

WELLBEING CONVERSATIONS SURVEY

Making every contact count in Hammersmith & Fulham

If you're a staff member or volunteer working with residents in H&F please complete the survey at the link. Your feedback will help shape training and resources locally.

Please complete the survey
by Friday 5th June 2026



If you have any questions please email rebecca.richardson@lbhf.gov.uk

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Announcements

CYP Asthma Inhaler Technique Training

New Dates [Register here](#)

This training is for registered nurses/GPNs; pharmacists, GPs and AHPs involved in asthma and COPD chronic disease management. Please note that Nursing Associates & HCAs/HCSWs are not eligible.

Compliance: Attendance of staff from each practice is required in order to achieve the training KPI in the Respiratory Specification and receive associated payment.

Oliver McGowan Mandatory Training – New Dates

Tier 1, Part 2 various dates and times from 18 June [book here](#) £7 per person*

Tier 2, Part 2 various dates from 11 June in person [book here](#) £40 per person*

Please contact the NWL Training Hub with queries: nwl.traininghub@nhs.net

Motivational Interviewing for Cardio Renal Care - New Dates

From 26th June multiple dates [Register here](#)

Recommended Webinars this week

What a ‘Good Life’ might look like for Autistic people with a learning disability 05th June 12:00-13:00 [Register here](#)

This resource will help you and families/carers what better everyday practice looks like for autistic people with a learning disability, and how to make a positive difference in their everyday life.

QI in Primary Care Accelerator for Practice and PCN Managers

Each session runs on a **Thursday morning from 9:00–12:30** and covers a different aspect of quality improvement, giving you practical tools and approaches you can apply directly in your practice. Sessions can be attended individually, so please book onto whichever are most relevant to you.

Session 3: Measurement for Improvement Thursday 4 June 9:00–12:30

Use data with confidence to guide decisions and demonstrate progress. Learn how to choose meaningful measures, understand variation, and use simple tools such as run charts to track whether changes are making a difference. [Register here](#)

Upcoming sessions: see link for [more info](#)

Session 4: Demand & Capacity Thursday 25 June 9:00–12:30

Session 5: Process Mapping & Creativity Tools Thursday 9 July 9:00–12:30

NWL Clinical & Non-Clinical Webinars May-June

Paediatric ADHD Prescribing Webinar for H&F 17th June 13:00-14:00

[Register for an Invite on Medtribe](#)

Delivered by: Dr Maria Xirou, Consultant in Community Paediatrics, Cheyne Child Development Service, Chelsea & Westminster Hospital

Focus: Monitoring shared care agreements and off licence medication including Melatonin

Open to: GPs, Pharmacists; Nurses in Hammersmith & Fulham & the Tri-Borough

Location: MS Teams – A calendar invite with joining link will be sent to you prior to the date subject to registration

Additional Info: This webinar is coordinated by the H&F TH. It will focus on advice and guidance; understanding our role/orgs. responsibilities; and how the prescribing works.

NHSE Webinar Series: Early diagnosis of Pancreatic Cancer

[Register essential for the 10th June 12:30-13:15 & to receive the recording](#)

Linked to work with the NHS Cancer Programme, expert speaker Dr Andrew Miler, Consultant Gastroenterologist & Hepatologist, will discuss the significance of family history, helpful primary care investigations and patterns of vague symptoms which could raise suspicion. Followed by a live Q&A.

Urology Cancer Teaching 16th June 13:00-14:00 [Register here](#)

Mr Raj Kavia, Consultant Urologist LNWUH. COVERES Haematuria, PSA Testing and case based discussions.

Coil fitters Forum 12th June 12:30-13:30

This is a H&F Training Hub Forum. Contact us for a Calendar Invite & Joining link.

Dr Kimberley Forbes, LARC lead and Consultant in Sexual Health and HIV Medicine at Chelsea and Westminster Hospital discusses challenging cases and shares learning with GPs who fits coils.

COPD OPTIMISE Webinar 15th June 12:00-13:00

To Register: please email the PTF project managers to be added to the invite:

Joana.flores@imperialcollegehealthpartners.com and Margarette.joseph@nhs.net

Education and Self-Management organised by the Respiratory Pathway Transformation Fund programme (PTF). The webinar will be led by Caroline Cannon. Open to all staff in primary care - particularly beneficial to colleagues who are running COPD OPTIMISE reviews in their practice, or staff supporting patients with COPD:

- Supporting and educating patients and carers to develop the skills and confidence to manage COPD
- Explaining COPD, treatment options, exacerbations and rescue packs in clear and accessible language
- Providing written, digital and web-based self-management resources for patients and carers
- Personalised care and support plans, inc. exacerbation action plans and when to seek support
- Supporting patients to take appropriate precautions against infection exposure

FIT testing in the Lower GI Urgent Suspected Cancer (2WW)

pathway Wed 17th June 12:00-13:00 To register please email andrew.filby2@nhs.net

The Cancer Alliance will deliver a series of Webinars focusing on the FIT testing in the Lower GI Urgent Suspected Cancer (2WW) pathway.

Opportunities shared by Hounslow Consortium for all staff

How to Support your Team without Burning out Yourself



This interactive workshop, delivered by Dr Katya Miles, is for colleagues working in general practice across NWL who are concerned about their colleagues' wellbeing when there's so much to do, but don't want to slip into 'rescuer' mode and take on even more stress themselves. The 3 learning points for this session are:



Stress Curve - Understand where you and your colleagues are on the Stress Curve.



Drama Triangle - Learn how easy it is to slip into Rescuer mode, and how to step out of the triangle appropriately.



Coaching Approach - Explore how to take a coaching approach in your team interactions, so you can support others effectively without being over-responsible.

If you're looking for leadership development aimed at better supporting your team's wellbeing, scan the QR code to book now!

Tuesday 16th June | 1.30 - 4.30pm | Online (Zoom)



How to support your team without Burning out Yourself **Tues 16th June 13:30-16:30** [Register here](#)

This interactive workshop is for healthcare professionals who are concerned about their colleagues wellbeing when there's so much to do, but don't want to slip into 'rescuer' mode and take on the burden themselves. Follow the link to learn more.

3 Key learning points:

- Understand where you and your colleagues are on the Stress Curve
- Learn about the Drama Triangle, how easy it is to slip into Rescuer mode, and how to step out of the triangle appropriately
- Explore how to take a coaching approach in your team interactions, so that you can support others effectively, without being over-responsible.

Hounslow Consortium Development opportunity

Care Navigation Development

Are you planning to train care navigators but haven't yet mapped out all your pathways?

Care Navigation training will help your team gain soft skills, understanding of their role and be able to have the right conversations with patients. But, if you've not already mapped out the pathways to support your care navigators, they will not be able to do their role effectively.

- Join this in-person session giving you space and support to actively map out your pathways to support your care navigators
- Plus, we'll explore available resources and support such as *How to improve care navigation in general practice* (NHSE)
- The session is targeted at colleagues responsible for care navigators and decision making for the processes they follow in the practice. Plus we'd encourage you to bring one of your care navigators and map out your pathways together.

This session will be led by Dr Ali Abbas Hasham, Clinical Lead

Date: Tuesday 16th of June 2026

Time: 9.30-12.30

Location: Irish Cultural Centre, 5 Black's Rd, London W6 9DT, United Kingdom

Book now!
Scan the QR code



BOOK NOW! Care navigation development from Peak Health Coaching

Participants will:

- Understand what Care Navigation is and isn't (according to the HEE 2016 framework)
- Appreciate the concept of "What matters to you?"
- Raise awareness of the tools of care navigation
- Be able to encourage patients to think for themselves
- Feel comfortable to have care navigation conversations.

Wednesday 8th of July 13.00-16.00

Hosted on Zoom

Dr Ollie Hart, Clinical Director, Peak Health Coaching

Book now! Scan the QR code.

Plus more dates coming soon via the same MedTribe link.



Care Navigation Mapping Workshop

16th June 9:30-12:30, Irish Cultural Centre, Black's Road, W6 9DT [Register Here](#)

Are you a GP surgery in NWL that wants to introduce care navigation but haven't yet mapped all your pathways?

- This in-person session will give you space and support to actively map out your pathways ahead of sending care navigators on training
- Plus, we'll explore available resources and support such as *How to improve care navigation in general practice* (NHSE)
- The session is targeted at colleagues responsible for care navigators and decision making for the processes they follow in the practice. Plus, ideally one of your care navigators.

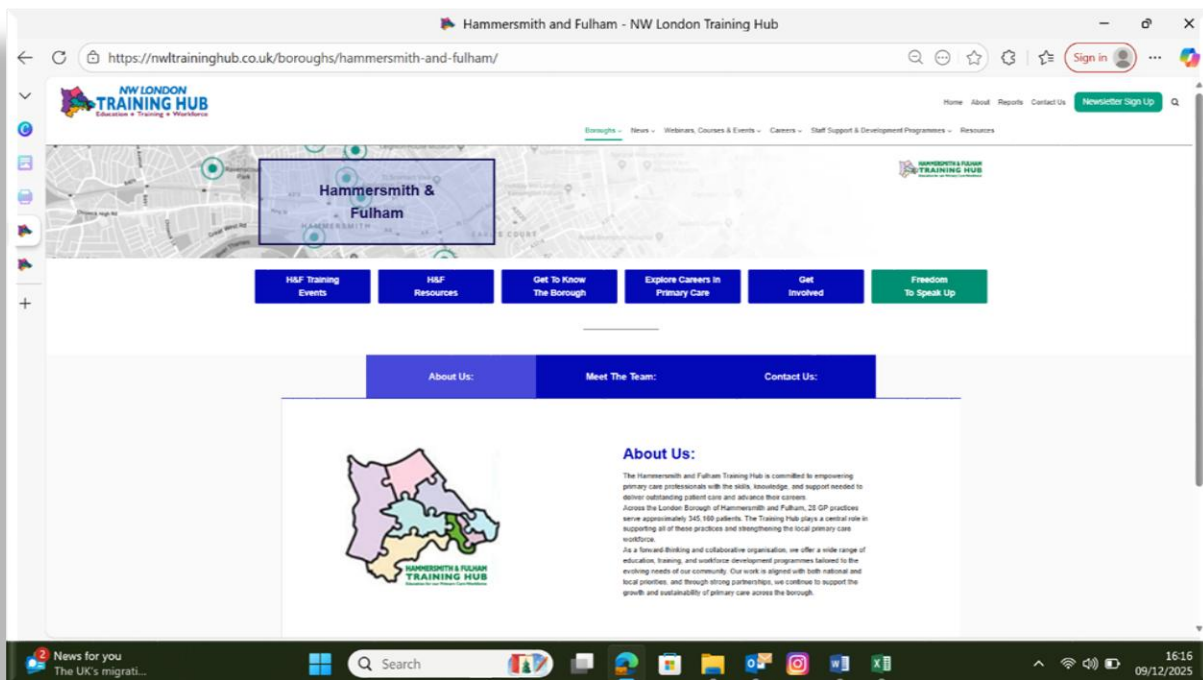
Care Navigation Development for Care Navigators

8th July 9:30-12:30, online on ZOOM, [Register Here](#)

From Peak Health Coaching For existing or new Care Navigators

Build your skills in having conversations with patients and aiding them in finding the right pathways and processes within your practice and primary care. Understand the Care Navigation role and principles according to the HEE2016 framework.

Have you visited our website?



[Hammersmith and Fulham - NW London Training Hub](#)

Embedded in the NWL Training Hub Platform, you will find our bespoke platform under 'Boroughs', where we bring the Hammersmith & Fulham primary care workforce and development opportunities to you over 5 live pages:

[H&F Training Events](#)

Where you can find all our current & upcoming trainings inc. Adult Safeguarding L3, Talking Therapies Staff remit Training; Metabolic Liver Disease GP Webinar.

[Enhanced Services Training Directory NWL Training Hub](#)

[Staff Resources](#)

*For all roles inc. slides and recordings; training links; funding information.
And for those with an interest, [Health & Wellbeing](#), [Sustainability](#), [Digital & AI](#) resources.*

[Get Involved](#)

Our partner organisations and their events; the weekly newsletter and sign-up; and a space for you to share your news and events.

[Career pathway information](#)

Detailed routes into Primary Care roles inc. apprenticeships and traineeships.