

## Welcome to our September Newsletter

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

### Upcoming Training & Events

Tue 12 September	Wound Management Study Day	<a href="#">Book Now</a>
Wed 13 September	Combined Hormonal Contraception Update	<a href="#">Book Now</a>
Wed 13 September	Cambs LMC: Strengthening Teamwork & Supporting Teams under stress	<a href="#">Book Now</a>
Wed 13 September	Diabetes LES – Meeting 2	<a href="#">Book Now</a>
Wed 13 September	Medical Terminology	<a href="#">Book Now</a>
Thu 14 September	General Practice Nurse Forum	<a href="#">Book Now</a>
Thu 14 September	Introduction to Shingrix Vaccination for HCSWs	<a href="#">Book Now</a>
Thu 14 September	CPTH First 5 GPs (South) – Small Group Meeting	<a href="#">Book Now</a>
Tue 19 September	Advanced Practice (ACP) Forum	<a href="#">Book Now</a>
Tue 19 September	GP Education: Drug and Alcohol Services (CGL)	<a href="#">Book Now</a>
Wed 20 September	Cambs LMC: Legal Obligations for Partnerships in Practice	<a href="#">Book Now</a>
Wed 20 September	Prevention and Management of Pressure Ulcers	<a href="#">Book Now</a>
Thu 21 September	Cambs LMC: Understanding Practice Accounts and Finance Streams	<a href="#">Book Now</a>
Thu 21 September	Professional Clinical Network Pharmacy Forum	<a href="#">Book Now</a>
Mon 25 September	PCN & Practice Manager Forum	<a href="#">Book Now</a>
Tue 26 September	Stage 2 SystmOne for Clinicians	<a href="#">Book Now</a>
Tue 26 September	HR, Employment Law & Performance Management	<a href="#">Book Now</a>
Wed 27 September	Cambs LMC: Business Governance – what does a good practice look like?	<a href="#">Book Now</a>
Thu 28 September	Cambs LMC: Managing short term staff absence in General Practice	<a href="#">Book Now</a>
Mon 02 October	Induction Programme for Staff New to General Practice	<a href="#">Book Now</a>
Tue 03 October	SystmOne – New Starters & Getting Started	<a href="#">Book Now</a>
Tue 03 October	Two Day Leg Ulcer Study Days	<a href="#">Book Now</a>
Thu 05 October	Chronic Oedema/ Wet Legs Management	<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	Anticoagulation – Stroke Prevention in Atrial Fibrillation Course	<a href="#">Book Now</a>

#### Protected Learning Time

These sessions are designed to be accessed live and will also be available for a short period afterwards to support practices and PCNs who may already have plans for the scheduled dates. Click the book now buttons to book your place on the live webinars.

**Book Now**

**Tue 19 September, 14:30-15:30**

Environmentally Sustainable General Practice  
*Dr James Smith*

**Book Now**

**Wed 22 November, 14:30-15:30**

Making Safeguarding Personable yet Practicable: Harnessing the strength of the Primary Care MDT  
*Dr Liz Woodroffe*

**Also coming soon:**

**23 January 2024** – Diabetes

Dr Jessica Randall-Carrick

**19 February 2024** – Menopause

Dr Gill Shields

**27 March 2024** – Wellbeing

Dr Paula Newton & Dr Susie Hunt

Find more information and check out our other PLT offers here:

<https://cptraininghub.nhs.uk/protected-learning-time/plt/>



#### Safeguarding Matters Series of Level 3 Webinars

**Thu 07 Sep 13:00-14:00**

Overview of CSA  
[Book Now](#)

**Thu 5 Oct 13:00-14:00**

Writing CP Conference Reports  
[Book Now](#)

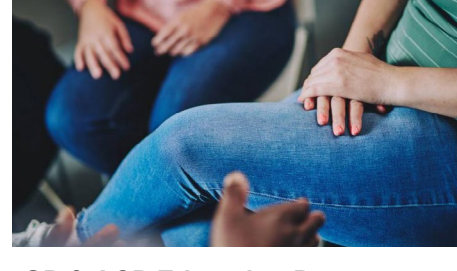
**Wed 18 Oct 13:00-14:00**

Intro to Health IDVA Service  
[Book Now](#)



#### Shapes in Practice Starts 28 September 2023

A programme of 3 x 2hr evening workshops for mid and late career GPs, focussing on how to deal with the challenging and stressful situations encountered on a daily basis. Designed to provide the tools to find individual, practical solutions whilst working as part of a team in General Practice. [Click here](#) for more information and to express interest.



#### GP & ACP Education Programme: Drug & Alcohol Services

**Tue 19 September, 19:00-20:30**

Join Dr Justin Markiewicz, a Speciality Doctor with the Change Grow Live Drug and Alcohol Service in Cambridgeshire, for this session on substance use and local pathways. [Click here](#) to book your place.

You can also find future dates in the programme on our [web page here](#).

#### Introduction to Wellbeing

**Tue 26 September, 13:00-15:30**

Suitable for all personalised care roles. Covering wellbeing and resilience, for employees and clients. An introduction to wellbeing, looking after yourself and how to develop resilience in your role.

[Book Now](#)

#### Introduction to the Voluntary Sector

**Wed 27 September, 09:30-12:30**

An overview to what the voluntary sector has to offer. All roles will have a better understanding of the voluntary sector, what different services provide and how to best match patients to the services available.

[Book Now](#)

#### The Deep End EoE September Symposium 2023

**Thu 28 September 2023, 13:00pm-15:30**

"Sometimes the best results are when you are thrown in the Deep End" – Showcase, strive and succeed.

Join us for the Deep End East of England 2023 September Symposium. Supported by the C&P Training hub, this interactive event (via Teams) will showcase the very best interventions and innovations which are making real differences to populations facing adversity. Please [click here](#) to book your place.

#### Telephone Communication Skills, Signposting and Prioritisation Workshop

**Wed 4 October, 13:00-16:30**

This session aims to provide delegates with the skills and understanding required to communicate effectively over the phone and to understand the importance of managing calls to the appropriate outcome (signposting) and within the right timescales (prioritisation). It also addresses the excellent customer care required to handle calls sensitively and to provide information on how to deal with those patients or callers who can be difficult, demanding or frequent service users. To book a place, please [click here](#).

**Moved Online**

#### Red Whale GP & ACP Update

**Thu 05 October, 10:00-16:00**

A highly engaging and interactive online course, from the comfort of your home (or practice)! Red Whale will cover the latest changes in evidence and guidelines relevant to Primary Care. Their presenter will host the course live from our TV Studio, run interactive polls and Q&A sessions and offer practical tools to help you change your practice straightaway.

**For GPs – [book here](#)**

**For ACPs – [book here](#)**



#### Mandatory Training Morning for Locum GPs

**Mon 09 October, 09:00-12:30**

A half-day aimed at locum GPs who want to experience mandatory training in a different way to e-learning. The morning will include an **Infection Control** session with Nicola Sharp, followed by a **Safeguarding: Fabricated and Induced Illness** case-based discussion facilitated by Richard Maddison, to support mandatory training requirements. [Click here](#) to book your place.

#### Pharmacy Best Practice, Integration and Networking Event

**Tue 10 October, 09:30-15:15**

In person workshop for C&P general practice pharmacy staff, taking place at Burgess Hall, St Ives.

**Book Now**

#### Immunisation and Injection training for HCAs (Flu, Pneumococcal and B12)

**Wed 11 & Wed 18 October**

Training in immunisation is essential for HCSWs whose employers wish them to immunise. There are changes to the vaccines in September, as a result of which the face-to-face element of the course is now a full day (as opposed to a half day).

[Apply Now](#)

#### Care Navigation Training

Foundation level skills training sessions for those new to care navigation. On completion, individuals will be confident to communicate effectively with patients and members of the multi-disciplinary team to signpost to the most relevant clinician or local services. An advanced level for those with experience will be available shortly.

[More Info](#)

#### Keep Calm and Carry On Prescribing (V300 Update)

**Thu 19 October, 13:00-16:15**

This course aims to update participants in recent Non-Medical Prescribing developments and enable them to use their prescribing skills, legally and professionally to improve safe and effective practice and minimise risk of litigation.

[Book Now](#)

#### ReSPECT Plan Level 3 Training - 07 & 15 November 2023

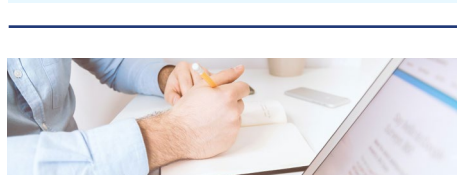
Free education is open to GP's, Advanced Nurse Practitioners, Specialist Nurses, Care Home Nurses and Managers and Advanced Paramedic Practitioners, who may hold ReSPECT discussions and complete the ReSPECT form. [Click here](#) for more information

### Programmes & Opportunities

#### PCN Educational Leadership & Development Condensed Programme

We are pleased to share the opportunity for you to be part of our condensed PCN Educational Leadership and Development programme and benefit from the learning of our pilot PCN Training Teams project. The programme will offer paid time to plan and develop as a team, plus 2x half day workshops facilitated by experts Swanwick Morris.

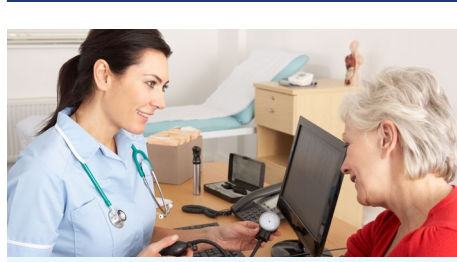
If you think your PCN would benefit from being part of this condensed programme, please email us at [canpdtraininghub@nhs.net](mailto:canpdtraininghub@nhs.net) (Please note - this offer is only available to those who are not part of our current PCN Training Teams project.)



#### Business Fundamentals for General Practice

A bespoke Business Fundamentals training course for local GPs who are new to partnership (in the past three years), or for those who are on an evidenced route to partnership. Keep an eye on your inbox for more details.

**Coming Soon**



#### General Practice Fellowship for C&P

A 2-year scheme offering protected CPD time, monthly education programme and mentoring for newly qualified GPs and Nurses (within last 12 months). Plus backfill funding and support for the employing practice.

[More Info](#)



#### DFSRH Training Scheme

Applications are now open for the next cohort of our FSRH training scheme, for general practice clinicians with an interest and service need for the Diploma for the Faculty of Sexual and Reproductive Healthcare.

[More Info](#)



#### GP Leadership Grants

We have a small number of grants available to support new and current leaders to update and develop their leadership skills and continue to make General Practice a great place to work! Please click the button for more information and to express interest.

[More Info](#)

### Training Hub News

We are delighted to introduce you to our two new co-ordinators:

#### Anna Szczechowska, Apprenticeship Co-ordinator

Anna has worked in the NHS for the last 6 years. She has experience as a receptionist/admin team in the biggest GP surgery in Peterborough and GP out of hours. Anna has also worked as a clerical officer at Peterborough City Hospital and Hinchbrook Hospital. For any queries regarding your existing apprenticeships or offering new apprenticeship training please email [anna.szczechowska@nhs.net](mailto:anna.szczechowska@nhs.net)

#### Michelle Mangwiza, PCN Education Co-ordinator for PCN Workforce Support

Michelle has previously worked for Ronald McDonald House Charities as a House assistant, supporting families with children in hospital. Please email [michelle.mangwiza@nhs.net](mailto:michelle.mangwiza@nhs.net) for any PCN Education/Workforce enquiries.

### Support & Wellbeing



#### Samaritans Self-help App

As we observe World Suicide Prevention Day on 10 September, we recognise that sometimes even knowing exactly how you're feeling can be hard. Samaritans Self Help App can help you keep track of how you're feeling and offers suggestions for things you can do to help yourself cope, feel better and stay safe in a crisis.

[More info](#)



#### NHS Looking After Your Team's Health and Wellbeing Guide

A healthy team leads to a great experience for all team members, and ultimately better care for our patients. This guide is designed to help you and your team explore what being part of a healthy team means for you, and to embark on a collaborative journey where you are all 'in the driving seat' to improve things, together.

[More Info](#)



#### Pilates Desk Break

**Wed 04 October, 11:00-11:45**

A virtual Pilates class for those of you who feel you sit down a little more than you'd like to during the day! This class is predominantly a standing class with focus on improving your upper body mobility, raising your heart rate, challenging your balance and working in some of that all-important strengthening exercise.

[Book Now](#)

#### 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](#).

*Why did you receive this email? You have received this mail because you have signed up to our website [cptraininghub.nhs.uk](http://cptraininghub.nhs.uk) and you have agreed that we can contact you. We will never pass your details on to third parties. To stop our emails from being seen as spam, please add us to your email account's address book and mark us as a safe sender.*

Are you following us on social media?



This email was sent by Cambridgeshire and Peterborough Training Hub.  
© 2022 Cambridgeshire and Peterborough Training Hub, Allia Future Business Centre London Road Peterborough PE2 8AL  
To unsubscribe please [click here](#) or email [canpdtraininghub@nhs.net](mailto:canpdtraininghub@nhs.net)