

# NWL Training Hub

## Newsletter

w/c 22nd September 2025

## News and Updates

**Review and book all NWL Training Events:**  
[nwltraininghub.co.uk/events/](http://nwltraininghub.co.uk/events/)

### Foundation Pitstop Diabetes 4-hour update course

- 10th November 2025 - 10:00—13:00 [book here](#)
- 13th January 2026 – 13:00—17:00 [book here](#)

Open to any clinical staff including Pharmacists, Paramedics, Physician Associates, Pharmacy Technician, Practice Nurses, Nurse Associate, Dieticians, Podiatrists & Advanced Clinical Practitioners. This 4-hour programme has been developed to update healthcare professionals who deliver the essential primary care services for people with type 2 diabetes and non-diabetic hyperglycaemia. Suitable for healthcare professionals who have previously attended a foundation-level course and would value an update, and you will be emailed a resource pack, by the training provider, including a workbook, to use during the course.

- Reflection on scope of practice and current competencies
- Register maintenance, including common mistakes
- Frailty update, including target setting and treatment
- Exploring how the ‘annual review’ is delivered, with a young-onset type 2 and a type 1 case study (including illness management)
- Orientation to key websites
- Oral diabetes medication revision
- A holistic case study encompassing cardiovascular disease prevention and kidney disease prevention.

### Supporting Safe Deprescribing of Antidepressants in Primary Care Webinar

- 7th October, 13:00—14:00 [join here](#) or using teams meeting ID: 322 215 033 269 7 and Passcode: f748of7x

This webinar will introduce the resources, share learning from the project, and provide a space to reflect on best practice in supporting patients who wish to reduce or stop antidepressants and will cover:

- Concise GP guidance to support conversations in primary care
- Patient information leaflets to aid shared decision-making
- Service user perspective videos to highlight lived experience

### GP Assistant Training Programme - SE London Training Hub Cohort Applications

- Cohort 9 will begin on the 14th January 2026, [download application form here](#).

All applications are to be sent to - [gpa@seltraininghub.co.uk](mailto:gpa@seltraininghub.co.uk) – Deadline for applications is **Friday 12th December 2025**.

If you would like all of the dates for this cohort or you have other questions about this please contact [gpa@seltraininghub.co.uk](mailto:gpa@seltraininghub.co.uk).

### The Shapes Toolkit Programme

The Shapes Toolkit was created by Dr Rachel Morris, host of the You Are Not A Frog podcast. A former GP, Executive and Team Coach, with a background in Medical Education, Rachel invites doctors and other healthcare professionals to make a deliberate choice about how they will live, work and lead their teams so that they can thrive in work AND life. This opportunity is open to all colleagues working in general practice across North West London. This development is in two parts; you must book both a part 1 and a part 2 session individually. We would encourage people to book the same trainer for your part 1 and part 2 sessions:

Delivered by: Dr Pippa Woolner

Part 1 – Friday 17th October 13.30-17.00 – [book here](#)

Part 2 – Friday 16th January 13.30-17.00 – [book here](#)

Delivered by: Dr Katy Miles

Part 1 – Wednesday 12th November 13.30-17.00 – [book here](#)

Part 2 – Wednesday 4th February 13.30 – 17.00 – [book here](#)

Want to attend the Shapes Toolkit sessions but can't make the above dates? Don't worry we are arranging more! Please complete this short JotForm so we know what days and months are most popular - <https://form.jotform.com/252542326931051>

### E-learning course on diagnosis of breast cancer in Black women

A [free course 'Diagnosing breast cancer in Black women'](#) is available for all healthcare professionals on [RCGP Learning](#). Focusing on reducing healthcare inequalities, it explores the specific risk factors, challenges related to timely diagnosis, and the lived experience of Black women during the diagnosis process. The e-learning module also addresses the social and cultural barriers that Black women can face when accessing healthcare, supporting GPs to develop culturally sensitive and effective approaches to delivering care.

### ARRS 2 Day Foundation Health Coaching Course

Building on previous work the past 3 years, the NW London Training Hub are working with provider Peak Health Coaching to provide the PCI approved core required 2-day health & role coaching programme for the new to role Social Prescribing Link workers and Care Co-ordinators. Due to requests for development, the 2-day Foundation Health Coaching course will now also be opened up to additional clinical roles - **Clinical Pharmacist, Dieticians, FC Physiotherapists, Physician Associate & Paramedics** to aid in these roles support of long-term condition management. *Please note this course will not be relevant for all of these roles, so please only apply if it is relevant to your daily practice due to funding limitations.* The 4 Day Intermediate Health Coaching course required for Health & Wellbeing Coaches new to role, may still be available so please email directly to enquire about this.

To apply for a future place complete the following EOI form - <https://nwltraininghub.co.uk/arrs-2-day-foundation-health-coaching-course/>

If you have any further questions around recruitment, please contact Jon Ord – NWL ARRS Programme Officer – [jonathan.ord1@nhs.net](mailto:jonathan.ord1@nhs.net).

### Survey: Input on Upcoming Cervical Screening Training for non clinical staff

The NWL TH, together with the ICS Team and RMP, are planning to schedule online cervical screening training sessions for non-clinical staff involved in the screening and call/recall process. These sessions will replace those previously delivered by Jo's Trust and will be delivered in a concise, accessible format.

To make sure the training is relevant and useful, we would greatly value your input. We would appreciate if you could please take a couple of minutes to complete the short survey linked, which will help us tailor the content to the needs of your teams: <https://mmjd6h2mzpg.typeform.com/to/efgr9tUu>

### THIS WEEK

- **NWL Webinar: Autism Awareness Training for All Healthcare Professionals** -22nd September 13:00—14:00 [book here spaces available](#)
- **NWL IBD Webinar** - 23rd September, 12:00—13:00 [book here spaces available](#)
- **Safeguarding Webinar on Trauma Intelligence** - 23 September 2025, 13:00—14:00 [book here](#)
- **NWL Frailty Webinar for nurses** - 24th September, 13:00—14:00 [book here spaces available](#)
- **NHS 10 Year Workforce Plan, a Digital Future Webinar x REMIT** - 24th September, 12:00—12:45 [book here](#)
- **MSATS – Safe use of medicines in palliative and end of life care** - 24th September, 12:30—14:00 [book here](#)
- **London Core Managers—Sexual Safety in healthcare** - 25th September, 14:00—15:00 [join here](#) or via teams using these credentials; Meeting ID: 360 849 482 129 3 Passcode: RZ9bt2ew
- **General Practice Nursing monthly webinars** - 25 September 13:00—14:00 [view agenda and link to join here](#)
- **Community of Practice for Homeless Health** - 25th September 12:00—13:00 [join here](#)
- **10 Point Plan Webinar - Improving Resident Doctors Working Lives** - 25th September 13:00—14:00 [book here](#)
- **Child Immunisation Updates** - 25th September 9:00—12:15 [book here spaces available](#)

## NWL TH Training

### NWL Training Hub Webinars

#### Safeguarding Webinar Series

##### Trauma Intelligence

- 23 September 2025, 13:00—14:00 [book here](#)

##### Mixed, Unclear & Unstable Ideologies (MUU)

- 9 October 2025, 13:00—14:00 [book here](#)

##### Modern Slavery / Human trafficking

- 22 October 2025, 12:00—13:00 [book here](#)

##### Domestic abuse/ coercive control

- 4 November 2025, 13:00—14:00 [book here](#)

##### Online Risks & Alt-Right/Chan Culture

- 6 November 2025, 13:00—14:00 [book here](#)

##### Incels/ Misogyny

- 4 December 2025, 12:00—13:00 [book here](#)

##### Young people families & Drugs

- 28 January 2026, 13:00—14:00 [book here](#)

##### FGM & breast flattening

- 5 February 2026, 13:00—14:00 [book here](#)

##### Harm Reduction Drugs & Alcohol- must attend first session prior to attending 2nd session

- part 1) 12 March 2026, 13:00—14:00 [book here](#)

- part 2) 25 March 2026, 13:00—14:00 [book here](#)

#### NWL Frailty Webinar for nurses

- 24th September, 13:00—14:00 [book here spaces available](#)

- What do we mean by frailty
- The role of the nurse in MDT working in Frailty
- How can you add value to a frailty consult and what does a good care plan look like
- What is Validia

#### NB Medical 'Hot Topics' Dermatology for Primary Care

- 8th October, 13:30—17:00 [book here spaces available](#)

This session will be open to Nurses and AHPs – nurses, paramedics, physios and qualified Nursing Associates

With dermatology appearing in up to 25% of our general practice consultations, now is a great time to update and refresh our knowledge. Many skin conditions are now being managed exclusively in primary care and our patients who do require a referral are facing significantly longer waiting times. The aim of this webinar is to increase your diagnostic skills and confidence in managing the common dermatology conditions we see in primary care. All the presented topics are based on recent national guidance and research, and use clinical cases to illustrate the learning points.

#### NWL Respiratory webinars

##### Optimising care in COPD

- 16th October, 13:00—14:00 [book here](#)

- The Optimise COPD approach to managing COPD
- Focus on Respiratory Enhanced Service 25/26

#### NWL Teaching webinar on Diagnostics / Referrals for asthma in children

- 20th November 13:00—14:00 [book here](#)

NWL Community Diagnostic Centres for investigating suspected asthma in children

- Overview of the referral process
- Diagnostic reports and how to interpret the findings
- Case examples

#### NWL Women's Forum

Topics to be confirmed

- 21st November 13:00—14:00 [book here](#)

- 16th January 13:00—14:00 [book here](#)

- 13th March 13:00—14:00 [book here](#)

For queries about our NWL Training Hub webinars please contact [nwl.traininghub@nhs.net](mailto:nwl.traininghub@nhs.net)

## Enhanced Services and CPD

If all dates are fully booked for a training please join the waitlist, this allows us to know when there is sufficient demand for us to book new dates.

#### ABPM Training [spaces available](#)

- 9th October, 13:00—14:00 [book here](#)

Please join us for this lunch and learn session on ABPM Monitoring. It will aim to cover:

- What is ABPM?
- Why do we need ABPM?
- How is ABPM measured?
- What do we do with the results?

#### Non-Medical prescribing update

- 14th October, 9:00—12:30 [book here fully booked](#)

This session is suitable for any prescriber who would like an update on current issues in prescribing practice. It also offers an opportunity to network online with other prescribers.

#### Interpreting ECG - Foundation

- 17<sup>th</sup> October, 9:00—12:00 [book here](#) @ Harrow Baptist Church, HA1 1BA **limited spaces**

This training is for GPs and ACPs only. Please be aware this is **not a refresher**.

#### Performing ECG Training

- 30<sup>th</sup> September 9:15 – 16:30 [book here](#) @ Harrow Baptist Church, HA1 1BA **fully booked**

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

#### Travel Health Updates

- 23<sup>rd</sup> October, 13:00 – 16:00 [book here fully booked](#)

- 4<sup>th</sup> November, 13:00 – 16:00 [book here fully booked](#)

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](#).

#### Seasonal Immunisation Updates

- 30th September 13:00—16:15 [book here fully booked](#)

- 1st October 13:00—16:15 [book here fully booked](#)

- 7th October 13:00—16:15 [book here fully booked](#)

- 21st October 13:00—16:15 [book here spaces available](#)

This 3 hour online seasonal immunisation update is for all **experienced Health Care Professionals**; Nurses, Paramedics, Pharmacists, Nursing Associates, Pharmacy Techs and the non-registered workforce (which includes HCAs, HCSWs, Phlebotomists, receptionists etc) to deliver flu, pneumococcal, shingles, RSV and COVID vaccines. [Objectives for this update can be found here](#).

#### Child Immunisation Updates

- 25th September 9:00—12:15 [book here spaces available](#)

This updates for **experienced practitioners** (usually nurses, nursing associates and pharmacists) already delivering child immunisations.

#### Adult Phlebotomy

- 30<sup>th</sup> October 9:15 – 16:30 [book here](#) @ Harrow Baptist Church, HA1 1BA **fully booked**

- 26<sup>th</sup> November, 9:15 – 16:30 [book here](#) @ Hanwell Health Centre, W7 1DR **fully booked**

- 5<sup>th</sup> February 2026, 9:15 – 16:30 [book here](#) @ Hanwell Health Centre, W7 1DR **limited spaces**

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

#### Paediatric Phlebotomy

- 28th January 2026, 9:00—14:00 @ Cuckoo Lane Surgery, W7 1DR [apply here fully booked](#)

You must attend the training day and assessment day to finalise course the assessment date for each of the above training & phlebotomy can be found on the Medtribe page for each cohort.

This training is for Nurses, HCAs & Phlebotomists. HCAs & Phlebotomists need to have a Care Certificate. Full eligibility criteria can be found at the above booking link.

The aim of this course is to provide the underlying knowledge and basic skills to safely perform phlebotomy on babies and children from 2 years, and identify the underlying issues in paediatric Phlebotomy, e.g. consent, restraint, distraction, and environment.

#### 1 day Diabetes Foundation Course for non-registered practitioners

- 16th March 2026 8:50—16:00 [book here spaces available](#)

This course focuses on preparing non-registered practitioners to get involved in both the prediabetes and diabetes pathways. They will gain an understanding of the care pathways for people with prediabetes and type 2 diabetes, their screening tasks involved and key lifestyle messages to help support people achieve their individual goals. You can also attend the course if you are non-registered practitioner who requires diabetes update Course Overview:

- care pathways for high risk and type 2 diabetes, including the Diabetes Prevention Programme and structured education programmes for type 2 diabetes
- screening tests associated with the annual reviews (including foot assessment and recording risk)

- how to maintain the Practice ‘diabetes box’ containing blood glucose/ketone monitoring equipment and hypoglycaemia treatment
- key lifestyle messages
- exploring the scope of practice of HCAs in diabetes care and the competency assessment/mentorship requirements.

#### Advanced Diabetes Course

For GPNs and Pharmacists – you must have attended the foundation course before attending this advanced course.

GPNs – please be sure to provide a summary of your diabetes related work undertaken. [Express your interest here](#)

#### Diabetes Foot Care Training

- 2<sup>nd</sup> October 9:15 – 16:30 [book here](#) @ Harrow Baptist Church, HA1 1BA **fully booked**

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

#### Wound Care Training

- 13<sup>th</sup> November 9:15 – 16:30 [book here](#) @ Harrow Baptist Church, HA1 1BA **fully booked**

This training is for HCSWs/HCAs who will be expected to undertake simple wound care procedures. This training is for HCAs with Care Certificates. GPN Trainees can attend and new to practice nurses can attend

#### Ring Pessary Foundation course

- 28<sup>th</sup> November, 9:00—12:00 [book here](#) @ The Irish Cultural Centre, W6 9DT **fully booked**

- 28<sup>th</sup> November, 13:00—16:00 [book here](#) @ The Irish Cultural Centre, W6 9DT **fully booked**

This course is for GPs & Nurses only. PAs who have been doing cervical screening smear for longer than a year can attend.

#### Enhanced Service Inhaler Technique: NWL CYP Asthma Tier 3 aligned Training

- Dates and locations dependant on borough [see all here 2nd tranche available now](#)

Venue: Face to face session. Venues vary according to the borough.

This training is aimed at nurses/pharmacists/GPs but any AHP who does asthma and COPD chronic disease management.

This training is limited to **1 person per practice**. Please ensure you book onto the correct session for your borough.

## ARRS Training Offers

### GP Assistant Training Programme - SE London Training Hub Cohort Applications

- Cohort 9 will begin on the 14th January 2026, [download application form here](#).

All applications are to be sent to - [gpa@seltraininghub.co.uk](mailto:gpa@seltraininghub.co.uk) – Deadline for applications is **Friday 12th December 2025**.

If you would like all of the dates for this cohort or you have other questions about this please contact [gpa@seltraininghub.co.uk](mailto:gpa@seltraininghub.co.uk).

### Foundation Pitstop Diabetes 4-hour update course

- 10th November 2025 - 10:00—13:00 [book here](#)
- 13th January 2026 – 13:00—17:00 [book here](#)

Open to any clinical staff including Pharmacists, Paramedics, Physician Associates, Pharmacy Technician, Practice Nurses, Nurse Associate, Dieticians, Podiatrists & Advanced Clinical Practitioners. This 4-hour programme has been developed to update healthcare professionals who deliver the essential primary care services for people with type 2 diabetes and non-diabetic hyperglycaemia. Suitable for healthcare professionals who have previously attended a foundation-level course and would value an update, and you will be emailed a resource pack, by the training provider, including a workbook, to use during the course.

### 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. Staff who wish to attend must either [complete the EOI](#) or [email Jon Ord](#) with your: Name, Email, Role, GP Practice, PCN, Borough, Employer.

### Motivational Interviewing Training [new date](#)

- 12th November, 9:00—16:00 [book here spaces available](#)

The course is open to multiple roles including: Social Prescribing Link Workers, Health & Wellbeing Coaches & Care Coordinators, Clinical Pharmacists, Pharmacy Technicians, Paramedics, Practice Nurses, Nurse Associates, FC Physios, Dieticians & Physician Associates.

This course will look to cover:

- An introduction to the principles, spirit and skills of motivational interviewing.
- Gain an overview of an effective alternative to persuade people to change their behaviour.
- Gain an appreciation of how people can use their own motivations to find solutions for behaviour change.
- Observe how reflective listening can help when emotions are running high.
- Discover how questions, reflections, affirmations and summaries can be used to facilitate a more effective conversation about behaviour change.

### Advice First Aid Training – Open to Social Prescribers

- 30th September, 10:00—14:30 @ Harrow Baptist Church, HA1 1BA. [book here fully booked](#)

Due to the cost-of-living crisis, Citizens Advice Harrow are delivering a session of free advice training for local community organisations as part of their Advising Londoners Partnership project. Citizens Advice services are operating this across the NW London Boroughs and the Harrow team are the hub to operate this training at a NW London level.

They will advise you how you can help if your clients are facing an emergency or crisis - where to start and where to signpost to other organisations and also where to find useful information online in relation to issues such as Housing, Benefits and Debt. There will also be a short follow up session at a later date which they will discuss on the training day.

[Thank you from the NWL Training Hub Team](#)



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## Expressions of Interest forms

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 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 & Events - not run by NWL Training Hub