

NWL Training Hub

Newsletter

w/c 8th December 2025

News and Updates

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

Foundation Pitstop Diabetes 4-hour update course *New date now available*
- 23rd February 2026 – 13:00–17:00 [book here spaces available](#)

Open to any clinical staff including Pharmacists, Paramedics, Physician Associates, Pharmacy Technician, 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.

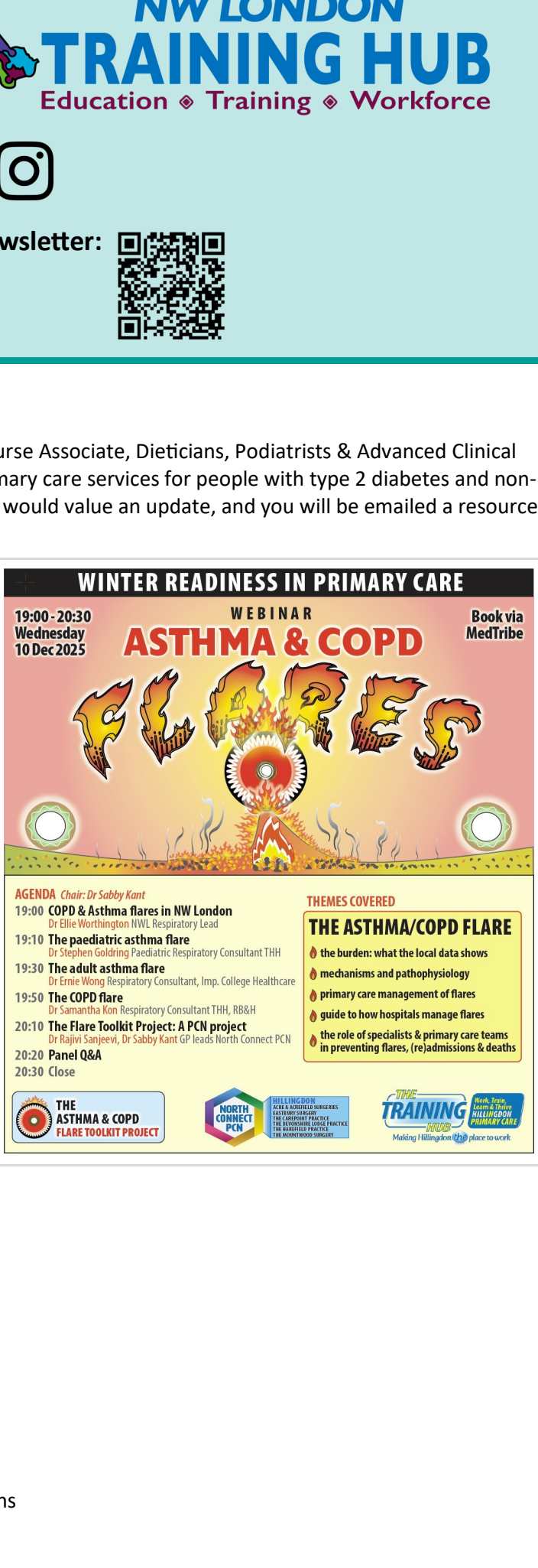
Asthma & COPD Flares NWL Webinar Winter Readiness in Primary Care
- 10th December 2025 19:00 – 20:30 [book here](#)

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.



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

Unconscious Bias, Microaggressions and Cultural Competence Training for NWL staff

Unconscious Bias

- 27th 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

- 23rd 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

- 20th 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

Air Quality Resource Hub Now Live

NHS England are pleased to announce that the Air Quality Resource Hub is now live on [London Greener NHS - Greener NHS Knowledge Hub - Futures](#). These resources, curated by the London Air Quality and Health Programme Office, are designed to support healthcare professionals strengthen their awareness of the health impacts of air pollution, and to help them communicate this to patients.

Explore the resource hub for practical information, guidance, and support to use in everyday practice. This is available to NHS staff. To access, staff should register with NHS Futures and request access to the London Greener NHS area of the site.

THIS WEEK

- **Cardiac Rehab Webinar – What Every Primary Care Team Should Know** – 9th December, 12:00–13:00 [book here](#)
- **Autism, Dyslexia ADHD education workshops FOR NURSES, Autism education workshop** - 9th December 13:00–16:00 [book here spaces available](#)
- **Management & Leadership Development**—10th Dec, 12:00–13:00 [book here](#)
- **Masterclass for health professionals – Navigating weight and wellbeing** - 10th December, 12:00–13:00 [register here](#)
- **Cultural Competency: Sociolinguistics** - 10th December, 13:00–14:00 [book here spaces available](#)
- **Asthma & COPD Flares NWL Webinar Winter Readiness in Primary Care** - 10th December, 19:00 – 20:30 [book here spaces available](#)
- **Deprescribing antidepressants training for Practice based Pharmacists** - 11th December, 12:30pm - 2:00pm [register here spaces available](#)

NWL TH Training

NWL Training Hub Webinars

Cultural Competency: Sociolinguistics

- 10th December, 13:00–14:00 [book here spaces available](#)

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 Rusteck, a professional linguist and Rupal Shah, a GP and educator.

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Deprescribing antidepressants training for Practice based Pharmacists

- 11th December, 12:30pm - 2:00pm [register here spaces available](#)

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

Safeguarding Webinar Series

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](#)

NWL Women's Forum

Topics to be confirmed

- 16th January 13:00–14:00 [book here spaces available](#)
- 13th March 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 fully booked](#)

This is a 2 day online SSSA Foundation training for GPNs 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

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

- 18th 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

- 16th 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

- 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 if 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 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

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

- 28th March 2026, 9:15–16:30 [book here](#) @ Dawes Road Hub, SW6 7EN *spaces available*

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

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

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

- 3rd 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

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

- 20th 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 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 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 March 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 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

- 18th March 2026 9:15–16:30 [book here](#) @ Harrow Baptist Church, HA1 1BA *fully booked*

- 9th 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 to practice nurses can attend

Advanced Wound Care Training for HCAs

- 4th March 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.

Ring Pessary Foundation course

- 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.

Ring Pessary Update

- 16th 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 - 9th December 13:00–16:00 [book here spaces available](#)

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

Dyslexia education workshop - 8th 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

- 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 NHS
- 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

- 16th January 2026, 9:00–13:00 [book here](#) @ The Irish Cultural Centre, W6 9DT *limited spaces*

- 22nd April 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 & life 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 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@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.

Foundation Pitstop Diabetes 4-hour update course *New date now available*

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

- 23rd February 2026 – 13:00–17:00 [book here spaces available](#)

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

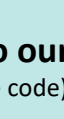
This course is now open to any ARRS clinical staff including Pharmacists, Practice Nurses, Paramedics, Physician Associate, Pharmacy Technician, Nurse Associate & Advanced Clinical Practitioners.

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

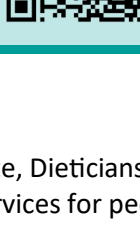


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For some training we don't currently have training dates arranged, if this is training you would like please complete the relevant expression of interest form and we will be able to run