



News and Updates

NWRS Portal- What is it & How to use it

- 20th Feb 13:00—14:00 [book here](#)
Open to all staff. Highly recommended for Practice and PCN managers.

Wellbeing Focussed Webinars with WorkWell Doctors

This series of webinars focuses on wellbeing and includes sessions on; resilience & burnout, rest & sleep, mental health, menopause and habits & physical activity. This is delivered by WorkWell doctors.

Resilience & Burnout - 11 February 2025, 13:00—14:30 [book here](#)

- How to define stress and burnout
- How to recognise burnout in yourself and others at work
- Where to get help if you are suffering with burnout
- How to prevent burnout individually and as a team

Rest & Sleep - 18th February 2025, 13:00—14:30 [book here](#)

- Tips to help to optimise your sleep
- The 7 types of rest and how to achieve these
- The science of the importance of doing nothing

Mental Health - 4th March 2025, 13:00—14:30 [book here](#)

- Define some common mental health conditions
- How to recognise if someone may be suffering with their mental health
- How to support someone with their mental health in the workplace

Menopause - 18th March 2025, 13:00—14:30 [book here](#)

- What is menopause?
- The main symptoms of menopause and how these can impact working life
- What can colleagues do to support their team during menopause

Habits & Physical Activity - 25th March 2025, 13:00—14:30 [book here](#)

- The importance of physical activity
- How to form habits and make them stick
- How to work as a team to incorporate physical activity into your working day

Interpreting ECG - Foundation **new dates**

- 28th February, 9:00 to 16:00 [Book here](#) in person @ The Irish Cultural Centre, W6 9DT
- 25th April, 9:00 to 16:00 [book here](#) in person @ Harrow Baptist Church, HA1 1BA
- 17th October, 9:00 to 16:00 [book here](#) in person @ Harrow Baptist Church, HA1 1BA
This training is for GPs and ACPs only. Please be aware this is **not a refresher**.

Refresher Interpreting ECG

- 19th September 2025, 12:30 - 14:00 [book here](#)
This training is for GPs and ACPs who have already attended the interpreting ECG course only.
The **refresher ECG course** re-introduces a systematic approach for GPs who interpret ECGs to adopt a system that ensures every ECG is interpreted correctly every time. The focus will be on common scenarios that cause concern in primary care with a focus on red-flag ECGs.

Ring Pessary Foundation course

- 4th March 2025, 9:30—12:30 [book here](#) in person @ The Irish Cultural Centre, W6 9DT
- 4th March 2024, 13:30—16:30 [book here](#) in person @ The Irish Cultural Centre, W6 9DT
- 24th June 2025, 9:30—12:30 [book here](#) in person @ Harrow Baptist Church, HA1 1BA
- 24th June 2025, 13:30—16:30 [book here](#) in person @ Harrow Baptist Church, HA1 1BA
This course is for GPs & Nurses only. PAs who have been doing cervical screening smear for longer than a year can attend.

This short course aims to give healthcare professionals an understanding of the causes of vaginal prolapse and current treatment options. The session includes a review of the most common types of vaginal supporting pessaries available and how to ensure correct sizing, fitting and changing. Course Content:

- Vaginal prolapse causes and current treatments
- Types of pessaries currently available
- How to fit and change a vaginal pessary
- Identification of problems associated with a pessary
- Hormone Replacement Therapy for the genital tract

Multi-professional Supervisor Course – April Cohort Dates

The next cohort dates are all on Thursdays - 24th April, 8th May, 15th May & 5th June 2025
if you would like to attend these dates please complete [this application form](#) before **Monday 24th February**. If you have any questions about this please email nwl.traininghub@nhs.net

NHSE London: Digital Education Showcase

- 26th March 10:00—16:00 [find out more and submit proposal](#)
The Workforce Training and Education Directorate is delighted to invite you to an exciting virtual event on Wednesday 26th March 2025. The day will run from 10:00-16:00 online (MS Teams) and in person at 10 South Colonnade, Canary Wharf. The aim of the day is to showcase novel and innovative projects in delivering education using digital technology. We are inviting proposals from providers, departments and individuals of all professions to present your digital education project. [View flyer for more information and deadlines](#).

A new curriculum for Health Economics and value-based care training

Various dates available for all of the following trainings: Foundation training in Health Economic & Value-based Care, Business case masterclass & Wrap-around learning events. [For all details including dates and what you can expect from this training can be found on this flyer](#).

Following last year’s successful delivery of our foundation training in Health Economics & Value-based Care we are pleased to announce a new suite of training and development opportunities for all staff who work within the NW London Integrated Care System who’s role requires them to work with the concept of value and how to demonstrate it.

If you would like to sign up for any of the above training, or have any questions, please contact matthew.harmer@nhs.net

Time to Talk Day – Keeping Well

The 6th February 2025 is Time to Talk Day; a day for all of us to start a conversation about mental health. Talking about how we feel isn't always easy. NHS and healthcare staff can face specific pressures that impact their wellbeing and 41.7% of staff have felt unwell due to work-related stress in the last 12 months ([NHS Staff Survey, 2023](#)). You can find out more about Time to Talk day [here](#) as well as ideas on how to [get involved](#) in promoting open conversations about mental health and wellbeing in the workplace. You can also take a quick [self-assessment questionnaire](#) on the Keeping Well website if you are experiencing feelings of low mood or anxiety and wondering whether to seek support.



Get in touch with Keeping Well; Telephone: 0300 123 1705, Email: keepingwell.nwl@nhs.net, [Complete a self-referral form](#)

London Drop-in Sessions to support employer registration with the National Foundation Trainee Pharmacist Recruitment Scheme 2025

To recruit a foundation trainee pharmacist for the 2026-27 foundation training year, potential employers must register with the National Recruitment Scheme by 1 March 2025. The National Recruitment Scheme is the only route to employing a foundation trainee pharmacist; employers are unable to recruit trainees directly. Funding available to employers will be £26,500 per trainee per annum pro rata, across all sectors of practice.

If you have questions directly related to employing a foundation trainee pharmacist in 2026-27, or the process of registration with the National Recruitment Scheme, please join one of our on-line drop-in sessions, each intended as a Q&A.

- Tuesday 4 February, 12.00 – 12.45 [Join the meeting now](#)
- Wednesday 5 February, 12.30 – 13.15 [Join the meeting now](#)
- Wednesday 12 February, 11.00 – 11.45 [Join the meeting now](#)
- Thursday 13 February, 13.00 – 13.45 [Join the meeting now](#)
- Wednesday 19 February, 13.00 – 13.45 [Join the meeting now](#)
- Monday 24 February, 14.00 – 14.45 [Join the meeting now](#)

If you are considering providing foundation pharmacist training in 2026-27, you may find the following links helpful:

- [National Recruitment Scheme Website](#)
- [Training Site Requirements](#)
- [Implementing Foundation Pharmacist Training in 2025-26](#) – this information is applicable to 2026-27 too.
- [Prescribing Supervision and Assessment in Foundation Pharmacist Training](#) – this information is applicable to 2026-27 too.

Foundation Pharmacist Training, What’s in it for me?

- Thursday 6 February at 13.00 – 13.30 [Join the meeting now](#)
This is specifically for General Practice in London. You can also find more information via [NHSE Wt&E Foundation Trainee Pharmacists in 2026-2027](#).

NWL Training Hub Training Needs Analysis Nursing Survey 2025

We have put together a short online survey, which we would like to go out to all our nurses (Student Nursing Associates, Qualified Nursing Associates, GPNs and ANPs). I’m aware that you may have done your own local Training Needs Analysis, but we feel it’s important to gather some specific information to support NWL training offerings, including how we spend the centrally allocated CPD Funding.

This is to shape some of the NWL future training opportunities, rather than offer what we feel it’s also to capture some extra workforce information. We would really value a summary of your local TNA results too, as all the feedback we can get from our nurses will help when negotiating NWL funding and will support our bids for training money. Thank you for your support.

The survey is for all nurses working in North West London Primary Care (Student Nursing Associates, Qualified Nursing Associates, GPNs and ANPs)

- Quick to complete
- A chance to have your say
- Shape your future
- The chance to win a £50 Amazon Voucher (winner to be picked at random)

Complete the survey here; <https://9ks5wynpftb.typeform.com/to/pjizDUSY> or click the flyer to the right to enlarge.



THIS WEEK

- Drop-in Sessions to support employer registration with the National Foundation Trainee Pharmacist Recruitment Scheme - 4th February, 12.00 – 12.45 [Join the meeting now](#)
- Drop-in Sessions to support employer registration with the National Foundation Trainee Pharmacist Recruitment Scheme - 5th February, 12.30 – 13.15 [Join the meeting now](#)
- Child Protection Information System training - 5th Feb, 12:00-13:00 [Join the meeting now](#)
- Child Protection Information System training - 6th Feb, 12:00-12:30 [Join the meeting here](#)
- Foundation Pharmacist Training, What’s in it for me? - 6th February at 13.00 – 13.30 [Join the meeting now](#)
- Time for Change: Using apprenticeship levy-transfer to promote social mobility - 7th Feb, from 13:00 [Click here to book](#)

NWL TH Training

Expressions of Interest forms

NWL Training Hub Webinars

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](#)

Wellbeing Focussed Webinars with WorkWell Doctors

This series of webinars focuses on wellbeing and includes sessions on; resilience & burnout, rest & sleep, mental health, menopause and habits & physical activity.

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Rest & Sleep - 18th February 2025, 13:00—14:30 [book here](#)

Mental Health - 4th March 2025, 13:00—14:30 [book here](#)

Menopause - 18th March 2025, 13:00—14:30 [book here](#)

Habits & Physical Activity - 25th March 2025, 13:00—14:30 [book 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](#)

The next cohort dates are - 24th April, 8th May, 15th May & 5th June 2025. Complete the application form to be added to the waitlist for the above cohort or any future cohorts.

GP Supervisor Course [Application form](#)

Complete the application form to be added to the waitlist for the next cohorts.

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

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

Digital Transformation Lead Networking Event 2025

- 10th February 9:30—16:00 @ Wellington House, London, SE1 8UG [book here](#)
Are you a digital and transformation lead working for in a GP federation or PCN? NHS E have set up the second DTL networking event where you will have the chance to share best practice, explore innovative solutions, and build relationships with others in the field. [View and download the flyer here](#).

Fiendish Cases - Learning from Real Life Polypharmacy - Medicines Optimisation Case-Based Discussions

- 12th February 2025, 12:00 to 14:00 [Register here](#)
This masterclass will help you to address the complexities of polypharmacy. Learn how to navigate ethical and clinical challenges while applying structured approaches to deprescribing & medication reviews (SMRs). Explore practical solutions to managing complex cases, with real-world examples covering frailty, dysphagia, & high-risk medications. Through engaging discussions and case studies, you will explore tools & frameworks to refine your approach to polypharmacy whilst discussing best practices & resources for ongoing professional development in medicines optimisation. For further information please contact [Amar Singh](#)

The 2025 EPR Summit: Translating the National Mandate into Local Success

- 12th February, 8:30—17:00 in person @Convene 155 Bishopsgate [register here](#)
This event brings together healthcare leaders, innovators, and decision-makers to see the evolving landscape of Electronic Patient Records (EPRs).
Event Highlights:
• Networking Opportunities: Engage with over 400 senior stakeholders, including CIOs, CDOs & Digital Directors from across the UK.
• Expert-Led Sessions: discussions on EPR strategies, system integration, data security & health equity.
• Innovative Solutions: Learn how technologies are transforming the healthcare digital landscape.

"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 13th 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

Cancer Bitesize Webinar series

- **Upper GI Cancers: What do Primary Care need to know?** - 19th Feb, 12:45—13:30 [register here](#)
- **Urological Cancers: Red Flags & Cancer Pathway** - 19th Mar, 12:45—13:30 [register here](#)
- **FIT Use and the Colorectal Cancer Pathway** - 23rd April, 12:45—14:30 [register here](#)

Please find below FREE high quality bitesize learning resources developed and delivered in collaboration with [GatewayC](#), West London GP Cancer Leads and secondary care clinicians. [Register here](#) to access RMP resources and more from GatewayC, from Screening to Diagnosis.

National lipid management webinar - statins and beyond

- 26th Feb 13:00—14:00 [register here](#)
The National CVD Prevention Team at NHS England will be hosting this webinar, link and agenda will be shared closer to the time. Topics will include:
• The importance of optimal lipid management in the context of CVD Prevention
• National policy relating to lipid management
• Levels and drivers to improve lipid management at GP practice, PCN and ICB level
• Tools and resources to support frontline staff
• Dispersing myths and misconceptions in lipid management.

For queries, please contact standards.clinicalpolicy@nhs.net with subject: National lipid management webinar - statins and beyond.

Best Practice London & Women’s Health Professional Care

- 26th–27th 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.

8th Polymarmacy CoP

- 5th March 2025, 13:00—14:00 [book here](#)
This will be the final ICHP hosted Community of Practice, focusing on;
• Retrospective: What have we done 2022 to 2024?
• Programme Wrap Up: What’s upcoming until March 2025.
• Sustainability: How can we integrate principles in NWL?
Please ensure you have a working camera and microphone, as this will be an interactive session.
For further information and/or to get involved please contact [Amar Singh](#).

Infection Prevention and Control Training **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 surveillance based precautions applied to general practice
• Audit and Surveillance
• MEG (Medial E-Governance) tool
• Community infection reviews
• AMR and more...

Time for Change: Webinars in 2025 - Genie Programme

- Women at work: The power of apprenticeships - 6th Mar 2025 [Click here to book](#)
- Autism and Apprenticeships: This is my story - 3rd June 2025 [Click here to book](#)

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.

Calling Chronic Pain Management Practice Pharmacists and PCN staff

- March 11th and 25th 2025, 13:00—16:00 please register for both dates: [Session 1 - 11th March](#) and [Session 2 - 25th March](#)
Managing chronic pain, particularly when discussing deprescribing, can be complex. Connect Health (NWL MSK Partnership provider) are offering an opportunity to enhance your approach with evidence-based strategies designed to empower your patients in managing their pain more effectively.
This tailored program for Practice Pharmacists and PCN staff will enable you to:
• Develop a coaching approach to transform chronic pain management.
• Communicate modern pain concepts and promote non-medication strategies.
• Build confidence in patient engagement and health coaching skills.

Rethinking Pain Management: A Practical Guide to Opioids in Chronic Non-Cancer Pain

- March 12th, 12:00—13:30 [register here](#)
Join Dr. Graham Dunthorne (Appraiser and Pain Physician, Connect Health) for an engaging webinar. This interactive session covers a **NICE update on chronic pain treatments**, practical steps for reviewing **high-risk prescriptions**, strategies for **positive patient consultations**, and collaborative approaches to **medicine tapering**. For further information please contact catherine.caldwell@imperialcollegehealthpartners.com

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](#).

Enhanced Services

Interpreting ECG - Foundation **new dates**

- 28th February, 9:00 to 16:00 [book here](#) in person @ The Irish Cultural Centre, W6 9DT
- 25th April, 9:00 to 16:00 [book here](#) in person @ Harrow Baptist Church, HA1 1BA
- 17th October, 9:00 to 16:00 [book here](#) in person @ Harrow Baptist Church, HA1 1BA
This training is for GPs and ACPs only. Please be aware this is **not a refresher**.

Refresher Interpreting ECG

- 19th September 2025, 12:30 - 14:00 [book here](#)
This training is for GPs and ACPs who have already attended the interpreting ECG course only.

Performing ECG Training

- 6th March 9:15 – 16:30 [book here](#) in person @ Harrow Baptist Church, HA1 1BA
- 30th September 9:15 – 16:30 [book here](#) in person @ Harrow Baptist Church, HA1 1BA
This training is for HCAs, GPAs, pharmacists, nurses can attend if they require this training

Travel Health Updates

- 25th February 2025, 13:00 – 16:30 [book here](#)
- 5th June 2025, 13:00 – 16:30 [book here](#)
- 23rd October 2025 13:00 – 16:00 [book here](#)
This training is open to all trained Nursing and Pharmacist Immunisers. This training will be conducted over 3 hours online.
Please note: Travel Health Updates for **experienced practitioners only** offering travel immunisations already. This session does not cover seasonal vaccines. Find out more details about what is covered [here](#).

Adult Phlebotomy

- 19th March, 9:15 – 16:30 [book here](#) in person @ Harrow Baptist Church, HA1 1BA
- 28th May, 9:15 – 16:30 [book here](#) in person @ Harrow Baptist Church, HA1 1BA
- 28th August, 9:15 – 16:30 [book here](#) in person @ Harrow Baptist Church, HA1 1BA
- 30th October 9:15 – 16:30 [book here](#) in person @ Harrow Baptist Church, HA1 1BA
This face to face session has been developed to allow learners the opportunity to practice their skills on high quality simulated arms.

Advanced Diabetes Course

For GPNs and Pharmacists – you must have attended the foundation course before attending this advanced course.
GPs – please be sure to provide a summary of your diabetes related work undertaken. [Express your interest here](#)

HCA Diabetes training

- 12th March 2025, 08:50 to 16:00 – [book here](#)
This training is for non-registered clinical staff, training can also be attended as a refresher for those HCAs who have already attended HCA diabetes training before and need a refresher.

Diabetes Foot Care Training

- 4th February 9:15 – 16:30 [book here](#) in person @ Harrow Baptist Church, HA1 1BA
The course is for experienced HCSWs who will be assisting with diabetes reviews.

Advanced Wound Care Training

This session is aimed at HCAs who have some basic knowledge and experience of wound care and wish to extend their skills to be able to perform suture and staple removal and take a swab correctly

Ring Pessary Foundation course

- 4th March 2025, 9:30—12:30 [book here](#) in person @ The Irish Cultural Centre, W6 9DT
- 4th March 2024, 13:30—16:30 [book here](#) in person @ The Irish Cultural Centre, W6 9DT
- 24th June 2025, 9:30—12:30 [book here](#) in person @ Harrow Baptist Church, HA1 1BA
- 24th June 2025, 13:30—16:30 [book here](#) in person @ Harrow Baptist Church, HA1 1BA
This course is for GPs & Nurses only. PAs who have been doing cervical screening smear for longer than a year can attend.

SRH Essentials Course, CPD accredited

A one-day training course