



News and Updates

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

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

- 29th 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.

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 drugs.
- Gain an appreciation of the current national and NHS environment re weight loss job 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.

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
- 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.

The Shapes Toolkit Programme

Cohort 1: 3rd & 24th Feb, 13:30–17:00 [book here](#)
 Cohort 2: 20th Feb & 6th Mar, 13:30–17:00 [book here](#)

You will need to book both sessions from the available dates drop down to attend both sessions.

This is for all primary care staff who....

- Are tired of quick fixes that don't address root causes
- Want practical tools that work in the real world of clinical practice
- Need a system that creates time rather than consuming it
- Are ready to make lasting changes, not just temporary improvements

The Shapes Toolkit was created by Dr Rachel Morris, host of the You Are Not A Frog podcast. Rachel invites healthcare professionals to make a deliberate choice about how they will live, work and lead their teams so that they can thrive in work AND life. This opportunity is open to all colleagues working in general practice across North West London. This is in two parts; you must book both a part 1 and a part 2 session individually.

SMRs in problematic polypharmacy: respiratory focus

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

About the event, A facilitated case-based discussion about the complexities of managing problematic polypharmacy and deprescribing in patients with respiratory conditions.

This is a follow on from the polypharmacy webinar series (see Resources section), which lays the foundations of some of the deprescribing tools available and features a generalist case study.

Why it's important, The National Overprescribing Review highlighted that 10% of medicines prescribed in primary care may be inappropriate and those taking 10 or more medicines are 300 times more likely to have a drug related hospital admission, highlighting the importance of deprescribing.

Structured medication reviews (SMRs) improve medication adherence, reduce unnecessary prescriptions, and optimise patient outcomes in respiratory care. By reviewing patient experience, symptoms, medication use and inhaler technique, healthcare professionals can minimise risk of harm, limit side effects, and prevent poor health outcomes. This approach ensures that treatments remain appropriate and effective for better management of respiratory conditions and enhanced quality of life.

What will be covered

- Case-based discussion about undertaking an SMR in a patient with polypharmacy with a focus on respiratory conditions
- Insight into a person-centred approach to deprescribing and optimising medicines outcomes for patients with problematic polypharmacy
- Discussion about the challenges that professionals commonly encounter in relation to deprescribing for patients with respiratory conditions

The Queens Institute of Community Nursing—Membership

The North West London Training Hub has arranged access to QICN Organisational Membership for eligible nursing staff across NW London.

This opportunity is open to:

- General Practice Nurses (GPNs)
- Nursing Associates (NAs)
- Trainee Nursing Associates (TNAs)
- Advanced Clinical Practitioner (ACP) nurses
- Other nursing staff working in primary and community care

What do you get?

- Monthly QICN Webinars
- QICN Innovation webinars
- Monthly QICN newsletter

Interested in QICN Membership?

Please complete the Expression of Interest (EOI) form using the link below.
 Once submitted, you will be contacted by email with further details and the next steps to complete your sign-up.

Register your interest here and you will be contacting via email to claim your free membership <https://nwltraininghub.co.uk/the-queens-institute-of-community-nursing-membership/>

THIS WEEK

No training this week

EOIs can be submitted here



NWL TH Training

Expressions of Interest forms

NWL Training Hub Webinars
Cultural Competency Part 2: Reflectics
 - 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.

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

NWL Women's Forum

Topics to be confirmed
 - 13th January 13:00–14:00 [book here spaces available](#)
 - 16th March 13:00–14:00 [book here spaces available](#)

Supervisor courses

NWL Training Hub holds a waitlist for both the multi-professional and GP Supervisor courses, if you would like to attend please complete the relevant application form.

Safeguarding Webinar Series

Young people families & Drugs
 - 28th January 2026, 13:00–14:00 [book here spaces available](#)

Multi-professional Supervisor Course [Application form](#)
 Complete the application form to be added to the waitlist for any future cohorts

FGM & breast flattening

- 5th February 2026, 13:00–14:00 [book here spaces available](#)

GP Supervisor Course [Application form](#)
 Complete the application form to be added to the waitlist for the next cohorts.

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](#)

Pharmacy Educational Supervisor Training programme – available via eFH

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](#)

Useful links and Resources

- [Knowledge and Library Resources for GP and Practice Teams](#)
- [Greener NHS – Resources for a more sustainable NHS](#)
- [Survival Toolkit](#)
- [Supported Return to Training](#)
- [Podcast Learning Library](#)
- [Primary Care Resources](#)
- [GP Resources](#)
- [Webinar Recordings](#)

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.

Other Training & Events - not run by NWL Training Hub

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](#)

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.

Population Health Management & Health Equity Academy Training

Evaluation training (you will need to attend both dates in each cohort)
 - Cohort 5: 26th & 29th January 2026 (9:30am – 12:30pm via Teams)

New to Anticoagulation Training

- 18th February 2026, 9:30–12:30 [book here limited spaces](#)
 - 18th February 2026, 14:00–17:00 [book here spaces available](#)
 This training is for staff new to anticoagulation training (Nurses, Nursing Associates, Health Care Support Workers, Pharmacists, and GPs). It covers:

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.

Anticoagulation Update Training

- 16th March 2026, 13:00–16:00 [book here limited spaces](#)
 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:

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:

- **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.

- 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 (9.00am – 1.00pm via Teams)
- Cohort 2: 12th & 18th March (9.30am – 1.00pm via Teams)

Performing ECG Training

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

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:

ECG Interpretation Foundation – face to face session for GPs & ACPs.

- 6th March 2026, 9:00–12:00 [book here](#) @ Harrow Baptist Church, HA1 1BA **spaces available**
 - 27th Nov 2026, 9:00–12:00 [book here](#) @ Harrow Baptist Church, HA1 1BA **spaces available**
 This is for GPs and ACPs who haven't already attended the interpreting ECG Course.

- Why good writing is important, and what makes good writing
- Structuring your report
- Content and narrative
- 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

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 view on red-flag ECGs. This course is for GPs and ACPs who have already attended the interpreting ECG Course

Early intervention in lower limb conditions for Pharmacists

- 19th January, 14:00–16:00 [book here](#) or [view flyer here](#)
 Course content

Adult Phlebotomy

- 5th February 2026, 9:15–16:30 [book here](#) @ Hanwell Health Centre, W7 1DR **fully booked**
 - 29th April 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**

- 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

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 limited spaces](#)
 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.

Boosting Personal Effectiveness at Work

- 27th Jan, 12:30–13:15 [book here](#)
 What you'll get from this session:
 Personal Effectiveness can be achieved through the steps time to self-reflect, work out our strengths and preferences and identify the things 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.

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

Unconscious Bias, Microaggressions & Cultural Competence Training

Unconscious Bias
 - 27th January 2026, 12:00–13:00 [book here](#)

1 day Diabetes Foundation Course for non-registered practitioners

- 16th March 2026 8:50–16:00 [book here fully booked](#)
 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.

- 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

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](#)

Microaggressions

- 23rd February 2026, 12:00–13:00 [book 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 **limited spaces**
 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

- 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.

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.

Cultural Competence

- 20th March 2026, 12:00–13:00 [book here](#)

Ring Pessary Update

- 12th Feb 2026, 9:00–12:00 [book here](#)
 - 12th Feb 2026, 13:00–16:00 [book here](#)
 - 16th May 2026, 9:00–12:00 [book here](#)
 - 16th May 2026, 13:00–16:00 [book here](#)
 This training is an update - for those who already finalised their Ring Pessary training

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

Autism, Dyslexia ADHD education workshops FOR NURSES

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](#)

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:

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:

- 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

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:

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.