

NWL Training Hub

Newsletter

w/c 17th November 2025

News and Updates

Review and book all NWL Training Events:
nwltraininghub.co.uk/events/

Deprescribing antidepressants training for Practice based Pharmacists

- 11th December, 12:30pm – 2:00pm [register here](#)
As part of the NHS England Medicine Optimisation objectives to reduce inappropriate prescribing of antidepressants with both mental health trusts CNWL and West London we have arranged a training session for practice based pharmacists in NW London. The training is led by Dr Emma Coore, GP Clinical Lead, Adult Community MH Transformation, CNWL, and a GP in NW London.
The training will cover:
● Why deprescribe antidepressants?
● Service user experience of this process
● Latest guidance
● Withdrawal symptoms
● Practicalities
● Specialist support
● Resources

Mental Health Skills for PCN and Practice Managers - NEW DATE AVAILABLE

- 16th January 2026, 9:00–13:00 [book here](#) @ The Irish Cultural Centre, W6 9DT [spaces available](#)
- 22nd January 2026, 9:00–13:00 [book here](#) @ The Irish Cultural Centre, W6 9DT [fully booked](#)
Open to PCN & Practice Managers. By the end of this course, you will be able to:
● Describe mental health and the impact of stress on employees in the workplace.
● Identify if a team member may be experiencing poor mental health and confidently have open conversations about mental health at work.
● Respond empathetically to challenging situations related to mental health in the workplace and appropriately signpost your team members to available support.
● Describe what support and guidance is available for yourself and your employees and how to access it.

Beyond Survival: What Every GP Needs to Know About Post-ICU Care

- 2nd December, 13:00–14:00 [register here](#)
Professor Brett is a leading expert in critical care medicine and post-ICU rehabilitation. This session will provide practical insights, learn how to identify, manage, and support patients living with the hidden consequences of critical illness.

SSSA Foundation Training

- Day 1: 12th January 2026, 9:30–16:00 [Register here for both days](#) YOU MUST ATTEND BOTH DAYS to successfully finalise course.
- Day 2: 9th February 2026, 9:00–17:00
We're excited to offer the opportunity for General Practice Nurses to gain both the SSSA Foundation qualification and formal recognition as an approved educator within NWL. This 2-day interactive online course is designed specifically for GPs who haven't completed training but are keen to start supporting students in practice. It's a hands-on introduction to teaching, coaching, and assessing learners.
By completing this training, you'll not only be qualified as a Practice Supervisor and Assessor, but you'll also be recognised as an approved NWL Educator, with the option to progress to multi-professional supervision through the Multi Professional Supervisor course.

What You'll Gain:
● Fundamentals of supporting and assessing learners in practice
● Confidence in giving feedback and coaching students
● Recognition as an Educator in North West London
This is your opportunity to develop your teaching skills, gain your SSSA certificate, and take the first step toward becoming a multi-professional educator in primary care.

SSSA Update

- 28th November, 09:00 - 12:30 [Register here](#)
If you've already completed SSSA Foundation training, we also offer an SSSA Update Course to help you refresh your knowledge and maintain your NMC compliance. It is best practice to have an annual Practice Assessor or Practice Supervisor update.

Customer Service workshop

- 18th November, 9:30-12.30 [register here](#)
This 3-hour interactive training workshop led by facilitators will provide frontline staff with the confidence and skills to provide excellent Customer Service to their patients and service users. Real life scenarios are played out to demonstrate typical interactions that take place on the phone or in person, providing participants with an engaging learning experience.

Difficult Situations workshop

- 26th November, 14:00-16:00 [Register here](#)
This 2-hour workshop looks at some of the difficult situations frontline staff deal with daily. Led by actors/facilitators playing out scenarios that demonstrate difficult behaviours, we explore how to handle these situations with confidence.

Cultural Competency: Sociolinguistics

- 10th December, 13:00–14:00 [book here](#)
Join us for an interactive session to explore how language and culture are intertwined - and how misunderstandings can occur. The session will be co-facilitated by Lynne Rustecki, a professional linguist and Rupal Shah, a GP and educator.

Time Management Training Session

- 20th November, 9:00–17:00 [deadline to express interest on the 18th November](#) [EOL here](#)
The course covers essential skills for managing time efficiently, understanding task priorities, and recognising personal energy patterns throughout the day. It also introduces different levels of scheduling, long-term, medium-term, short-term, and task-specific, and guides participants in creating actionable plans and executing them effectively. I've included a comprehensive overview of prioritisation techniques.

DTL Networking Event

- 27th November, 10:00–15:00 [register here](#) @ 10 South Colonnade, E14 4PU
Please see the [flyer which includes the agenda](#) for a DTL networking event taking place on 27 November - this is part of an ongoing series and is open to anyone in a DTL role.

General practice nursing: Influencing your pay, terms and conditions

- 20th November 12:30 - 13:30 [join here](#)
All general practice nursing members across the UK are welcome to join this event to hear about how general practice pay is set, how to influence your employer and how to show your value. You'll hear about what actions you can take and how to ask the key questions you need answered.

ADHD Post Diagnosis; Why ADHD matters and pharmacological management of ADHD in primary care

- 27th November, 12:00–14:00 [book here](#) or [view flyer and agenda here](#)
This meeting is funded and developed by Takeda UK Ltd and is for healthcare professionals only. Takeda products will be mentioned at this meeting.
ADHD post diagnosis is a training designed to support primary care professionals with the follow-up care of ADHD, covering key aspects such as why ADHD matters, shared care, and medication monitoring.
Module 1: Why ADHD Matters in Primary Care Explores the growing demand for ADHD services, why primary care involvement is important, and the potential benefits for patients and the wider system.
Module 2: Practical Pharmacological Management Covers commonly prescribed ADHD medicines, what to monitor in stable patients, and when to seek specialist support.

Parkinson's UK Foundation Programme

Parkinson's UK have launched a [Foundation Programme \(FP\)](#), a new set of online courses covering key topics like symptoms, medication, and treatments. Based on feedback from people with Parkinson's, the FP also includes new areas like best-practice communication for professionals, as well as signposting the services, support and resources available from Parkinson's UK and the Excellence Network.
They have also upgraded the Knowing Parkinson's (KP) platform, where the FP and all their online courses are hosted. It's now much easier to create an account and access the CPD Parkinson's UK provide.

Living Wage Week

[Living Wage Week](#) (10–16 November) celebrates the power of fair pay to transform lives. This year's theme "the difference it makes" highlights how the real Living Wage, Living Hours, and Living Pension support stability, dignity, and economic growth.

With over [16,000 accredited employers](#), including NHS England, the movement continues to grow. The NHS London anchor Programme proudly champions good employment and economic resilience - especially as the cost of living rises. [Read the latest blog from our Anchor Programme team](#) or contact us at england.idn.anchor@nhs.net for more information.

Red Whale Clinical Update session for Clinical ARRS Staff

- 25th November, 10:00–16:00 [book here](#) [limited spaces](#)
● A one-day clinical update session with updates in topic areas of Asthma, Hypertension, Pharmacological management of Obesity including GLP-1s and Mental Health covering areas of Physical Health, Depression & Anti Depressants and ADHD – This will only be available by attending the live session.
● Access to the Red Whale Pharmacist update recording for 12 months.
● Access to Red Whales extensive learning resources for 12 months including handbooks on their other live update days to support in CPD development.

Autism, Dyslexia ADHD education workshops for nurses

Autism education workshop
- 9th December 13:00–16:00 [book here](#) [spaces available](#)
● Explore what is meant by autism
● Why is it considered a spectrum
● How it can affect different individuals
● Explain important aspects of diagnosis, intervention, education, and life-span development

ADHD education workshop

- 18th February, 9:30–12:30 [book here](#) [spaces available](#)
● What is ADHD
● Recognise the signs and symptoms of ADHD
● Discuss best practice to support service users with ADHD
● Practical strategies to help the personal development of people with ADHD, stigma, and management support/medications

Dyslexia education workshop

- 8th April, 13:00–16:00 [book here](#) [spaces available](#)
● Definition of dyslexia
● Common features of dyslexia
● Identifying dyslexia
● The rights of people with dyslexia

THIS WEEK

- **Professionals in the Fight Against AMR** - 17th November, 12:30 - 13:30 [book here](#)
- **Customer Service workshop** - 18th November, 9:30-12.30 [register here](#)
- **British Society of Lifestyle Medicine Webinar** - 18th November, 13:00–14:00 [book here](#) [spaces available](#)
- **Seen and not heard – a gut feeling antibiotic use and AMR in children is a secondary consideration** - 19th November, 15:00 -16:00 [book here](#)
- **The People Promise and Customer Care** – 19th November, 12:00–13:00 [book here](#)
- **GIRFT Webinar: Introducing the GIRFT chronic pain workstream** –19th November, 12:30–13:30 [book here](#)
- **Non-clinical practice staff cervical screening webinars** - 20th November, 12:00 – 13:00 [book here](#) [spaces available](#)
- **General practice nursing: Influencing your pay, terms and conditions** - 20th November 12:30 - 13:30 [join here](#)
- **NWL Teaching webinar on Diagnostics / Referrals for asthma in children** - 20th November 13:00–14:00 [book here](#) [spaces available](#)
- **Understanding Polycystic Ovary Syndrome (PCOS) and the evidence for long-term management** - 20th November, 12:00–13:30 [book here](#)
- **Wellbeing webinars: Safe patients – healthy and positive communication** - 20th November 2025, 12:00 - 13:30 [book here](#)
- **NWL Women's Forum** - 21st November 13:00–14:00 [book here](#) [spaces available](#)
- **Trauma-Informed Training For Employers Working With Care Leavers** – 21st November, 11:30–12:30 [book here](#)

NWL TH Training

NWL Training Hub Webinars

British Society of Lifestyle Medicine Webinar

- 18th November, 13:00–14:00 [book here](#) [spaces available](#)
Join the [British Society of Lifestyle Medicine \(BSLM\)](#) for an exclusive webinar with the North West London Training Hub. The session will introduce the BSLM by laying the foundations of lifestyle medicine, covering the three core principles that underpin the discipline and the six pillars of lifestyle medicine, demonstrating how these evidence-based approaches can be integrated into everyday clinical practice. This webinar is accredited for 1 hour of CPD.

Non-clinical practice staff cervical screening webinars

- 20th November, 12:00 – 13:00 [book here](#) [spaces available](#)
- 2nd December, 13:00 – 14:00 [book here](#) [spaces available](#)
The session will cover:
● The NHS Cervical Screening Programme
● Supporting patients to make an appointment
● Managing bookings and results (including NHS App notifications)
● Tackling barriers to engagement for your patients

NWL Teaching webinar on Diagnostics / Referrals for asthma in children

- 20th November 13:00–14:00 [book here](#) [spaces available](#)
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](#) [spaces available](#)
Agenda:
● Update on training and development
● Neighbourhood theme – what does that mean?
- 16th January 13:00–14:00 [book here](#) [spaces available](#)
- 13th March 13:00–14:00 [book here](#) [spaces available](#)

NWL Frailty Webinar for nurses

- 26th November, 13:00–13:45 [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

Safeguarding Webinar Series

Incels/ Misogyny
- 4th December 2025, 12:00–13:00 [book here](#) [spaces available](#)
Young people families & Drugs
- 28th January 2026, 13:00–14:00 [book here](#) [spaces available](#)
FGM & breast flattening
- 5th February 2026, 13:00–14:00 [book here](#) [spaces available](#)

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

- part 1) 12th March 2026, 13:00–14:00 [book here](#) [spaces available](#)
- part 2) 25th March 2026, 13:00–14:00 [book here](#) [spaces available](#)

For queries about our NWL Training Hub webinars please contact nwl.traininghub@nhs.net

SSSA Training

SSSA - Foundation training 2 -Day course

- 12th January and 9th February, 9:30–16:00 [book here](#) [limited spaces](#)
This is a 2 day online SSSA Foundation training for GPs who have not completed any mentorship qualifications (e.g. ENB 998) in the past, and who are interested in supporting learners in practice.

SSSA Update

- 28th November 9:00–12:30 [book here](#) [spaces available](#)
This course is suitable if you have already attended mentorship preparation training (e.g. ENB 998). This update provides a refresher of the knowledge, skills and behaviours needed to support learners to become outstanding nurses

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.

Performing ECG Training

- 3rd February 2026 9:15–16:30 [book here](#) @ Dawes Road Hub, SW6 7EN [limited spaces](#)
- 17th June 2026, 9:15–16:30 [book here](#) @ Harrow Baptist Church, HA1 1BA [spaces available](#)
This training is for HCAs. GPs, pharmacists, nurses can attend if they require this training

ECG Interpretation Foundation -a face to face session for GPs & ACPs.

- 6th March 2026, 9:00–16:00 [book here](#) @ Harrow Baptist Church, HA1 1BA [spaces available](#)
- 27th Nov 2026, 9:00–16:00 [book here](#) @ Harrow Baptist Church, HA1 1BA [spaces available](#)
This is for GPs and ACPs who haven't already attended the interpreting ECG Course.

Refresher Interpreting ECG course

- 27th March 2026, 12:30–14:00 [book here](#) [spaces available](#)
- 18th September 2026, 12:30–14:00 [book here](#) [spaces available](#)
The refresher ECG course re-introduces a systematic approach to the Medtribe page 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. This course is for GPs and ACPs who have already attended the interpreting ECG Course

Adult Phlebotomy

- 26th November, 9:15–16:30 [book here](#) @ Hanwell Health Centre, W7 1DR [fully booked](#)
- 16th January 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 cohorts can be found on the Medtribe page for each cohort.
This training is for HCAs & Phlebotomists. HCAs & Phlebotomists need to have a Care Certificate. Full eligibility criteria can be found at the above phlebotomy link.
The aim of this course is to provide the underpinning 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.

Diabetes Foot Care

- 28th Jan 2026 9:15–16:30 [book here](#) @ Harrow Baptist Church, HA1 1BA [limited spaces](#)
- 3rd June 2026, 9:15–16:30 [book here](#) @ Dawes Road Hub, SW6 7EN [spaces available](#)
The course is for experienced HCSWs who will be assisting with diabetes reviews

1 day Diabetes Foundation Course for non-registered practitioners

- 16th March 2026 8:50–16:00 [book here](#) [limited spaces](#)
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, the 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.

Advanced Diabetes Course

For GPs 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](#)

Wound Care Training

- 18th March 2026 9:15–16:30 [book here](#) @ Harrow Baptist Church, HA1 1BA [limited spaces](#)
- 9th Dec 9:15–16:30 [book here](#) @ Dawes Road Hub, SW6 7EN [spaces available](#)
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

Advanced Wound Care Training for HCAs

- 28th January 2026 9:15–16:30 [book here](#) @ Harrow Baptist Church, HA1 1BA [fully booked](#)
- 5th August 2026 9:15–16:30 [book here](#) @ Dawes Road Hub, SW6 7EN [spaces available](#)
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. The session will include a wound care update and explore different types of wound commonly seen in GP, and discuss healing and factors that influence the healing process.

All learners will undertake a dressing using in return to practice and be able to remove sutures and staples from all learners arm. Learners will need to attend to practice for supervision and assessment of their new skills and to complete their competency documents

Ring Pessary Foundation course

- 28th November, 9:00–12:00 [book here](#) @ The Irish Cultural Centre, W6 9DT [fully booked](#)
- 28th November, 13:00–16:00 [book here](#) @ The Irish Cultural Centre, W6 9DT [fully booked](#)
- 19th March 2026 9:00–12:00 [book here](#) @ Dawes Road Hub, SW6 7EN [fully booked](#)
- 19th March 2026 13:00–16:00 [book here](#) @ Dawes Road Hub, SW6 7EN [limited spaces](#)
- 8th October 2026 9:00–12:00 [book here](#) @ Dawes Road Hub, SW6 7EN [spaces available](#)
- 8th October 2026 13:00–16:00 [book here](#) @ Dawes Road Hub, SW6 7EN [spaces available](#)
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

- 27th Nov 9:15–17:00 @ Ealing, Ealing Dominion Centre, UB2 4BD [book here](#) [limited spaces](#)
- 27th Nov 9:15–17:00 @ H&F, Edward Woods Community Centre, W11 4TX [book here](#) [limited spaces](#)
- 3rd Dec 9:15–17:00 @ Hounslow, Indian Gymkhana Club, TW7 4NQ [book here](#) [limited spaces](#)
- 4th Dec 9:15–17:00 @ Brent, St John's Evangelist Church & Community Centre, HA0 2HX [book here](#) [limited spaces](#)

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

Obesity – A Long-Term Condition, Focusing On People Who Are Using Weight Loss Injections

- 26th February 2026, 9:30–16:00 [book here](#) [spaces available](#)
The course will look to cover:
● Understand the importance of obesity and its impact on physical and emotional well being.
● Understand the role and impact of the weight loss jabs.
● Gain an appreciation of the current national and NHS environment re weight loss jab management both the strengths and weaknesses.
● Experience a practical approach to having the difficult conversation when a patient does not receive the prescription they want.

Mental Health First Aid Training for personalised care roles

- 13th January & 20th January 2026, 9:00–17:00 [book here](#) @ The Irish Cultural Centre, W6 9DT [fully booked](#)
For social prescribers, health & wellbeing coaches & care coordinators. The course will cover:
● A deeper understanding of mental health and the factors that can affect people's wellbeing, practical skills to spot the triggers and signs of mental health issues and the confidence to step in and support someone to recover their health by guiding them to appropriate support.
● Three years of access to the MHFAider Support App* with 24/7 digital support and access to exclusive resources, ongoing learning opportunities, and the benefit of joining England's largest community of trained MHFAiders.

Mental Health Skills for PCN and Practice Managers NEW DATE AVAILABLE

- 16th January 2026, 9:00–13:00 [book here](#) @ The Irish Cultural Centre, W6 9DT [spaces available](#)
- 22nd January 2026, 9:00–13:00 [book here](#) @ The Irish Cultural Centre, W6 9DT [fully booked](#)
Open to PCN & Practice Managers. By the end of this course, you will be able to:
● Describe mental health and the impact of stress on employees in the workplace.
● Identify if a team member may be experiencing poor mental health and confidently have open conversations about mental health at work.
● Respond empathetically to challenging situations related to mental health in the workplace and appropriately signpost your team members to available support.
● Describe what support and guidance is available for yourself and your employees and how to access it.

Red Whale Clinical Update session for Clinical ARRS Staff

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● Access to the Red Whale Pharmacist update recording for 12 months.
● Access to Red Whales extensive learning resources for 12 months including handbooks on their other live update days to support in CPD development.

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 PCL 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 Psychotherapists, 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 space please [complete the EOI form](#) or if you have any further questions around recruitment, please contact Jon Ord – NWL ARRS Programme Officer – jonathan.ord1@nhs.net.

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@setraininghub.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@setraininghub.co.uk

Foundation Pitstop Diabetes 4-hour update course

- 13th January 2026 – 13:00–17:00 [book here](#) [fully booked](#)
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, Practice Nurses, 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

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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</