North West London Personalised Care Newsletter
Issue 2—October 2026

We would love to hear your **feedback, ideas, and suggestions** about what you'd like to see in future newsletters. Whether it's examples of good practice, case studies, training opportunities, local events, resources, staff achievements, or topics you'd like us to cover, your input will help shape this newsletter into a valuable resource for the personalised care workforce across North West London.
Please get in touch with your comments, suggestions, and contributions at nwl.traininghub@nhs.net

Key Updates

Personalised Care ARRS Roles Networking Day - Friday 11th December 2026
We are pleased to announce that West and North London ICB we will be hosting a Personalised Care ARRS Roles Networking Day on Friday 11th December in Central London! The day will be an opportunity to hear from guest speakers, connect with colleagues in similar roles across West and North London, share experiences and celebrate all the fantastic work you've done throughout 2026. Lunch will be provided.

Interested in attending? Register your interest here: medtribe.com/courses/personalisation-networking-day-2026

Personalised Care Awards 2026 - Final call for nominations
We're pleased to announce that the deadline for nominations for the Personalised Care Awards London 2026 has been extended to **Thursday 22 October 2026!**

There's still time to recognise the amazing individuals, teams and neighbourhood partnerships making a real difference to personalised care across London. If you know a person, team or neighbourhood service that is putting people at the heart of care, working collaboratively and helping people have greater choice and control over their lives, we encourage you to nominate them.
Submit your nomination here: www.coalitionforpersonalisedcare.org/london-personalised-care-awards-2026-2/

Training and Development

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. To apply for a space please complete the EOI form

ARRS 4 Day Intermediate Health Coaching Course
The 4 Day Intermediate Health Coaching course required for Health & Wellbeing Coaches new to role, limited spaces may still be available so please email nwl.traininghub@nhs.net directly to enquire about this. Please include your role and where you work in your email.

PCI Free Learning Opportunities
The Personalised Care Institute offers several free courses for all health and care professionals, regardless of profession or seniority. This includes information on the 6 components of personalised care as well as other topics such as tackling loneliness and isolation.

Events and Webinars

NEW: **Movement on Prescription**
Free webinar series exploring how social prescribing can help people become more physically active
· **Making the Case for Movement: Using Evidence, Data and Local Insight**
10th November, 12:00—13:00 book here
· **Children and Young People's Social Prescribing: Making Physical Activity More Accessible**
10th November, 12:00—13:00 book here

NEW: **From Training to Practice: What Really Makes the Difference in Complex Care**
· 17th November, 12:30 - 14:15 book here
A session hosted by Manor Community exploring how teams apply learning from Mental Health First Aid, Oliver McGowan training and other approaches to supporting people with complex needs.

NEW: **ELC Programme 2026 Free Webinars**
This collection of webinars are building a community of practice within the group clinic space. They are free to attend, and offer delegates chance to connect with, and learn from people who have lead or implemented group clinics in their area.
· **Innovations in group based care**
4th November, 12:30 - 13:30 book here
· **Getting ahead of the QOF curve with Group Clinics**
26th November, 12:30 - 13:30 book here

RCGP London Webinars - Supporting patients experiencing gambling harms
· 26th November, 12:30 - 13:45 Book your place
Dr Emma Ryan, RCGP Clinical Champion for Gambling Harms, will provide practical guidance on identifying, assessing and supporting patients experiencing gambling harms

National Academy for Social Prescribing (NASP) Webinars
NASP record their webinars and these can be a useful resource for social prescribers. Recent webinars include: Supporting people with long-term conditions and Supporting mental health through social prescribing - my role and remit. Upcoming Webinars;
· **Building effective referral pathways**
10th November, 12:00—13:00 book here
· **Housing support in social prescribing - for link workers**
15th December, 12:00—13:00 book here

Personalised Care Institute (PCI) Webinars
Several PCI webinars are available to watch on demand via the PCI website here. Recent topics include personalised annual reviews, reflective practice for health and wellbeing coaching, and pain management with Flippin' Pain.

Tools and Resources

NEW: Green Social Prescribing Toolkit 2026
The National Academy for Social Prescribing has published an updated Green Social Prescribing Toolkit, bringing together practical guidance and learning to support the use of nature-based activities in improving health and wellbeing. The toolkit is particularly useful for Social Prescribing Link Workers and colleagues working with community organisations to develop accessible, person-centred support. Green Social Prescribing Practitioner Guidance

NEW: Social Prescribing insights & useful resources
From the NASP **socialprescribingacademy.org.uk/resources**

Social Prescribing Youth Network (SPYN)
A free network for anyone interested in social prescribing for children and young people.
Stay up to date with news, developments, resources, funding and training and receive priority invitations to youth social prescribing events. **sbbresearch.org/spyn/**

Personalised Care Institute
The Personalised Care Institute (PCI) sets the standards for personalised care training in England and provides resources to help health and care professionals develop the skills and confidence to deliver person-centred care.

Supported Self Management—What is it?
Supported Self-Management (SSM) supports people to manage their own health and wellbeing more effectively, helping improve outcomes and promote independence. Find out more

Universal Personalised Care: 6 Key Components
Universal Personalised Care is the NHS approach to ensuring people have greater choice, control, and involvement in decisions about their health and wellbeing. It is built around six key components that work together to deliver truly person-centred care. Find out more here

Workforce Development Frameworks
These frameworks provide clear standards, training guidance and professional development support for Care Co-ordinators, Social Prescribing Link Workers and Health and Wellbeing Coaches, helping to build a skilled and consistent personalised care workforce.
Framework for Care Co-ordinators
Framework for Social Prescribing Link Workers
Framework for Health and Wellbeing Coaches

National Academy for Social Prescribing (NASP)
National Academy for Social Prescribing (NASP) champions social prescribing across the UK, providing training and development, events and webinars that support Link Workers and share the latest research, best practice and innovative projects.

The Virtual Village Hall
The Virtual Village Hall is a free, online activity hub and community designed by the charity, Royal Voluntary Service. It helps people stay mentally and physically active, socially connected and having fun, supporting them to better manage their health, including long-term conditions.

Money Talk Toolkit
Free training and resources to help health and care professionals discuss financial wellbeing, understand its impact on health, and signpost people to the right support.

NWL Training Hub Website
Here NWL Training Hub shares the latest training opportunities, news and resources for Primary Care staff across North West London with pages dedicated to these roles; Care Coordinator, Health and Wellbeing Coach and Social Prescribing Link Worker.