

TRAINING NEWSLETTER 12th March 2025

The latest announcements & upcoming training



#Social Prescribing Day is on the 19th March

Together we can raise awareness of what social prescribing is, how it works and how it changes lives

Social Prescribing Day is an annual celebration around the world of the people, organisations and communities who make social prescribing happen. It's an opportunity to highlight the impact of social prescribing on people and communities.

On #SocialPrescribingDay H&F Training Hub will be reflecting on the great work of our Social Prescribers in Hammersmith & Fulham and sharing their good news stories here.

[Please email and let us know of any news you have that you would like to share on this special day!](#)

NASP: Prescribe Heritage, 18th March, 12:20-13:30

For #SocialPrescribingDay why not join and learn more about what your colleagues are doing in this insightful webinar!

Connection to Heritage and our historic environment are used for social prescribing. Experimental pilots show these approaches deliver tangible benefits for people struggling with their mental health, loneliness, isolation and dementia, and how these approaches could be integrated in healthcare pathways.

Join: <https://socialprescribingacademy.org.uk/events/nasp-webinar-prescribe-heritage/#bookingForm>

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New & Notable Training



Evening Webinar Series for GPs with ChelWest & Imperial Consultants

H&F Training Hub & borough GP Educator Dr. Alasdair Macrae, coordinate a series of evening training sessions for GPs (*but open to any role with an interest*).

These hourly online updates will offer experience and troubleshooting from Imperial and ChelWest Consultants. **There is no need to register in advance. A calendar invite will also be sent to you.**

Upcoming Sessions:

Tues 18th March, 18:00-19:00

Pre-pregnancy planning and antenatal care. Dr Michael McEwan- Consultant Obstetrician and Antenatal Lead, Queen Charlotte's Hospital.

Teams link: [Join the meeting now](#)

Tues 29TH April, 18:30-19:00

Abnormal Liver Blood Tests. Dr Matthew Foxton –Consultant Gastroenterologist at Chelsea and Westminster Hospital

Teams link: [Join the meeting now](#)

Tues 06th May, 18:00-19:00

Asthma – diagnostic uncertainty, new guidelines and important updates.

Dr Vincent Mak, Consultant in Respiratory Medicine, Imperial College Healthcare NHS Foundation Trust

Teams link: [Join the meeting now](#)

Mon 12th May, 18:00-19:00

Common dermatological issues. Dr Chrystalla Macedo – Consultant Dermatologist Chelsea and Westminster Hospital

Teams link: [Join the meeting now](#)

Tues 20th May, 18:00-19:00

Sexual Health service offerings, eligibility criteria, safeguarding, Q&A. Sexual Health London from ChelWest.

Teams link: [Join the meeting now](#)

Tues 27th May, 18:00-19:00

Chest Pain. Prof. Ramzi Khamis- Consultant Interventional Cardiologist and Clinical Director of Cardiology, Imperial College Healthcare NHS Trust.

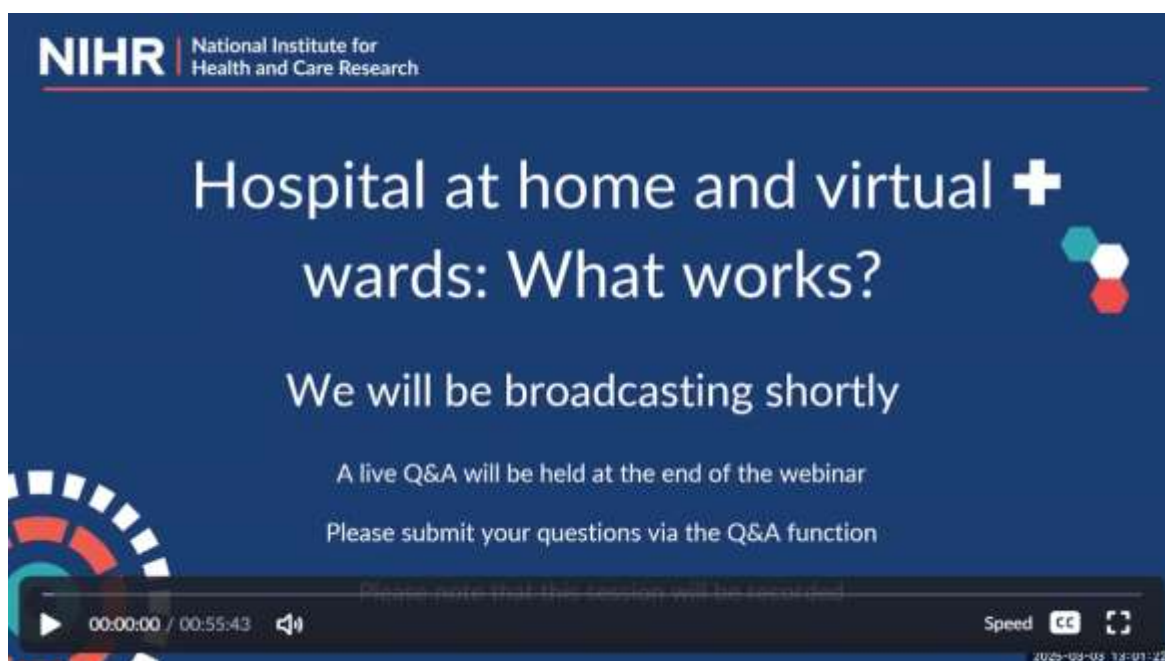
Teams link: [Join the meeting now](#)

Contact: evcostello@nhs.net for further details

New & Notable Training

NIHR Evidence webinar:

Hospital at home & virtual wards: what works?



For those that were unable to attend, you can view the webinar recording using the following link:

<https://gmg-lgcgroup.zoom.us/rec/play/057ComXyRqWFdzphoPW1yuUAF6kkRVsVW4YXH9CmxP7cOwPRUnpwbL3Fo6MoajhgeEI4FsGhLPlvYg7z.V1uIIWBCJeovTVgu>



You can find the webinar slides [here](#).

Below is a list of resources and additional reading including the main studies the webinar was based on:

- [Hospital at Home admission avoidance with comprehensive geriatric assessment to maintain living at home for people aged 65 years and over: a RCT](#)
- [Admission avoidance hospital at home](#)
- [Factors influencing the implementation of early discharge hospital at home and admission avoidance hospital at home: a qualitative evidence synthesis](#)
- [Virtual wards for people with frailty: what works, for whom, how and why—a rapid realist review](#)

New & Notable Training

GPN Update with Redwhale **75 spaces**

Wednesday 21st May 10:00 to 16:00

Irish Cultural Centre, Hammersmith, W6 9DT

A brand new course for nurses, with all the new updates hot off the press!

Save the date now! Booking link and full details coming soon!

Medical Chaperoning **10 spaces**

Wednesday 26th March, 13:00-16:00, online/Zoom

Funded: The cost is £95 per delegate. H&F Training Hub are funding 10 spaces based on a first come first served application to Eve Costello

evcostello@nhs.net

Open to all clinical and non-clinical staff working in primary care where they may be required to act as a chaperone or to make use of chaperones.

Overview: This interactive half day workshop is aimed at all clinical and non-clinical staff working in healthcare where they may be required to act as a chaperone or to make use of chaperones



New to Immunisation 2 day Foundation

1st April webinar 13:00-16:30

2nd April F2F 09:30-16:30,

5 Black's Road, W6 9DT

Open to all those who have never trained before; have not completed the nationally recommended 2-day Foundation Programme; or who are returning to Practice. Includes Health Care Professionals (Nurses, Paramedics, Pharmacists, Nursing Associates, Pharmacy Techs) and the non-registered workforce (includes HCAs, HCSWs, Phlebotomists, receptionists etc). The training will cover flu, pneumococcal, shingles vaccines plus B12. Delivered by Lisa Burrage Associates. *Max 16 spaces available.*



Wound Care Training

The training will be led by Agnes Collarte from the Tissue Viability Team CLCH NHS Trust.

Wound Care Foundation Full day 17th April 09:00-16:30

This Full day training is for staff new to delivering wound care to patients in practice. The training is a local training provided by H&F Training Hub for HCAs and Nurses working in Hammersmith & Fulham practices.

Wound Care Update 25th April 13:00-16:30

This half day update is for staff that are already experienced and delivering wound care in practice, in need of a refresher and update. The training is a local training provided by H&F Training Hub for HCAs and Nurses working in Hammersmith & Fulham practices.

Booking & Registration:

Medical Chaperoning
Please apply for funding
to secure your space to:
evcostello@nhs.net

New to Immunisation
2 day foundation:
https://medtribe.com/courses/2-day-course-new-to-immunisations?utm_medium=copy-link&utm_source=share-modal

Wound Care Foundation,
Book here:
https://medtribe.com/courses/wound-care-foundation-training?utm_medium=copy-link&utm_source=share-modal

Wound Care Update,
Book here:
https://medtribe.com/courses/wound-care-update?utm_medium=copy-link&utm_source=share-modal

New & Notable Training



Domestic Abuse Training for Primary Care

March 26th, May 21st or July 2nd all at 13:00-15:00

This Safeguarding training will enhance knowledge, skills & confidence in understanding Domestic Abuse (DA):

- **Explore DA Concepts:** Understand the different forms of domestic abuse (physical, emotional, psychological, economic, etc.)
- **Legislative Framework:** Apply relevant laws and legislation that address DA
- **Prevalence Awareness:** Be aware of the widespread nature and statistics
- **Recognise Indicators:** Identify signs and indicators of DA to improve detection
- **Community Impact:** Understand how DA affects individuals, communities, and society, with a focus on the health and well-being of the child, victim, and perpetrator



**Practice Nurse
Nursing
Associate
Paramedic
Physiotherapist
Dietician
Podiatrists
Occupational
Therapist**

The CPD funding is an individual development fund to equip eligible staff with new clinical skills to enhance the care they provide to patients and develop their careers.

The CPD allocation equates to £333 per year (2024/25).

The Training Hub Programme Lead will consider your application and confirm funding.

All eligible staff groups (Nursing Associates, Nurses & AHPs) are entitled to the same amount of funding, regardless of the hours they work.

Please Apply to us for funding confirmation before booking

Booking & Registration:

To book a space on this training, please contact:

nhsnwl.safeguardingtraining@nhs.net

Trainings from NWL open to H&F Primary Care staff

Enhanced Services

NB It is important to join waitlists if you wish to attend a training, so that future dates may be planned based on demand.

You will also receive priority booking for future dates.

New New Asthma Guidelines in NWL—Webinar 1 3rd April, 13:00—14:00

Join our local respiratory experts to make sense of the new NICE/BTS/SIGN Asthma guidelines for both children and adults and how to apply these in NWL.

- Introduction to the New BTS NICE SIGN asthma guidelines
- Making a diagnosis of asthma using the new guidelines
- New referral pathway for CYP diagnostics
- New NWL breathlessness pathway

New New Asthma Guidelines in NWL—Webinar 2 10th April, 13:00—14:00

Part 2 webinar includes:

- Management of newly diagnosed asthma using the new guidelines – the concept of AIR and MART
- How to complete an AIR/ MART asthma action plan
- How to manage existing patients
- When to refer for specialist care
- New referral pathway for CYP diagnostics
- New NWL breathlessness pathway

New Ring Pessary Refresher, 16th May 13:00-16:00

This training is a refresher only for staff who have already completed Ring Pessary training.

Clinical Mental Health Course for Nurses in primary care 2 days: 01st & 29th April 09:30-16:30

This course, commissioned by the NWL training hub, provides an introduction in mental health, and skills in meeting the needs of patients who present in primary care. This includes an awareness of common mental health problems, addressing inequality and loneliness, mental health assessment skills, crisis intervention and safety planning, commonly prescribed medications, promoting recovery and trauma informed care principles.

Diabetes Foot Care Training

12TH June or 2nd Oct, 09:15-16:30, College Rd, Harrow HA1 1BA

The course is for experienced HCSWs who will be assisting with diabetes reviews:

- Terminology for Type 1 and type 2 diabetes
- Signs and symptoms risk factors and complications
- Basic A and P
- The 8 (9) Care Processes and the HCSW in monitoring
- Diabetes UK resources
- Referral for education (as per locality practice)
- Undertaking diabetic foot assessment following FRAME guidelines

Booking & Registration:

New Asthma Guidelines webinar 1
[new-asthma-guidelines-in-nwl-webinar 1](#)

New Asthma Guidelines webinar 2
[new-asthma-guidelines-in-nwl-webinar 2](#)

Ring Pessary Refresher:
medtribe.com/courses/ring-pessary-update

Clinical Mental Health for nurses, Register here: [Clinical mental health for nurses](#)

Diabetes Foot Care Training:
https://medtribe.com/courses/diabetes-foot-care-f5145dd1-4546-434a-b66b-b618b415a3ac?schedule_id=11676

Essentials of Menopause Care

Sat 10TH May 10:00-14:00, St Stephens Centre, SW10 9NH

This Training is for GPs, ANPs, nurses & physician's associates. This course aims to help you develop the skills and confidence to consult with patients about perimenopause, menopause, and their care needs: This is an ideal starting point for many, while also providing a useful update for more experienced staff.

SRH Essentials

14TH June 08:45-16:30, St Stephens Centre, SW10 9NH

This course is for GPs & Nurses, ANPs, PAs. SRH Essentials a course suitable for Primary care practitioners recently moved into the role and who have little or no experience in sexual and reproductive health; *or* Those who have been working in primary care but have only undertaken a small amount of training in this area.

Adult Phlebotomy

College Rd, Harrow HA1 1BA

19th March, 28th May, 28th Aug, 30th Oct, 9:15 – 16:30

This face to face session has been developed to allow learners the opportunity to practice their skills on high quality simulated arms.

ECG Training Day In-Person for GPs & ACPs

25th April, 09:00 – 16:00, College Rd, Harrow HA1 1BA

17th Oct, 09:00 – 16:00, College Rd, Harrow HA1 1BA

Refresher Interpreting ECG for GPs & ACPs

19th September, 12:30-14:00

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.

Performing ECG Training

30th Sept 9:15 – 16:30

This training is for HCAs. GPAs, pharmacists, nurses can attend if they require this.

Travel Health Update

5th June 13:00-16:00; 23rd Oct 13:00-16:00

This training is an update for experienced immunisers already offering travel updates.

Course outline: Current policy and planned changes in 2025; Tools to support the travel health consultation; Legal requirements & other queries: Travel vaccines; Hep A; Typhoid; Hep B; TDP; Meningococcal; Rabies; Yellow Fever; Jap Encephalitis; Tick Borne Encephalitis; Other vaccines to consider; Malaria & dengue.

Booking & Registration:

Essentials of Menopause Care:
<https://medtribe.com/courses/essentials-of-menopause-care>

SRH Essentials:
<https://medtribe.com/courses/srh-essentials-for-gps-nurses-anps-pas>

Adult Phlebotomy, Book here:
<https://medtribe.com/courses/adult-phlebotomy-6305>

ECG Training Day:
<https://medtribe.com/courses/ecg-interpretation-foundation->

Refresher Interpreting ECG:
<https://medtribe.com/courses/refresher-interpreting-ecg-course>

Performing ECG:
<https://medtribe.com/courses/performing-ecg-training->

Travel Update Book here:
<https://medtribe.com/courses/travel-health-updates>

HCA PITstop Diabetes Foundation 1 Day Course for non-registered practitioners & HCAs requiring an Update 24th March 08:50-16:00

- Care pathways for high risk & type 2 diabetes, inc. the Diabetes Prevention Programme & structured education programme
- Screening tests associated with annual reviews
- How to maintain the practice's Diabetes Box containing blood glucose/ketone monitoring equipment & hypoglycaemia treatment
- Key Lifestyle messages for patients
- Exploring the scope of practice for HCAs in diabetes care and the competency assessment/mentorship requirements

ARRS Training Offers

Managing Expectations, Boundaries & Conflict

The courses will be open to the **3 Personalised Care ARRS roles** – Social Prescribing Link Workers, Health & Wellbeing Coaches & Care Coordinators.

The course will cover:

- Manage patient expectations
- Handle conflict effectively
- Set and maintain professional boundaries
- Encourage patient independence

Introduction to support options for individuals with No Recourse to Public Funds

The courses will be open to the **3 Personalised Care ARRS roles** – Social Prescribing Link Workers, Health & Wellbeing Coaches & Care Coordinators.

The course will cover:

- Understanding 'no recourse to public funds' (NRPF)
- Identifying immigration status and entitlements
- Issues and barriers faced by adults with NRPF
- Asylum support
- National Referral Mechanism
- Care Act 2014
- Migrant Victims of Domestic Abuse Concession (MVDAC) (formerly known as the Destitution Domestic Violence Concession)

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.

PitStop Foundation Level Diabetes Course

This course is now open to any ARRS clinical staff including Pharmacists, Paramedics, Physician Associate, Pharmacy Technician, Nurse Associate & Advanced Clinical Practitioners.

Booking & Registration for ARRS Training Offers:

HCA PITstop Diabetes
Foundation:

<https://medtribe.com/courses/1-day-hca-pitstop-course-diabetes-foundation-course>

Managing Expectations,
Boundaries & Conflict:

Please email

evcostello@nhs.net &

jonathan.ord1@nhs.net

*with name, role, practice,
PCN, Borough & employer*

Introduction to support
options for individuals
with No Recourse to
Public Funds:

Please email

evcostello@nhs.net &

jonathan.ord1@nhs.net

*with name, role, practice,
PCN, Borough & employer*

2 or 4 day Coaching

Course:

Please email

Please email

evcostello@nhs.net &

jonathan.ord1@nhs.net

*with name, role, practice,
PCN, Borough & employer*

PitStop Foundation

Diabetes Course:

Please email

evcostello@nhs.net &

jonathan.ord1@nhs.net

*with name, role, practice,
PCN, Borough & employer*

NWL Training Hub Resources & Recording



NW LONDON TRAINING HUB

Education ♦ Training ♦ Workforce

Webinar Recordings

Recordings of previous trainings:

Preventing Diabetes:

[Preventing Diabetes: NDPP Updates](#)

Pulmonary Rehabilitation:

[Pulmonary Rehabilitation 18/06/24](#)

Respiratory Webinar & Systmone slides:

[Enhanced Services Respiratory Webinar & slides, S1 Templates](#)

ABPM Training:

[ABPM](#)

Anticoagulation training:

[Anticoagulation Update](#)

Find the full list here:

<https://nwltraininghub.co.uk/webinar-recordings/>

Newsletter Sign Up

*Sign up directly to the NWL Training Hub newsletter:
for direct information on funded programmes and new enhanced services
trainings*

Webinars & Events for March

NWL Training Hub Nurses Forum

13th March 13:00-14:00

The nurse's forum is led by Sally Armstrong & Karen Sood.

It repeats every 2 months, and covers all topics relevant to nurses practicing in primary care in the 8 boroughs of NWL. It also includes updates and news on funding and trainings available. All nurses, NAs and experienced HCSWs are welcome to attend.

GP webinar: London Maternity Clinical Network initiative, 18th March 13:00-14:00

Event theme: Management of Medical Disorders: Within the 6-8 week check and beyond

This event will be jointly chaired by Sunita Sharma (London Postnatal Clinical Lead, Obstetrician) and Niamh McLaughlin (NWL MCYP Clinical Lead, Westminster, RBKC Borough MCYP lead).



Nursing Leadership – The answer to primary care resilience, Wed 19TH March, 19:00-20:00, Zoom

Paul is the National Deputy Director for Community Nursing and Primary Care Nursing at NHS England. Passionate about his role and his work, Paul brings a wealth of experience and knowledge to the table. Previously NHS England's Director of Nursing and Transformation, he led the development and delivery of the GPN Ten Point Plan and brought to life a national initiative on the perception of nursing known as NextGen Nurse.

We are really looking forward to create and undertake a conversation surrounding the importance of nursing leadership in relation to primary care and feel this session will appeal to many of our nursing colleagues.

We hope you'll join us for the event, and we look forward to virtually welcoming you on the day!

Booking & Registration:

NWL Nurses Forum:

[Join the meeting now](#)

Please email us to be added to the email invite list

Jessica.mathews@nhs.net

London Maternity Clinical Network initiative,

[PLEASE CLICK HERE TO REGISTER YOUR ATTENDANCE](#)

Nursing Leadership webinar:

<https://us06web.zoom.us/j/7587liTaqRE6nx8qvxMoZ7Q#/registration>

Webinars & Events for March

Gateway C: Paediatric Cancer

Wed 19th March, 19:00-20:00

Paediatric cancers account for less than 1% of new cases in the UK and a GP is likely to come across approximately one to two cases every 10 years. Leukaemia is the most common, with brain tumours and lymphoma also being significant, together accounting for two thirds of all childhood cancers.

The webinar will equip you with the knowledge to recognise non-specific symptoms that require investigation, implement effective safety netting strategies, and assess lymphadenopathy in children with confidence. Navigating parent communication and concerns and interpreting blood test results will also be covered.

Cancer Bitesize Education

This is a **FREE** high quality bitesize learning resources. The webinars are for all primary care professionals in North West/West London. This is an excellent opportunity to hear the latest pathway updates across West London.

- **Urological Cancers: Red Flags & Practical Tips**
19th March 12:45-13:30

Polypharmacy & Learning Disabilities Masterclass

20th March, 12:00-13:30

Stopping over medication of people with a learning disability and autistic people (STOMP) and supporting treatment and appropriate medication in paediatrics (STAMP) are everyone's business, and this masterclass will focus on your role in supporting with structured, holistic and person-centred medication reviews.

Habits & Physical Activity

25th March, 13:00 - 14:30

The WorkWell Doctors discuss 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.

The 25/26 GP Contract, How to Prepare for any Risks to your Practice and PCN

25th March, 13:00-14:00
Co-hosted by The Well-led Provider and Medical Insurance Advisory Bureau (MIAB), with guest speaker Robert McCartney of Hempsons, we are delighted to invite you to this free webinar about the 25/26 GP Contract.

Whether you're based in a practice or PCN, this webinar will provide valuable insights into how you can prepare for the new contract and what risks you might want to think about.

Young People affected by Intimate partner abuse, L3 Safeguarding

26th March 13:00-14:00

Increase knowledge and understanding of the dynamics and prevalence of domestic abuse in young people's relationships.

Booking & Registration:

Paediatric Cancer webinar:

https://www.bigmarker.com/primary-care/Paediatric-Cancer?utm_source=nhsbulletin&utm_medium=Webinar

Register for RM Partners & Gateway C resources & webinars:
<https://www.gatewayc.org.uk/rm-partners-cancer-resources/>

Polypharmacy & Learning Disabilities:
<https://events.weahsn.net/PolypharmacyandLearningDisabilitiesLunchtimeMasterclass>

Habits & physical activity webinar:
<https://events.teams.microsoft.com/event/982e9d28-09f8-4b58-8897-18ccf4428a0b@b2d831ef-0228-4694-ae78-4173f97494ad>

The 25/26 GP Contract webinar:
<https://events.teams.microsoft.com/event/982e9d28-09f8-4b58-8897-18ccf4428a0b@b2d831ef-0228-4694-ae78-4173f97494ad>

Young People affected by Intimate partner abuse, Book:
<https://medtribe.com/courses/safeguarding-webinars>

Webinars & Events for March

Reducing Inequalities in Breast Screening: LGBTQ+ Webinar

25th March 12:00-13:00

The webinar aims to increase awareness and knowledge of the barriers LGBTQ+ communities' face when engaging with breast screening services. Providing recommendations and solutions to support screening providers to engage with the LGBTQ+ community and reduce inequalities in uptake.

Who should attend?

All Breast Screening provider colleagues and NHSE Regional Commissioners.

Reducing Inequalities in Cervical Screening: LGBTQ+ Webinar

26th March 12:00-13:00

The webinar will increase awareness and knowledge of the barriers LGBTQ+ communities' face when engaging with cervical screening services. Providing recommendations and solutions to support screening providers to engage with the LGBTQ+ community and reduce inequalities in uptake. The webinar will also cover information regarding the introduction of the opt in process for transgender men and non-binary people with a cervix to automatically receive routine invitations for cervical screening.

Who should attend?

NHSE Teams (regional commissioners, health and justice, gender services) and all Cervical Screening provider colleagues including but not limited to GP practices, sexual health clinics, transgender services.

CQC Well Led Series – When the CQC Inspector is on site: A Day's Walk in their Shoes

26TH March 13:00-14:00

A focus on what goes on, from an inspector's point of view, during your CQC inspection:

- What preparation will they be doing?
- What soft intelligence will they have looked at beforehand?
- What are they doing when they are in the room doing paperwork on their own?
- What verbal feedback might you be expected to receive as a registered manager before they leave the site?

Booking & Registration:

Register here:

[Reducing
Inequalities in
Breast Screening:
LGBTQ+ Webinar |
NHS England Events](#)

Register here:

[Reducing
Inequalities in
Cervical Screening:
LGBTQ+ Webinar |
NHS England Events](#)

CQC Well Led Series:

[https://events.teams.
microsoft.com/event/3
3db94f9-d381-4a97-
92a8-
cc3dfd5d59ad@b2d83
1ef-0228-4694-ae78-
4173f97494ad](https://events.teams.microsoft.com/event/33db94f9-d381-4a97-92a8-cc3dfd5d59ad@b2d831ef-0228-4694-ae78-4173f97494ad)

Wellbeing for H&F Primary Care staff:



We are here to support you.

Please get in touch with us:

Tel. 0300 123 1705

keepingwell.nwl@nhs.net

The Keeping Well website has a [dedicated webpage](#) with resources and signposting information for primary care staff working in NWL.



The Workwell Doctors Wellbeing Workshops

WorkWell Doctors & NWL Training Hub have collaborated to provide these wellbeing workshops for all NWL Primary Care staff

Book all dates here: [Work Well Doctors wellbeing workshops](#)

- [Menopause, 18th March, 13:00 - 14:30](#)
- [Habits & Physical Activity, 25th March, 13:00 - 14:30](#)



**Freedom to speak up
Guardians (FTSUG)**

*A confidential speaking up service
for practice staff*

Speaking up is about anything that gets in the way of providing good care. North West London Training Hubs have launched Freedom to Speak Up Guardians within Primary Care.

FTSUGs are a cohort of staff across NWL Primary Care, primarily within the Training Hubs.

Contact us through the website with your concern or query and you will be matched with a guardian. Note that conversations remain confidential, and we will work with you to support decisions pertaining to next steps you may wish to take.

How to Speak Up: [Speak Up... Anonymously - NW London Training Hub \(nwltraininghub.co.uk\)](#)