

Welcome to our November Newsletter

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

Upcoming Training & Events

Tue 07 November	SystmOne – New Starters & Getting Started	Book Now
Wed 08 November	Review of Convatec dressings on the formulary	Book Now
Thu 09 November	Cambs LMC: Employment Law HR Essentials for Practices & PCNs	Book Now
Thu 09 November	GP Fellowship & First5s: Promoting Patient Self-care	Book Now
Tue 14 November	Wound Management Study Day	Book Now
Tue 14 November	Stage 2 SystmOne for Clinicians	Book Now
Fri 17 November	Red Whale Update for Clinical Pharmacists	Book Now
Fri 17 November	Red Whale GP Update	Book Now
Mon 20 November	Introduction to Contraception Webinar	Book Now
Tue 21 November	Advanced Practice (ACP) Forum	Book Now
Wed 22 November	Professional Clinical Network Pharmacy Forum – Pharmacy Technicians	Book Now
Wed 22 November	Professional Clinical Network Pharmacy Forum – Clinical Pharmacists	Book Now
Thu 23 November	Prevention and Management of Pressure Ulcers	Book Now
Tue 28 November	Basic Life Support (BLS) Training - Cambridge	Book Now
Tue 28 November	Introduction to the Voluntary Sector	Book Now
Thu 30 November	Motivational Interviewing	Book Now
Thu 30 November	GPs Keep in Touch (KIT) Session: November 2023 – ENT Update	Book Now
Mon 04 December	Induction Programme for Staff New to General Practice (2 day)	Book Now
Wed 06 December	Basic Life Support (BLS) Training - Peterborough	Book Now
Wed 06 December	An Introduction to the Menopause	Book Now
Thu 07 December	HCA Clinical Skills	Book Now
E-Learning	Cambridge Diabetes Education Programme	Book Now
E-Learning	RCNi Learning	Book Now
E-Learning	Anticoagulation – Stroke Prevention in Atrial Fibrillation Course	Book Now

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 buttons to book your place on the live webinars.



Wed 22 November, 14:30-15:30
Making Safeguarding Personable yet Practicable:
Harnessing the strength of the Primary Care MDT
Dr Liz Woodroffe



Tue 23 January 2024, 14:30-15:30
Cardiovascular Disease & Diabetes
Dr Jessica Randall-Carrick



Thu 29 February 2024, 14:30-15:30
Menopause Care: Past, Present and Future
Dr Gill Shields



Wed 27 March 2024, 14:30-15:30
Enabling Wellbeing Support for Individuals & Teams
Dr Susie Hunt & Dr Paula Newton

Find more information and check out our other PLT offers here:
<https://cptraininghub.nhs.uk/protected-learning-time-plt/>

Online Documentary Launch: 'Life Well Lived'

Tue 07 Nov 2023, 13:00- 14:30

A 35-minute documentary film 'Life well lived', made by Amber Films, that explores the will to live and die and what it means to have a life well lived.

The film listens to three healthcare staff who tried to end their own life when young and their journey in finding meaning in their lives.

They now want to offer hope to colleagues who may be struggling and tackle the stigma by opening up about their history.

This event, which is open to anyone working towards suicide prevention in staff or otherwise across the UK and beyond, is a collaboration between the Cambridgeshire and Peterborough Staff Support Hub and the North East and North Cumbria Suicide and Self Harm Research Collaborative.

For more details and to register please [click here](#).

GP & ACP Education Programme Transgender Healthcare

Tue 14 November, 19:00-20:30

Join us for our next GP& ACP education session when Claire Blake and George Blake will be joining us to talk about Transgender Healthcare. The goal of this session is to increase confidence when treating transgender patients, or with friends, family or colleagues, and to understand best practice and guidelines to follow to help care for transgender patients.

[Click here](#) to book your place.

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

PCN Educational Leadership Development Programme: Reflection and Reflective Practice

Tuesday 28th November, 08:30-12:30

The third of our educational workshops will focus on the topic of reflection.

Reflection and reflective practice are seen as central to the education, training and professional development of all healthcare professionals but reflection is often misunderstood or viewed as a tedious, tick box, chore.

This workshop will critically examine the various ways that reflection has been thought about, how it tends to be operationalised and what can be done to avoid developing 'reflective zombies'.

We will also be showcasing a number of tools that you may wish to take back to your primary care network aimed at encouraging reflection in group settings. These will include after action review, Schwartz rounds® and action learning sets.

Please [click here](#) for more details.

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.

[Click here for more information](#)



Induction Programme for Staff New to General Practice

Our Induction Programme aims to support your local Practice induction by providing a consistent and comprehensive introduction to working in general practice. The programme runs monthly and is for any staff new to General Practice. (Please note: It is beneficial if staff have had a few days to orientate themselves to the workplace before attending the Induction.) The programme includes:

- Introduction to Primary Care
- How the Training Hub supports you – booking training, funding, meet the team
- Getting started with SystmOne
- Resilience, Wellbeing & Psychological Safety
- Introduction to Personalised Care, Patient Activation & Supported Self-Management
- Equality, Diversity and Inclusion

We will be running this programme for the rest of the financial year and places are fully funded. For dates up to February, please [click here](#). (March date will be released shortly.)



GPs Keep in Touch (KIT) Session: ENT Update

Thu 30 November 2023, 19:00 - 20:30

For this evening Keep in Touch session, we'll be joined by Dr Ian Sweetenham, a GP Partner with a special interest in ENT, for an update and discussion on everyday ENT topics including: Otitis externa, Ear Discharge, Nose Bleeds, Tinnitus, Giddiness, Epley Manoeuvre, Nasal Steroids and Hearing aid referral. (This event will take place via Zoom.)

Safeguarding Matters Series of Level 3 Webinars

Tue 05 Dec, 13:00-14:00

An introduction to the child death review process and child death overview panel (CDOP)



Programmes & Opportunities



Springboard Work & Personal Development Training Programme for Women - Starts 07 November 2023

Springboard is for women who want to take control, become more assertive, increase their confidence & build themselves a more positive attitude in both their work and home lives. The course will take place on one full day per month (09:30–16:00) for 4 months, starting on 07 November 2023. CPTH have funding available for places. For more information and to express an interest, please [click here](#).

Professional Nurse Advocate (PNA) Scheme

Are you a dedicated nurse from a BAME background, passionate about supporting your colleagues in the NHS? Join our team as a Professional Nurse Advocate (PNA) and make a meaningful impact on the lives of fellow nurses. We're here to support you on your journey, offering a comprehensive PNA course and a competitive sessional rate. We're looking for four nurses educated outside the UK, with lived experiences that can help those new to the NHS and living in the UK. As a PNA, you'll empower and advocate for your colleagues, share insights, and offering vital support. Express your interest by emailing candptraininghub@nhs.net with 'PNA' in the subject by the 24th November and be a part of this transformative initiative. Your experiences matter. If you would like an informal conversation prior to expressing an interest, Michelle Mangwiza or Jan Gower are available for a chat.



Transition into General Practice Nurse Fellowship

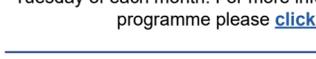
Applications now open for next Transition into General Practice Nurse Fellowship commencing in January 2024.

This programme is designed for experienced nurses who have moved into general practice in 2023. There will be 3 introductory sessions: Wed 10 January, Wed 14 February, and Wed 13 March 2024. Fellows will then join the main Fellowship education programme on the 2nd Tuesday of each month. For more information about the programme please [click here](#).



Business Fundamentals for General Practice

Cambs LMC is offering another bespoke Business Fundamentals training course to local GPs who are new to partnership in the past three years, or who are on an evidenced route to partnership. The course starts on Tue 30 January 2024 and will cover the commercial, legal, HR and financial aspects of running a General Practice. C&P Training Hub is providing subsidised places for Cambridgeshire & Peterborough GPs, on a first come first served basis. [Click here](#) to find out more.



General Practice Fellowship for Newly Qualified GPs & Nurses

This 2-year scheme offers structured CPD time, monthly education sessions and mentoring for newly qualified GPs and Nurses (within last 12 months), plus backfill funding and support for the employing practice.

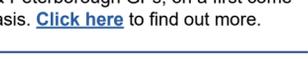
[More Info](#)



Dermatology Clinical Mentoring for GPs

We are offering a 2-stage opportunity for GPs to upskill in Dermatology diagnosis and management through a funded PCDS dermoscopy course and practical learning in clinic to see diagnosis and care in action.

[More Info](#)



General Practice Improvement - PCN Engagement Webinar

Cohort 3 runs January to June 2024. To access the PCN Offer as part of the General Practice Improvement Programme, a PCN representative will need to register for one of the engagement webinars. Deadline: Tue 7 Nov.

[Register](#)

General Practice Assistant (GPA)

NHSE are happy to announce that the contract for our region has been awarded to the training provider ARU Writtle who will deliver the GPA programme for the East of England region. To express ongoing interest in a place on the training, PCNs or GP practices are asked to contact the training provider ARU Writtle to enquire about additional places gpassistant@writtle.ac.uk. For further information on the training programme [please click here](#).

Support & Wellbeing

Responding to the Crisis in the Middle East – Support Forums

We understand that many of our staff in health and social care have friends or family who are impacted by the recent events in Israel and Gaza. The Staff Support Hub stands in solidarity with all those impacted by the crisis and would like to offer some time to support each community. These online Support Forums will be facilitated by an experienced clinical psychologist with specialist skills in trauma, peer support and collective healing. Two dates are planned for these sessions. Please click on the dates below to register:

- For those colleagues with Jewish heritage or loved ones in Israel: [Tuesday 14th November, 1pm](#)
- For those colleagues with Arab heritage or loved ones in Gaza: [Wednesday 15th November, 1pm](#)



NHS Looking After You Coaching for Primary Care

Free coaching from NHSE/I for all primary care colleagues, tailored to individual needs. Experienced coaches will work with you to discuss any area of your wellbeing that you would like to address. They will listen, ask questions and support you to develop practical strategies to cope with your situation and stay well.

[More Info](#)



Burnout, Compassion Fatigue and Moral Injury Tue 28 November, 12:30-13:30

Work can impact on us in a variety of ways. This webinar will discuss how the separate but related work related wellbeing issues show up via compassion fatigue, moral injury, vicarious post trauma stress and burnout. Open to those working in health, social care, the voluntary sector or not-for-profit sector in Cambs and Peterborough.

[Book Now](#)

Cambridgeshire & Peterborough Staff Support Hub

The C&P Staff Support Hub offers free, potential 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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