

# NWL Training Hub

## Newsletter

w/c 1<sup>st</sup> December 2025

## News and Updates

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

### Autism, Dyslexia ADHD education workshops FOR NURSES

**Autism education workshop** - 9<sup>th</sup> December 13:00–16:00 [book here spaces available](#)  
**ADHD education workshop** - 18<sup>th</sup> February, 9:30–12:30 [book here spaces available](#)  
**Dyslexia education workshop** - 8<sup>th</sup> April, 13:00–16:00 [book here spaces available](#)

### Asthma & COPD Flares NWL Webinar Winter Readiness in Primary Care

- 10<sup>th</sup> December 2025 19:00 – 20:30 [book here](#)

With colder weather approaching, we can expect a rise in respiratory infections, including this new more potent influenza, which will inevitably trigger more asthma and COPD exacerbations.

- Is your practice ready?
- Are your pathways and emergency equipment set up to manage acute flares effectively?
- Do you have robust processes in place to ensure timely follow-up after a flare?

This webinar will provide an expert update focused on managing exacerbations.

It is designed for everyone involved in respiratory care in primary care —HCAs, nurses, pharmacists, primary care paramedics, GPs, trainees, PAs, as well as clerical and data staff who support respiratory registers and patient recall.



**NW LONDON  
TRAINING HUB**  
Education • Training • Workforce

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**WINTER READINESS IN PRIMARY CARE**  
**ASTHMA & COPD FLARES**  
19:00-20:30  
Wednesday  
10 Dec 2025

**THE ASTHMA/COPD FLARE**  
Book via  
MedTrio

**AGENDA** Chair is Sally Kent  
19:00 COPD & Asthma Flares in NWL London  
On the importance of the Respiratory Unit  
On the importance of the Respiratory Unit  
19:10 The adult asthma flare  
On the importance of the Respiratory Unit  
19:20 The COPD flare  
On the importance of the Respiratory Unit  
20:10 The Flare Toolkit Project: A PCN project  
On the importance of the Respiratory Unit  
20:20 Panel Q&A  
20:30 Close

**THEMES COVERED**  
the hardest what the local data shows  
mechanisms and pathophysiology  
primary care management of flares  
guides to how hospitals manage flares  
the role of specialists & primary care teams  
preventing flares, (exacerbations & deaths)

**THE ASTHMA & COPD FLARE TOOLKIT PROJECT**  
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**THE FLARE TOOLKIT PROJECT**

### Cervical screening sample takers audit - requested by Cervical Screening London

Please complete the [questionnaire](#) by 1<sup>st</sup> December 2025, as requested by Cervical Screening London. This is an annual ask and is vital to provide assurance to participants in the London region in the Cervical Screening Programme that samples will be taken to a high standard by trained and competent sample takers.

Please send your completed questionnaire back to [hsl.csl.cstd@nhs.net](mailto:hsl.csl.cstd@nhs.net).

### Unconscious Bias, Microaggressions and Cultural Competence Training for NWL staff

#### Unconscious Bias

- 27<sup>th</sup> January 2026, 12:00 -13:00 [book here](#)

- Understand what unconscious bias is and why it exists
- Recognize how bias manifests in workplace decisions and dynamics
- Identify common types of biases and their impacts
- Learn strategies to mitigate bias on both personal and systemic levels
- Leave with a personal commitment to more inclusive behaviour

#### Microaggressions

- 23<sup>rd</sup> February 2026, 12:00 -13:00 [book here](#)

- Explore how subtle comments can cause harm and impact inclusion.
- Understand that good intentions don't erase negative effects.
- How to use empathy and curiosity, not shame.
- The importance of speaking up, listening deeply, and committing to ongoing learning.

#### Cultural Competence

- 20<sup>th</sup> March 2026, 12:00 -13:00 [book here](#)

- Understand the connection between culture, identity, and belonging
- Learn the components of cultural competence: awareness, attitude, knowledge, and skills
- Explore how to navigate and communicate effectively across cultures
- Build strategies to foster psychological safety and mutual respect
- Recognize microaggressions and cultural dynamics in the workplace

### National Education and Training Survey (NETS)

Please find attached information regarding the National Education and Training Survey (NETS) this is a platform for healthcare learners and trainees to share their experiences and shape the future of healthcare education. Please share this link to the survey with your students to complete; <https://www.hee.nhs.uk/nets-2025>

### NHS Fellowship in Clinical AI

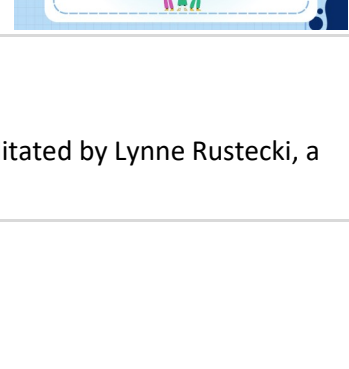
The NHS Fellowship in Clinical AI is a 12-month programme integrated part-time alongside clinical work to realise the benefit of AI in healthcare. Fellows are recruited from a diverse clinical workforce, and gain experience deploying and evaluating AI in clinical workflows under expert supervision in multidisciplinary NHS teams.

[Apply for Cohort 5 \(Aug 2026 - Aug 2027\) NHS Applicants.](#)

Please note this fellowship programme is **not** run by NWL Training Hubs, please contact [gstt.aifellowship@nhs.net](mailto:gstt.aifellowship@nhs.net) if you have any questions about this fellowship programme.

### Conflict Management

- 4<sup>th</sup> December, 9:00–17:00 [deadline to express interest on the 2<sup>nd</sup> December](#) [EOI here](#)



This Conflict Management Training Course equips participants with the knowledge and skills to understand, address, and prevent workplace conflicts. It covers the causes and types of conflict, practical resolution techniques, and structured frameworks such as the Triangle of Truth. The course emphasises proactive communication, active listening, and continuous improvement to foster a healthy and collaborative organisational culture.

### Cultural Competency: Sociolinguistics

- 10<sup>th</sup> 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.

### THIS WEEK

- Talking to patients about cancer related difficulties with sex and intimacy -1<sup>st</sup> December, 12:30-13:30 [Find out more and book here](#)
- Beyond Survival: What Every GP Needs to Know About Post-ICU Care - 2<sup>nd</sup> December, 13:00–14:00 [register here](#)
- Non-clinical practice staff cervical screening webinars - 2<sup>nd</sup> December, 13:00–14:00 [book here spaces available](#)
- Health and Wellbeing in General Practice - 2<sup>nd</sup> December, 12:00–13:00 [register here](#)
- Inhaler Technique: CYP Asthma Tier 3 aligned Training - 3<sup>rd</sup> Dec 9:15–17:00 @ Hounslow, Indian Gymkhana Club, TW7 4NQ [book here limited spaces](#)
- UKHSA webinar: childhood immunisation schedule changes - 3<sup>rd</sup> December, 14:00–15:15 [book here](#)
- Sexual and Pelvic Health with and Beyond Cancer Talking to patients from the LGBT+ community -3<sup>rd</sup> December, 12:30-13:30 [Find out more and book here](#)
- Overactive Bladder management in primary care - 3<sup>rd</sup> December, 13:00–14:00 [book here](#)
- A greener NHS and minimising the environmental effects of AI - 3<sup>rd</sup> December, [join network here](#)
- Inhaler Technique: CYP Asthma Tier 3 aligned Training - 4<sup>th</sup> Dec 9:15–17:00 @ Brent, St John's Evangelist Church & Community Centre, HA0 2HX [book here limited spaces](#)
- Safeguarding Webinar Series Incels/ Misogyny - 4<sup>th</sup> December 2025, 12:00–13:00 [book here spaces available](#)
- Conflict Management - 4<sup>th</sup> December, 9:00–17:00 [deadline to express interest on the 2<sup>nd</sup> December](#) [EOI here](#)
- Chief Nursing Office Environmental Sustainability Masterclasses Resilience and Adaptation - 4<sup>th</sup> December, 11:00–12:00 [book here](#)
- Sexual and Pelvic Health with and Beyond Cancer Supercharging communication skills & resources -4<sup>th</sup> December, 12:30-13:30 [Find out more and book here](#)

## NWL TH Training

### NWL Training Hub Webinars

#### Safeguarding Webinar Series

##### Incels/ Misogyny

- 4<sup>th</sup> December 2025, 12:00–13:00 [book here spaces available](#)

##### Young people families & Drugs

- 28<sup>th</sup> January 2026, 13:00–14:00 [book here spaces available](#)

##### FGM & breast flattening

- 5<sup>th</sup> 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) 12<sup>th</sup> March 2026, 13:00–14:00 [book here spaces available](#)

- part 2) 25<sup>th</sup> March 2026, 13:00–14:00 [book here spaces available](#)

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- Is your practice ready?
  - Are your pathways and emergency equipment set up to manage acute flares effectively?
  - Do you have robust processes in place to ensure timely follow-up after a flare?
- This webinar will provide an expert update focused on managing exacerbations. It is designed for everyone involved in respiratory care in primary care —HCAs, nurses, pharmacists, primary care paramedics, GPs, trainees, PAs, as well as clerical and data staff who support respiratory registers and patient recall.

### Deprescribing antidepressants training for Practice based Pharmacists

- 11<sup>th</sup> December, 12:30pm - 2:00pm [register here](#)

- Why deprescribe antidepressants?
- Service user experience of this process
- Latest guidance
- Withdrawal symptoms
- Practicalities
- Specialist support
- Resources

### NWL Women's Forum

Topics to be confirmed

- 16<sup>th</sup> January 13:00–14:00 [book here spaces available](#)

- 13<sup>th</sup> March 13:00–14:00 [book here spaces available](#)

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

## SSSA Training

### SSSA - Foundation training 2-Day course

- 12<sup>th</sup> January and 9<sup>th</sup> February, 9:30–16:00 [book here fully booked](#)

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.

## 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.

### New to Anticoagulation Training

- 18<sup>th</sup> February 2026, 9:15–12:30 [book here spaces available](#)

- 18<sup>th</sup> February 2026, 14:00–17:00 [book here spaces available](#)

This training is for staff new to anticoagulation monitoring (Nurses, Nursing Associates, Health Care Support Workers, Pharmacists, and GPs). It covers:

- **Warfarin:** Do's and don'ts, INR management (normal ranges, high/low INR), using INR machines and INRstar, levels of responsibility, and patient education.
- **DOACs:** Do's and don'ts, initiation, monitoring, patient education, and dose reduction per guidelines.

### Anticoagulation Update Training

- 16<sup>th</sup> March 2026, 13:00–16:00 [book here spaces available](#)

This training provides an update for staff involved in anticoagulation monitoring (Nurses, Nursing Associates, Health Care Support Workers, Pharmacists, and GPs). It is intended for those with prior experience who need a refresher. Topics include:

- **Warfarin:** Do's and don'ts of INR management, normal ranges, actions for high/low INR, LMWH use (when, why), and patient education.
- **DOACs:** Do's and don'ts, initiation, monitoring, patient education, and dose reduction per guidelines.

### Performing ECG Training

- 3<sup>rd</sup> February 2026, 9:15–16:30 [book here](#) @ Dawes Road Hub, SW6 7EN [fully booked](#)

- 17<sup>th</sup> June 2026, 9:15–16:30 [book here](#) @ Harrow Baptist Church, HA1 1BA [spaces available](#)

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

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

- 6<sup>th</sup> March 2026, 9:00–16:00 [book here](#) @ Harrow Baptist Church, HA1 1BA [spaces available](#)

- 27<sup>th</sup> 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

- 27<sup>th</sup> March 2026, 12:30–14:00 [book here spaces available](#)

- 18<sup>th</sup> September 2026, 12:30–14:00 [book here spaces available](#)

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.

This course is for GPs and ACPs who have already attended the interpreting ECG Course

### Adult Phlebotomy New dates now available

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

- 25<sup>th</sup> February 2026, 9:15–16:30 [book here](#) @ Dawes Road Hub, SW6 7EN [spaces available](#)

- 18<sup>th</sup> June 2026, 9:15–16:30 [book here](#) @ Harrow Baptist Church, HA1 1BA [spaces available](#)

- 4<sup>th</sup> August 2026, 9:15–16:30 [book here](#) @ Dawes Road Hub, SW6 7EN [spaces available](#)

- 7<sup>th</sup> October 2026, 9:15–16:30 [book here](#) @ Harrow Baptist Church, HA1 1BA [spaces available](#)

- 3<sup>rd</sup> December 2026, 9:15–16:30 [book here](#) @ Dawes Road Hub, SW6 7EN [spaces available](#)

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

### Paediatric Phlebotomy New date now available

- 28<sup>th</sup> January 2026, 9:00–14:00 @ Cuckoo Lane Surgery, W7 1DR [apply here limited spaces](#)

- 20<sup>th</sup> May 2026, 9:00–14:00 @ Cuckoo Lane Surgery, W7 1DR [apply here spaces available](#)

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 Medtrite 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 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

- 28<sup>th</sup> Jan 2026, 9:15–16:30 [book here](#) @ Harrow Baptist Church, HA1 1BA [limited spaces](#)

- 3<sup>rd</sup> June 2026, 9:15–16:30 [book here](#) @ Dawes Road Hub, SW6 7EN [spaces available](#)

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

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

- 16<sup>th</sup> 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 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](#)

### Wound Care Training

- 18<sup>th</sup> March 2026 9:15–16:30 [book here](#) @ Harrow Baptist Church, HA1 1BA [limited spaces](#)

- 9<sup>th</sup> July 2026 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 practice nurses can attend

### Advanced Wound Care Training for HCAs

- 4<sup>th</sup> March 2026 9:15–16:30 [book here](#) @ Harrow Baptist Church, HA1 1BA [fully booked](#)

- 5<sup>th</sup> 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.

### Ring Pessary Foundation course

- 19<sup>th</sup> March 2026 9:00–12:00 [book here](#) @ Dawes Road Hub, SW6 7EN [fully booked](#)

- 19<sup>th</sup> March 2026 13:00–16:00 [book here](#) @ Dawes Road Hub, SW6 7EN [limited spaces](#)

- 8<sup>th</sup> October 2026 9:00–12:00 [book here](#) @ Dawes Road Hub, SW6 7EN [spaces available](#)

- 8<sup>th</sup> 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.

### Ring Pessary Update

- 16<sup>th</sup> May 2026, 9:00–12:00 [book here](#)

This training is an update - for those who already finalised their Ring Pessary training

### Autism, Dyslexia ADHD education workshops FOR NURSES

**Autism education workshop** - 9<sup>th</sup> December 13:00–16:00 [book here spaces available](#)

**ADHD education workshop** - 18<sup>th</sup> February, 9:30–12:30 [book here spaces available](#)

**Dyslexia education workshop** - 8<sup>th</sup> April, 13:00–16:00 [book here spaces available](#)

## ARRS Training Offers

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

- 26<sup>th</sup> February 2026, 9:30–14:00 [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 jab.
  - 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**  
- 1<sup>st</sup> January & 20<sup>th</sup> 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**  
- 16<sup>th</sup> January 2026, 9:00–13:00 [book here](#) @ The Irish Cultural Centre, W6 9DT [limited spaces](#)
- 22<sup>nd</sup> 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.
- 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 the 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](mailto:jonathan.ord1@nhs.net).

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

Cohort 9 will begin on the 14<sup>th</sup> 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 12<sup>th</sup> 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

- 13<sup>th</sup> 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