

## Welcome to our March Newsletter

CPTH provides training, education and workforce support across General Practice in Cambridgeshire and Peterborough.

### Upcoming Training & Events

|              |   |                          |
|--------------|---|--------------------------|
| Tue 14 Mar   | Stage 2 SystmOne for Clinicians                                   | <a href="#">Book Now</a> |
| Tue 14 Mar   | Wound Management Study Day  | <a href="#">Book Now</a> |
| Wed 15 Mar   | Stage 2 SystmOne for Admin/Reception Teams                        | <a href="#">Book Now</a> |
| Wed 15 Mar   | An Introduction to Phlebotomy (Venepuncture)                      | <a href="#">Book Now</a> |
| Wed 15 Mar   | SNOMED and Introduction to Summarising Notes                      | <a href="#">Book Now</a> |
| Thu 16 March | GP Fellowship & First 5 GP Education: Compassionate Leadership    | <a href="#">Book Now</a> |
| Mon 20 March | Professional Clinical Network Pharmacy Forum                      | <a href="#">Book Now</a> |
| Tue 21 March | Review of Convatec dressings                                      | <a href="#">Book Now</a> |
| Tue 21 March | Advanced Practice Forum (ACP Forum)                               | <a href="#">Book Now</a> |
| Wed 22 March | SystmOne – New Starters & Getting Started                         | <a href="#">Book Now</a> |
| Wed 22 March | Caldicott Guardian Training                                       | <a href="#">Book Now</a> |
| Wed 22 March | Paediatric Respiratory: Chronic Wet Cough                         | <a href="#">Book Now</a> |
| Thu 23 March | Chaperone Training  | <a href="#">Book Now</a> |
| Thu 23 March | Subject Access Requests   | <a href="#">Book Now</a> |
| Thu 23 March | Enhanced Induction for Admin and Clerical – Day 1                 | <a href="#">Book Now</a> |
| Thu 23 March | Prevention and Management of Pressure Ulcers                      | <a href="#">Book Now</a> |
| Tue 28 March | Introduction to the Voluntary Sector                              | <a href="#">Book Now</a> |
| Tue 28 March | Ear Irrigation (Syringing) Update Webinar                         | <a href="#">Book Now</a> |
| Wed 29 March | CPTH First 5 GPs South – Peer Group Meeting                       | <a href="#">Book Now</a> |
| Mon 03 April | Induction Programme for Staff New to Primary Care (2 day)         | <a href="#">Book Now</a> |
| Tue 04 April | Physical Activity Advice Training Session                         | <a href="#">Book Now</a> |
| E-Learning   | Cambridge Diabetes Education Programme                            | <a href="#">Book Now</a> |
| E-Learning   | RCNi Learning   | <a href="#">Book Now</a> |
| E-Learning   | Practice Medicines Co-ordinators e-Learning Course                | <a href="#">Book Now</a> |
| E-Learning   | Anticoagulation – Stroke Prevention in Atrial Fibrillation Course | <a href="#">Book Now</a> |



#### Nurse CPD Programme

Spring/summer dates are now available for a range of courses on the Nurse CPD Programme, including Introduction to Contraception, Introduction to Menopause, HRT update, POC Update with LARC, Hypertension Update, Motivational Interviewing, Mental Health for Non-Specialists, Asthma Refresher and Cervical Screening. [Click here to search courses.](#)



#### Supporting Future Educators Face-to-face session Thu 16 & Fri 17 March 2023

A two-day opportunity to meet other future Tier 3 educators in your area, undertake small group work, and time to complete your application form. Click 'book now' for details of the event and what prior learning you will need to have completed.

[Book Now](#)



#### GP & ACP Education Programme: Modern Slavery & Human Trafficking Thu 23 March, 19:00-20:30

For our next GP and ACP education session, we'll be joined by Cambs police to talk about Modern Slavery and Human Trafficking. Book your place below and [visit our web page](#) for dates/details of other upcoming events in the programme.

[Book Now](#)

#### East of England Primary Care Apprenticeship Webinar - Wed 22 March, 10:30-12:30

HEE Apprenticeships webinar covering the benefits and the opportunity of apprenticeships in primary care, funding and how to use levy or levy transfer. To book a place, please e-mail [oliver.inwards@hee.nhs.uk](mailto:oliver.inwards@hee.nhs.uk)

#### Safeguarding Matters – Level 3 Webinars

Wed 19 April, 13:00-14:00 (click link to book)

[Introduction to Elder Abuse and Our Services](#)

Wed 10 May, 13:00-14:00 (click link to book)

[The Relational and Emotional Difficulties Service \(REDS\) Treatment Pathway](#)



#### First 5 GPs Career Evening Marriott Hotel, Huntingdon Tue 28 March, 19:00-20:30

Are you a C&P GP within your first 5 years of practice? Join us for our Career Evening for early career GPs, for information and advice on different ways of working and put your questions to our panel of local GPs.

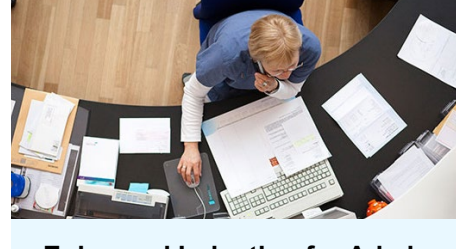
[Book Now](#)



#### Mental Health Primary Care Training Opportunity

An opportunity to develop mental health skills and knowledge within primary care. This training is fully funded and will be delivered by Cambridgeshire and Peterborough NHS Foundation Trust. Click button below for more information.

[More Info](#)



#### Enhanced Induction for Admin & Clerical – Effective Team Working & Self-Management Thu 30 March 13:00-17:00

This session covers Time Management, Communication and Teamwork. I have had some questions for Customer Service recently and the Communication aspect may help.

[Book Now](#)

### C&P Training Hub 2023 Conference - Wednesday 24th May

Have you booked your place yet?! This year's Training Hub conference for Nurses, HCA's, Clinical Pharmacists, Physician's Associates, AHP's and Advanced Practitioners working in General Practice, will be taking place on Wednesday 24th May 2023 at the Marriott Hotel in Huntingdon.

We'll be bringing you a fantastic line up of expert speakers including our two fantastic key note speakers - [Paula McGowan OBE](#) and [Louise Brady](#) - plus clinical updates, networking sessions, informative workshops, and much more! Find out more about the programme, speakers and book your place [here](#).

**Book now!**



#### The NHS Pension Scheme – You as an Employer Tue 18 April, 13:00-16:30

We still have a number of places on our next session for those with responsibility for the NHS Pension Scheme (eg, GPs, Practice Managers, etc.). This is really useful for your end of year! [Click here](#) to book.

#### Understanding Blood Tests Thu 04 May, 13:15-16:30

We've added another Understanding Blood Tests 3 hour online taster workshop for the Admin and Clerical Team. Delivered by CMT Clarimed, this is a very popular session, so to book your place please [click here](#).

#### Immunisation and Injection Training for HCAs (Flu, Pneumococcal & B12) Thu 29 June & Thu 06 July

This is essential training for Health Care Support Workers (HCSWs) whose employers wish them to immunise. Deadline for applications is 08 June. [Apply here](#).

### Programmes & Opportunities

#### Functional Skills

Functional Skills English and Maths are required to start an apprenticeship or to progress in any kind of position. They provide people of all education levels with accessible skills to improve reading, writing and communications, allow a better understanding of numbers and mathematical concepts, and are one of the most popular qualifications taken by adult learners. Functional Skills are recognised qualifications and can open up progression opportunities including apprenticeships and higher education. If you are looking to progress or want to start an apprenticeship but don't have the English or maths grades you need, the Training Hub can help. [Click here](#) to find out more.



#### Educators & Learning Organisations

Becoming an Educator or Learning Organisation in Cambridgeshire and Peterborough is a rewarding way of enhancing your skills and supporting the next generation of local Primary Care staff. Find out how we can help support you and your practice through the process.

[More Info](#)



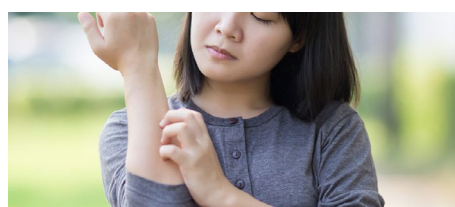
#### Coaching and Mentoring Sessions Available

Coaching and mentoring is a key professional development tool. Our team of Training Hub mentors are available to listen and to support you in finding the best way forward. Sessions are now available for GPs, Admin & Clerical and Personalised Care roles.

[More Info](#)

### COMING SOON! Next Gen GP Programme

We will shortly be inviting applications for the 2023 Next Generation GP, a national leadership programme for trainees and new GPs in Cambridgeshire & Peterborough. Keep an eye on our website and your inbox for more details.



#### Dermatology Clinical Mentoring for GPs

Our Dermatology Programme is a 2-stage opportunity for GPs to upskill in Dermatology diagnosis and management. Gain knowledge of dermoscopy through a funded PCDS course and practical experience by attending clinics with Dr Anna Trigell to see dermatology diagnosis and care in action.

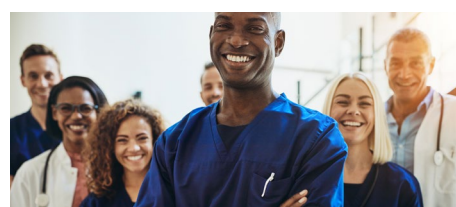
[More Info](#)



#### DFSRH Training Scheme

Applications are still open for the next cohort of our DFSRH training scheme for general practice clinicians with an interest in and service need for the Diploma for the Faculty of Sexual and Reproductive Healthcare. Click the button to find out more and express interest.

[More Info](#)



#### General Practice Fellowship

Are you a GP or Nurse who are in the last 12 months, or is your practice recruiting for these roles? The Fellowship is a 2-year funded scheme for new or recently qualified GPs and Nurses, offering protected CPD time, education sessions and mentoring, plus support for employing practices.

[More Info](#)

### Return to Practice Enhanced Induction for GPs

Are you a GP practice interested in a funded short term role supporting GPs who have been out of practice to gain confidence and experience again? We are offering funding for an induction to include 10 clinical sessions over 2-4 weeks in practice. Practices will need to provide protected time for a suitable GP mentor, who will agree a bespoke personalised plan addressing learning needs for the GP looking to return to clinical practice.

Please email Paula Newton via [candptraininghub@nhs.net](mailto:candptraininghub@nhs.net) for more information.

### CPTH News

#### Welcome to the Team

We're delighted to welcome the Training Hub's new General Practice Management Ambassador, **Lorna Gardiner**. Lorna has been working in the NHS for 20 years, with 11 years as a Practice Manager. She will be available to guide and support Practice and PCN Managers and their teams, looking for ways to build on recruitment and retention, assisting with training needs and offering peer support. Please do not hesitate to contact [lorna.gardiner@nhs.net](mailto:lorna.gardiner@nhs.net) if you have any questions or requests for support.

### Support & Wellbeing



#### Stretch, Strengthen, Energise Physiotherapist Guided Exercises

Every minute counts when it comes to physical activity. Ranging from 6 minutes to 20 minutes, these short follow-along routines from the Staff Support Hub will get your whole body moving. Includes stretching routines for at your desk, strengthening exercises and a full-body workout.

[View Videos](#)



#### Worries and Sleep Webinar Thu, 30 March, 11:00-12:00

This one hour webinar will give you 6 strategies to help you manage your anxiety, looking at why we worry and what can help our minds and bodies relax. Includes time for sharing what has been helpful in managing worries and aiding sleep.

[Book Now](#)



#### Working Well and 'Remaining in Work' Support and Referral

Working Well is an occupational therapy-led service, offering independent, work-related health and wellbeing support and advice for anyone from Health & Social Care in C&P, who has suffered illness, injury or disability, or who has been off work due to illness for 2 weeks or longer.

[More Info](#)

### Cambridgeshire & Peterborough Staff Support Hub

The C&P Staff Support Hub offers free, confidential wellbeing support, webinars and forums for all health and care staff working across Cambridgeshire and Peterborough in any role, in any organisation. Find out more [here](#).

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