

NWL Training Hub

Newsletter

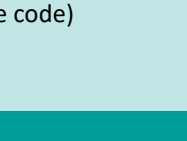
w/c 22nd December 2025

News and Updates

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

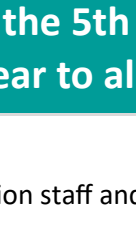


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The NWL Training Hub newsletter will take a break next week and return on the 5th January.
We wish those who celebrate a Merry Christmas and a Happy New Year to all!

Protected Learning Time Policy and Application Process

Protected Learning Time (PLT) is an opportunity for general practice teams (GPs, registered nurses, healthcare assistants, admin/reception staff and allied health professionals) to learn about new clinical developments and updates to national guidance in an environment that promotes patient care. PLT events are also essential in promoting peer support, building relationships, keeping teams motivated as well as engaged in training and development.
[Find out more and view the policy in full here](#)

Cultural Competency Part 2: Reflective

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

This is an opportunity to join a facilitated on-line discussion of ethical dilemmas you have encountered in primary care that are to do with prejudice or injustice.

Please bring a case to discuss.

Peer Support Network for ARRS-funded roles that manage or supervise others

- Next session: 29th January, 10:30 - 12:30 [register here](#)
 - Are you in an ARRS-funded role? Do you line manage or supervise other ARRS-funded colleagues?
 - If you answered yes to both above questions, this Peer Support Network is for you!
 - What are they?
 - Two hours every two months on MS Teams
 - Open to all NWL colleagues who fit the above criteria
 - Includes funded development to help you be a more confident manager or leader, or to help your team work better together
 - A space to showcase your local initiatives to NWL peers around management, leadership or team development
 - A space to hear about relevant development for you in your role, or to help you develop your team
- Upcoming sessions:
- Thursday 29th January 2026 10.30-12.30
 - Development element delivered by Sally Vaughan, Director, NHS Elect - Leadership versus line management - what is the difference?
 - Tuesday 24th March 2026 9.30-11.30
 - Development element delivered by Sarah-Jane Dale, Chief Operating Officer, Affina OD, Compassionate Teamworking
 - Tuesday 19th May 2026 14.00-16.00
- This session will focus on career development, and feature a 60 minute development session followed by breakout rooms focussing on different career development case studies.

Are you ARRS-funded?

Do you line manage or supervise other ARRS-funded colleagues?

If you answered YES to both of the above, we have a new, exclusive NWL Peer Support Network for you!

Motivational Interviewing for Cardio-Renal Care– Live Online Interactive Study Day

- 20th January, 9:00—16:00 [book here](#) other dates also [available here](#)
Booking Options: Attend as a full day or across two half-day sessions (AM/PM mix & match available). [Book here](#)
Is Motivational Interviewing for me?
This training is for: GPs • Nurses • ARRS staff • Allied Health Professionals • Cardio-renal teams (clinical & non-clinical)
If you spend your time telling people what they should / could / need to do — this is for you.

This is a live, online, interactive training for the whole cardio-renal team — from non-clinical staff to senior clinicians. Practical focus. Real scenarios. No death-by-PowerPoint. No awkward role play.
What you'll get

- Clear, practical MI skills you can use tomorrow
- Demonstrations, interaction and memorable examples
- Techniques for face-to-face and telephone consultations
- Better engagement, better outcomes, less burnout
- MI isn't flowery — it's smarter communication that saves your breath, your time and improves effectiveness.

DaRe2THINK Webinar – Prof Derek Connolly – Lipid Therapy State of the Art

- 20th January 13:00-13:30 [book here](#)
This talk is part of a series hosted by the DaRe2THINK trial to provide information to allied healthcare professionals and general practice staff across the UK. Everyone knows that cholesterol is a major risk factor for cardiovascular disease. 30 years ago the west of Scotland Cory prevention Study showed for the first time that primary prevention of cardiovascular disease by lowering cholesterol levels reduced major adverse cardiovascular events. However, lowering LDL cholesterol by many other ways is now possible and future therapies are coming. This talk will review the state of the art of lipids with a glimpse into the future.

Early intervention in lower limb conditions for Pharmacists

- 19th January, 14:00—16:00 [book here](#) or [view flyer here](#)
- Course content
- Identifying at risk patients and treating underlying venous disease and mild swelling with compression therapy
- Proactive use of mild compression therapy to stop deterioration in skin tears and lower limb wounds
- Lower limb examination skills and identifying red flags
- Types and styles of compression hosiery and how to measure accurately

ForKIDneysSake podcast series

This podcast series, developed by Imperial College Healthcare NHS Trust and the North West London ICB, focuses on education for primary care in relation to chronic kidney disease (CKD), with practical tips about the management of CKD. This podcast is created for healthcare professionals, with the aim to bridge gaps between primary and secondary care, while equipping clinicians with the latest knowledge and strategies to support patients living with kidney conditions. Each episode is around 20 minutes long.

FOR KIDNEYS SAKE

Turning complex kidney care into clear, actionable steps in less than 20 minutes

Right to Choose - Information for GPs

Patients have a legal right to choose any clinically appropriate provider (NHS or independent sector) in England that holds an NHS contract for the service they need. This applies broadly to both physical and mental health and includes ADHD and Autism assessments for children, young people and adults.

The list of providers offering Autism and ADHD assessments under Right to Choose is constantly evolving and it is advisable for patients to check the waiting times as these may not always be shorter than local NHS provision due to a recent increase in demand. It is important for patients to note that some Right to Choose providers only offer online assessments which may not be suitable for some patients e.g. those with additional communication and learning needs.

Right to Choose referrals for ADHD and Autism assessments must come from a GP. Referral forms vary and details can be found on the provider's website. Before referring, it is recommended that the GP checks the provider's website to confirm that they meet the following criteria:

- Holds a valid NHS Standard Contract
- Offers services for the patient's age group

GPs are also advised to familiarise themselves with providers' prescribing and ongoing treatment arrangements prior to referral, recognising that acceptance of shared care remains at GP discretion and subject to local prescribing arrangements.

The referral must be for a clinically appropriate service. If a patient's choice is deemed clinically unsuitable, this must be discussed with the patient and clearly documented in their medical record.

Where patients and families are seeking an ADHD assessment, they should be strongly encouraged to choose a provider that can deliver both assessment and ongoing treatment to support titration of medication and ensure continuity of care and clinical safety. Right to Choose cannot be used for medication only services.

GPs should consider if an assessment under Right to Choose is in the best interest of patients with complex needs (e.g. co-occurring mental health) who are likely to need ongoing clinical interventions from specialist NHS neurodevelopmental or mental health services.

MHLDA Programme Team

UKHSA advice on consent for immunisations administered by Healthcare Support Workers

Please see the below linked letters from UKHSA and the NWL Director of Nursing - Primary Care and Nurse Director for the NWL Training Hub, outlining the process for obtaining consent before Healthcare Support Workers administer immunisations.
[Advice on consent to immunisation](#) and [Reminder Consent Requirements and Legal Framework for Vaccination Services](#)

The 'Sustainability Leadership for Greener Health and Care' programme

Do you want to increase your awareness of the environmental impacts of health and care? Do you want to develop the skills required to lead a more sustainable service? The Sustainability Leadership for Greener Health and Care programme is designed to develop your leadership abilities, giving you the tools and knowledge to build a greener and more sustainable health system. Whether you're a new and aspiring leader who works across organisational boundaries or a leader who aspires to influence the net-zero agenda at board level - this programme is for you.
The programme is free for public sector health and care staff, and requires no prior experience or knowledge in sustainability.
Places are very limited and will be allocated on a first come first served basis for eligible applicants. Applications will close on **16 January 2026**.
[Find out more about the course and register your interest.](#)

Sustainability Courses for Nurses and Midwives

The Centre for Sustainable Healthcare & Burdett Trust for Nursing are offering free sustainability in healthcare training for nurses and midwives. Using a tiered education model to suit nurses and midwives at all levels, courses are delivered via self-paced online learning, a half-day interactive webinar, and mentoring:

- Learn about the principles of healthcare sustainability, climate literacy, and social justice
- Get structured support to deliver your own sustainable quality improvement project

[Find out more and book your place here.](#)

Curious about Climate – Free Online E-module

Curious about Climate is a new, free e-module commissioned by the London Anchor Institutions Network (LAIN). The course explores how climate change is affecting London, the key risks facing the city, and the practical actions organisations can take to cut emissions and build climate resilience. It is designed to support delivery of net zero ambitions. [Watch the short promo video here.](#)

To find out more or access the training, contact the LAIN team at anchors@london.gov.uk.

THIS WEEK

No training this week or the following week

NWL TH Training	Expressions of Interest forms
<div>NWL Training Hub Webinars</div> <div>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</div> <div>NWL & SWL Webinar: Non Site Specific (NSS) Pathway and Rapid Diagnostic Cancer Centres (RDCC) - 28th January 2026, 13:00—14:00 register here spaces available<ul style="list-style-type: none">• Learn more about the NSS pathway and the role of the RDCCs• Clarify Referral criteria and service tests• Hear case studies to support best practice• Ask questions on using the pathways in place</div> <div>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</div> <div>For queries about our NWL Training Hub webinars please contact nwl.traininghub@nhs.net</div>	<p>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</p> <div>Supervisor courses</div> <p>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.</p> <p>Multi-professional Supervisor Course Application form Complete the application form to be added to the waitlist for any future cohorts</p> <p>GP Supervisor Course Application form Complete the application form to be added to the waitlist for the next cohorts.</p> <p>Pharmacy Educational Supervisor Training programme – available via eLH</p> <div>Useful links and Resources</div> <p>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</p> <div>Other Training & Events - not run by NWL Training Hub</div> <p>IPC refresher training for GP practices - last Wednesday of each month until March 2026, from 13:00 book here (December training will be on the 17th Dec) Suitable for all staff working in London ICBs General Practice. training is via MS Teams. View flyer here</p> <p>Population Health Management & Health Equity Academy Training</p> <p>Evaluation training (you will need to attend both dates in each cohort) - Cohort 5: 26th & 29th January 2026 (9:30am – 12:30pm via Teams)</p> <p>Evaluation webinars This is a new series of 4 x 60 minute webinars designed to compliment the above Evaluation training, with each session focusing on one of the core elements or emerging technologies supporting impactful evaluation: - Session 1 - logic models: 14th January (3.00pm-4.00pm) - Session 2 - outcome measures: 28th January (11.00am-12.00pm) - Session 3 - artificial intelligence: 24th February (11.00am-12.00pm) - Session 4 - costing and modelling: 10th March (3.00pm-4.00pm)</p> <p>Introduction to Cultural Competence This foundation level training focuses on practical approaches to understanding, applying, and embedding cultural competence across a wide range of collaboratively planned activities and interventions in NW London. It will also explore how to challenge traditional models of service planning and delivery by fostering more inclusive and responsive ways of working. - Cohort 1: 30th January (1.00pm-5.00pm via Teams) - Cohort 2: 12th February (1.00pm-5.00pm via Teams) - Cohort 3: 27th February (9.00am-1.00pm via Teams) - Cohort 4: 6th March (1.00pm-5.00pm via Teams)</p> <p>Foundation Health Economics & Value-based care This two-part training provides a practical introduction to the role of economics in health and social care. Participants will learn: • what "economic value" means in a health and social care system • how economic approaches can help reduce health inequalities • how to understand the costs and impact of services • what "value" means in terms of patient outcomes and population health • how to show the benefits of changes to services - Cohort 1: 12th & 17th February (9.30am – 1.00pm via Teams) - Cohort 2: 12th & 18th March (9.30am – 1.00pm via Teams)</p> <p>This training is offered free at the point of delivery - please do make sure you have set time aside in your diary to fully commit to this learning opportunity. To book your place email valdev.chaggar@nhs.net</p> <p>Join NHSEs Learning Sessions: Embedding the People Promise in General Practice General Practice Staff Survey Learning Session - 14th Jan 2026, 12:00 –13:00 book here This session offers a clear overview of the General Practice Staff Survey (GPSS) — why it matters, how it supports the NHS People Promise, and how you can use the results to improve staff experience. You'll also learn how to get involved in the 2026 survey cycle.</p> <p>GP Developing Case Studies Session - 22nd Jan 2026, 12:00 –13:00 book here This session will help you consider effective ways of communicating and sharing the findings from your People Promise initiatives, and will cover: • Why good writing is important, and what makes good writing • Structuring your narrative • Content and rapport • Top tips for writing effective reports • What makes a high-quality case study/case story • Case study development questions and approaches • Examples of different types of case study and case story • Getting started with your case study/case story</p> <p>Londonwide LMC wellbeing courses and coaching circles Please visit LMCs Events and Training page for current offers or see the links below for wellbeing webinars and coaching circles.</p> <p>Group Coaching Circle – 4 weekly sessions for GPs - 14 Jan, 28 Jan, 11 Feb & 25 Feb 2026, all sessions 12:00 - 13:00 book here It is strongly encouraged to attend all four sessions as a portion of each session will be tailored to the attending individuals.</p> <p>Boosting Personal Effectiveness at Work - 27th January, 12:30–13:15 book here What you'll get from this session: Personal Effectiveness can be achieved through taking time to self-reflect, work out our strengths and preferences and identify the steps we need to take to develop areas that will make us better at what we do. This short session will explore the topics of Emotional Intelligence, Communication Styles & Learning Styles, with the view to analyse what we can do to make a difference to our effectiveness at work.</p> <p>Unconscious Bias, Microaggressions & Cultural Competence Training Unconscious Bias - 27th January 2026, 12:00 -13:00 book here<ul style="list-style-type: none">• 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</p> <p>Microaggressions - 23rd February 2026, 12:00 -13:00 book here<ul style="list-style-type: none">• 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.</p> <p>Cultural Competence - 20th March 2026, 12:00 -13:00 book here<ul style="list-style-type: none">• 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</p> <p>NWL & SWL Webinar: Non Site Specific (NSS) Pathway and Rapid Diagnostic Cancer Centres (RDCC) - 28th January 2026, 13:00—14:00 register here<ul style="list-style-type: none">• Learn more about the NSS pathway and the role of the RDCCs• Clarify Referral criteria and service tests• Hear case studies to support best practice• Ask questions on using the pathways in place</p> <p>Addressing Systemic Discrimination Development Sessions - 4th February, 9:00—13:30 @ Open Ealing, W5 2TD book here - 5th February, 9:00—13:30 @ PCS 160 Falcon Road, SW11 2LN book here The sessions will: • Support Participants to be more aware of systemic discrimination • Help participants to explore how they might improve the healthcare experience outcomes for their patients • Explore the role that participants can play in taking action to reduce inequalities</p> <p>Centre for Advancing Practice Masterclasses A masterclass series hosted by the Centre for Advancing Practice, designed to support the continued growth and excellence of the advanced and consultant practice workforce. This series brings together national leaders and subject matter experts to explore the latest developments in policy, practice, and professional development.</p> <p>Consultant Practice Unpacked: Progress, Purpose, and Possibilities - date and time tbc, registration open soon</p> <p>Digital Control in Clinical Spaces: Improving Responses to Tech Abuse - 9th April 10:00—11:30 book here This 1 hour webinar provides healthcare professionals with an essential introduction to the growing risk of technology-facilitated abuse (TFA). Designed specifically for those working in healthcare, the session will explore how TFA can present in clinical settings, including misuse of everyday technology, assistive technology and the NHS app. Delivered by Refuge's specialist Technology Facilitated Abuse and Economic Empowerment team, this webinar will highlight the intersecting barriers faced by survivors from global majority backgrounds and survivors with disabilities. These insights will deepen clinicians' understanding of how technology facilitated abuse impacts survivors of domestic abuse and their children.</p> <p>Workforce Planning & Transformation Training This training aims to support local systems as we work together to deliver the vision of the NHS People Plan. It focuses on building capacity and capability in Workforce Planning and Transformation. It will help to prepare workforce and service leads to deliver two ICS outcome-based People Functions; • Leading coordinated workforce planning using analysis and intelligence • Leading workforce transformation and new ways of working Training includes: • Workforce Intelligence Portal (WIP) Training • Demystifying Workforce Planning and Transformation Webinar • Workforce Planning and Transformation Fundamentals Workshop • Fasttrack, a simulated Workforce and Transformation course • Integrated Workforce Planning and Transformation Masterclass Programme</p> <p>Find out more about the training offered and apply here or view this flyer for information about the training available.</p>
<div>ARRS Training Offers</div> <p>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.</p> <p>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.</p> <p>Mental Health Skills for PCN and Practice Managers - 16th January 2026, 9:00—13:00 book here @ The Irish Cultural Centre, W6 9DT fully booked - 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 support your team members to available support • Describe what support and guidance is available for yourself and your employees and how to access it.</p> <p>ARRS 2 Day Foundation Health Coaching Course Building on previous work the past 3 years, the NWL London Training Hub are working with provider Peak Health Coaching to provide the PC 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 Pharmacists, Dietitians, FC Physiotherapists, Physician Associate & Paramedics to aid in these roles support of long-term condition management. <i>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.</i> 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.</p> <p>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.</p> <p>Foundation Pitstop Diabetes 4-hour update course - 13th January 2026 – 13:00—17:00 book here fully booked - 23rd February 2026 – 13:00—17:00 book here limited spaces 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.</p> <p>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.</p> <p><i>Thank you from the NWL Training Hub Team</i></p>	

