CA125 tests and when to refer for pelvic/abdominal ultrasounds.



Child Protection Information System training

- 5th February 2025 12:00-13:00 [Join the meeting now](#)
- 6th February 2025 12:00-13:00 [Join the meeting here](#)

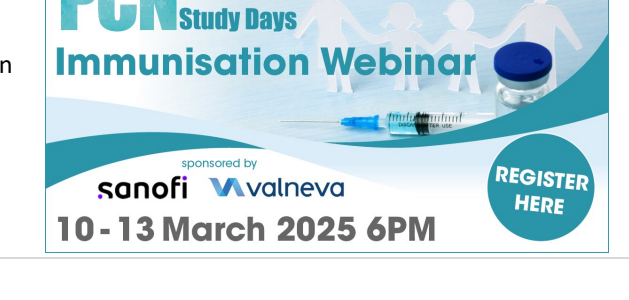
Please note this is IMPORTANT. This is about access to the new Child Protection Information System. It is especially important that all Safeguarding Leads in each Practice are aware of it and know how to access it.
[View event flyer here](#), this has further details and the links to 2 training sessions which will show you how to use this new system – please try and attend one of them and then disseminate the information to all staff in your practice.
Any questions please email: Liz.Royle@nhs.net or o.agboola@nhs.net

Immunisation Webinar Series

- 10th to 13th March 18:00–19:00 [book here](#)

Join PCN in March for a new series of free, easy to access webinars, aimed at giving primary care nurses an essential update on immunisation and influenza. Topics to be discussed in this CPD accredited series include: Respiratory syncytial virus; the current flu season, preventing influenza via vaccination; and shingles.

The series will run online for an hour, include a live Q&A with speakers each night from Monday 10th - Thursday 13th from 6pm each day.



THIS WEEK

Immunisers webinars - Legal aspects for safe vaccine administration - consent and medicines management - 9th January, 9:30–10:30 [book here](#)
Immunisers webinars - Legal aspects for safe vaccine administration - consent and medicines management - 9th January, 13:00–14:00 [book here](#)
SystmOne Registration & Demographic Details - 10th January, 12:00 - 13:30 [Book here](#)

NWL TH Training

Expressions of Interest forms

NWL Training Hub Webinars

Safeguarding Webinars
Please join our 1 hour Online Safeguarding webinars. A certificate of attendance will be provided when attending the FULL session this certificate can be counted towards your 1v 3 Safeguarding annual update. Book 1 or more session using the links provided below or [here by selecting the date from the drop down](#).
FGM / Breast Ironing / Flattening— 27th February 2025 - 11:30-12:30 [Book here](#)
Substance Misuse to Addiction— 12th March 2025 - 13:00-14:00 [Book here](#)
Young People effected by Intimate partner abuse —26th March 2025 13:00-14:00 [Book here](#)

Common Shoulder and Elbow Problems DATE CHANGE
- 26th February 2025 12:30 – 13:30 [book here](#)

This webinar will inform general practitioners of the common shoulder and elbow problems they may encounter in primary care. Learn practical strategies for identifying and addressing these problems to ensure optimal patient outcomes. Early referral criteria and types of shoulder injections are two of the topics that will be covered.

For queries about any of the above webinars please contact nwl.traininghub@nhs.net

For some training we don't currently have training dates arranged, if this is training you would like please complete the relevant expression of interest form and we will be able to run training based on demand. Those who have expressed interest will also be notified when dates are arranged. [Forms can all be found here](#)

Supervisor courses

NWL Training Hub holds a waitlist for both the multi-professional and GP Supervisor courses, if you would like to attend please complete the relevant application form.

Multi-professional Supervisor Course [Application form](#)
Complete the application form to be added to the waitlist for the next available cohorts.

GP Supervisor Course [Application form](#)
Complete the application form to be added to the waitlist for the next available cohorts.

[Pharmacy Educational Supervisor Training programme](#) – available via eLFH

Useful links and Resources

- [Knowledge and Library Resources for GP and Practice Teams](#)
- [Greener NHS – Resources for a more sustainable NHS](#)
- [Survival Toolkit](#)
- [Supported Return to Training](#)
- [Podcast Learning Library](#)
- [Primary Care Resources](#)
- [GP Resources](#)
- [Webinar Recordings](#)

Other Training / Webinars / Events

Primary Care SystmOne Training Schedule

These courses are run virtually, using Microsoft Teams by the Primary Care Systems Team. Please see the [training schedule](#) for full details. These courses can be booked via the [NWL Learning Hub](#). Please contact the Primary Care Systems team if you have questions about this training via nhsnw.servicedesk@nhs.net or call 0203 350 4050.
January 2025 dates:

- SystmOne Reporting - Basic & Advanced** - 14th January, 10:00 - 12:30 [Book here](#)
- SystmOne for Beginners (Practice & PCN staff)** - 16th January, 10:00 - 12:00 [Book here](#)
- SystmOne Document Management (Scanning)** - 16th January, 10:00 - 12:00 [Book here](#)
- SystmOne GP2GP** - 20th January, 12:00 - 13:00 [Book here](#)
- SystmOne – Clinicians** - 23rd January, 10:00 - 12:00 [Book here](#)
- SystmOne ICE Training** - 24th January, 11:30 - 13:00 [Book here](#)
- SystmOne Recoding** - 31st January, 10:00 - 11:00 [Book here](#)
- SystmOne - QOF Management** - 31st January, 13:00 - 14:30 [Book here](#)

Immunisers webinars - Legal aspects for safe vaccine administration - consent and medicines management

- 9th January, 9:30–10:30 [book here](#)
- 9th January, 13:00–14:00 [book here](#)
- 14th January 9:30–10:30 [book here](#)

Immunisers in primary care in London can access immunisation training. The series of webinars are designed to support immunisers to fulfil the requirement for annual immunisation updates and are free to access. [Find more information including dates here.](#)

Gynaecological cancers: Red flags and practical tips

- 15th January 12:45 – 13:30 [register here](#)

This free webinar, facilitated by GatewayC will allow you to refresh your cancer knowledge and ask your questions direct to specialist, Ms Michelle Swer.

In this session Dr (Marium) Shanaz Meeran, GP cancer lead, and Specialist Gynaecologist Michelle Swer, will cover red flags and barriers to patients suspected of gynaecological cancers. They'll also bring practical tips for earlier diagnosis, like having a low threshold for CA125 tests and when to refer for pelvic/abdominal ultrasounds.

Time for Change: Webinars in 2025 - Genie Programme

- The role of apprenticeships in tackling social mobility - 14th Jan 2025, 1PM
- Using apprenticeship levy-transfer to promote social mobility - 7th Feb 2025
- Women at work: The power of apprenticeships - 6th Mar 2025
- Autism and Apprenticeships: This is my story - 3rd June 2025

[Click here to book](#)

A fairer way to fund General Practice: Learning from LLR and Frimley ICSs

- 15th January 2025, 12:00–13:00 [book here](#)

In this webinar, Leicester, Leicestershire and Rutland ICS and Frimley ICS will share their experience and mutual learning in developing a fairer way to fund general practice. They discuss what it may take for a better system to replace the current national GP funding model that has long been recognised as needing reform.

Polypharmacy as a Chronic Condition: Clinical and Ethical Approaches in Primary Care and Mental Health

- 15th of January 2025 from 12:00 to 14:00 [register here](#)

Dr Waseem Jerjes and Imperial College Health Partners would like to invite you to attend our upcoming webinar. The session will focus on strategies for deprescribing in primary care and addressing mental health polypharmacy. The aims of this masterclass include redefining polypharmacy and exploring its implications in primary care, with a focus on the ethical and psychological elements of deprescribing, including shared-decision making. It will also address the challenges of evidence-based strategies managing mental health polypharmacy while emphasising the role of personalised medicine and a multidisciplinary approach in enhancing patient outcomes.
For further information please contact amar.singh@imperialcollegehealthpartners.com

Polypharmacy Action Learning Set workshops

- **Cohort twenty-two** – 22 Jan, 5 Feb, 26 Feb 2025

This Action Learning Set (ALS) will help build GP and prescribing health care professionals' confidence in, and understanding of, the complex issue surrounding and stopping inappropriate medicines safely.

Identifying and managing cancer complications and late effects in the community - what do you need to know & how do you develop the skills?

- Thursday 23rd January 2025 [Book your place here](#)

Are you interested in improving experience and quality of survivorship care? What skills and knowledge do community/primary care professionals need and how can we develop these? What are the barriers you/your colleagues face implementing any training? What does our workforce need to look like to better support survivorship?

ECG On Demand

- 27th January 2025, 12:00–12:30 [book here](#)

Helen Mason, Community Cardiology Manager at Southport and Formby Health Ltd and Laura Smith from Pathway will share the benefits of Technomed's Holter and 12 lead ECG. Helen will discuss her service/technoid in assisting reducing unnecessary referrals to secondary care. Email karen.pearson30@nhs.net with any queries about this event.

Beyond the practice: Exploring the future of GPs with an extended role

- 29th January 2025, 12:30–13:30 [book here](#)

This webinar will cover the establishment of the new GPwER training programme, strategies for securing buy-in from commissioners, and the requirements for scaling up learning to achieve national change.

"Love Your NHS Library Service" Lunch and Learn

- Thursday 13th February 2025, 12:30 - 13:30 [Register now here](#)

Did you know that health and care staff have easy and free access to key evidence resources and thousands of electronic journals and books?

Join to find out more about the library services and resources that are available to staff in your primary care networks and how you can encourage people to make use of them. Get help to improve training hub KPIs question 6 about use of knowledge resources. Members of the NHS Knowledge and Library Services team will give you a quick tour of what's available and how to access everything.

Objectives:

- Increase your understanding of the range of resources available
- Have a detailed look at the Knowledge & Library Hub, eJournals and eBooks, BMJ Best Practice, Royal Marsden Manual and more!
- Know how apply for (or reactivate) an NHS OpenAthens account
- Know how to signpost others to these resources

Best Practice London & Women's Health Professional Care

- 28th–29th February 2025 at Olympia London [Register here](#)

What you can expect from the event;

- **Empowering Education for General Practice Teams:** Sessions designed to support the development and education of the whole general practice team.
- **Women's Health in Focus:** Bridging the knowledge gap with comprehensive coverage of women's health topics, from basic HRT prescribing to complex management, ethnicity considerations, and the impact of comorbidities.
- **CPD-Accredited Learning:** Stay updated on essential clinical topics, including dermatology, respiratory and cardiovascular diseases, lifestyle medicine, mental health, and more.

Infection Prevention and Control Training for NWL IPC Leads

- Various dates from 5th March – 16th May 2025 in person training [book here](#)

This one-day training course is fully funded to ensure all IPC Practice Leads have the education and knowledge required to fulfil their role to lead and implement change. Topics covered will include:

- Basic microbiology
- Standard and transmission based precautions applied to general practice
- Audit and Surveillance
- MEG (Medial E-Governance) tool
- Community infection reviews
- AMR and more...

Workforce Planning & Transformation Training Available

The Workforce Planning Team at NHS England would like to share their new Workforce Planning & Transformation Training Offer Brochure which provides details and all information required on how to apply for the variety of free training on offer.
[Click here to view and download brochure.](#)

ARRS Training Offers

Clinical ARRS roles - NB Medical Abnormal Bloods session

- 7th March 2025 9:00 – 13:00 [express your interest here](#)

The course will be open to Clinical ARRS roles ONLY. Clinical ARRS roles include Pharmacists, Paramedics, Physician Associate, Pharmacy Technician, Nurse Associate, Dieticians,
Podiatrists, FC Physios & Advanced Clinical Practitioners.

Intro to support options for individuals with no recourse to public funds

- 12th February 2025 10:30 – 13:30 in person @ The Irish Cultural Centre, W6 9DT [express your interest here](#)

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Managing Expectations, Boundaries, and Conflict

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Open to ARRS Social Prescribing Link Workers, Care Coordinators and Health & Wellbeing Coaches only.

2 or 4 Day Coaching Course

Open to ARRS Social Prescribing Link Workers, Care Coordinators and Health & Wellbeing Coaches

NWL Training Hub is supporting further new recruitment of the Personalised Care roles by funding a DES required PCI coaching course – either the 2 day or 4 day course dependant on the role.
Staff who wish to attend must either [complete the EoI](#) or [email Jon Ord](#) with your: Name, Email, Role, GP Practice, PCN, Borough, Employer.

Pitstop is now open to Level 1 Diabetes course

This course is foundation level ARRS Clinical staff including Pharmacists, Paramedics, Physician Associate, Pharmacy Technician, Nurse Associate & Advanced Clinical Practitioners.
Staff who wish to attend must either [complete the EoI](#) or [email Jon Ord](#) with your: Name, Email, Role, GP Practice, PCN, Borough, Employer.

Thank you from the NWL Training Hub Team

