

Welcome to our December Newsletter

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

*The Training Hub team would like to thank you for your support throughout 2023.
Sending our best wishes to you and your family during the festive season.*

Upcoming Training & Events

Tue 12 December	Introduction to Wellbeing	Book Now
Tue 12 December	Topical negative pressure VAC Therapy by KCI -3M	Book Now
Tue 12 December	Stage 2 SystemOne for Clinicians	Book Now
Wed 13 December	Wound Management Study Day	Book Now
Thu 14 December	CPTH Locum GP Peer Group Meeting, December 2023	Book Now
Fri 15 December	Prevention and Management of Pressure Ulcers	Book Now
Mon 18 December	CPTH First 5 South GPs – Small Group Meeting, December 2023	Book Now
Mon 08 January	Induction Programme for Staff New to General Practice (2 day)	Book Now
Tue 09 January	SystemOne – New Starters & Getting Started	Book Now
Tue 09 January	Professional Clinical Network Pharmacy Forum	Book Now
Tue 16 January	GP Education Programme: Managing Burnout	Book Now
Wed 17 January	Asthma Refresher (2 days)	Book Now
Wed 17 January	VAC Negative pressure wound therapy	Book Now
Thu 18 January	COPD Online Refresher	Book Now
Tue 23 January	Introduction to Immunisation & Vaccination	Book Now
Wed 24 January	Cambs LMC: Legal Obligations for Partnerships in Practice	Book Now
Wed 24 January	3M Skin protectors/dressing	Book Now
Thu 25 January	CPTH Locum GP Peer Group Meeting, January 2024	Book Now
Fri 26 January	An Introduction to Phlebotomy (Venepuncture)	Book Now
Tue 30 January	Cervical Screening Accredited Training Course	Book Now
Tue 30 January	Wound Management Study Day	Book Now
Mon 05 February	HRT – Update for GPs	Book Now
Mon 05 February	HRT – Update	Book Now
Mon 05 February	Induction Programme for Staff New to General Practice (2 day)	Book Now
Wed 07 February	Pelvic Organ Prolapse & Ring Pessary Training	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

GP & ACP Education Programme: Managing Burnout

Tue 16 January, 19:00-20:30

Join us for our next GP& ACP session when Dr Jonny Der Kureghian will be joining us to talk about Managing Burnout. [Click here](#) to book your place.

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

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.

BOOK NOW

Tue 23 January 2024, 14:30-15:30

Cardiovascular Disease & Diabetes

Dr Jessica Randall-Carrick

BOOK NOW

Thu 29 February 2024, 14:30-15:30

Menopause Care: Past, Present and Future

Dr Gill Shields

BOOK NOW

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/>

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)

BOOK

Thu 21 Dec 13:00-14:00

Introduction to the Health IDVA Service

BOOK

Thu 04 Jan 13:00-14:00

Introduction to the Victim and Witness Hub

BOOK

Tue 23 Jan 13:00-14:00

Travellers and their health and lifestyle

BOOK

Thu 25 Jan 13:00-14:00

Domestic Abuse – Coercive & Controlling Perpetrators

BOOK

Thu 01 Feb 13:00-14:00

Understanding Sexual Violence and Supporting Survivors and Victims

BOOK

Thu 15 Feb 13:00-14:00

MCA – Dealing with complex cases

BOOK

For guidance on meeting the Level 3 requirements, please [click here](#) for our Safeguarding page.

Care Navigation Training Programme

The delivery plan for recovering access to primary care commits to training up to 6,500 staff (one person from every practice and PCN in the country) in care navigation skills. Thousands of primary care colleagues have taken up this free national offer, equipping learners to effectively communicate with patients and the multi-disciplinary team. Training is accredited with foundation and advanced modules available. A new online collaborative platform has launched for learners and their managers to access resources and to connect with their peers.

This training is only available until March 2024. Managers are encouraged to register their nominated staff member to complete the training to develop a strong understanding of care navigation as soon as possible.

[Click here to register](#) | [Click here for full list of dates](#)

National Apprenticeship Week 2024 (NAW)

To celebrate NAW, 5th-11th February, we have access to information sessions for individuals or managers organised by partners in the C&P system:

- Monday 05 February, 12:00-13:00** - Nursing Apprenticeships at Anglia Ruskin University with Charlotte Hancox
- Tuesday 06 February, 14:00-15:00** - How to use Apprenticeships in workforce plans with Lucy Dennis, Head of Workforce Planning
- Wednesday 07 February, 12:00-13:00** - Allied Health Professions Apprenticeship opportunities

To book a place please email ccs.trainingandeducation@nhs.net or for more information about apprenticeships please contact Julie Nicholson, Career Development and Apprenticeship Lead at Julie.nicholson15@nhs.net

How to Effectively Manage Confrontation

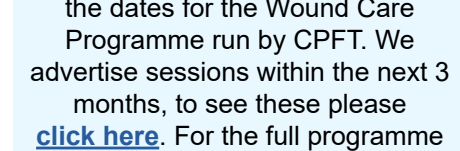
Tue 13 February 13:00-14:00

This MDU seminar is designed to give you tools to defuse difficult situations confidently and compassionately.

Learn about practical ways to de-escalate tension with patients over the phone and in the waiting room.

Suitable for the wider practice team.

To book a place, please [click here](#).



Wound Care Programme for 2024

We have now started to advertise the dates for the Wound Care Programme run by CPFT. We advertise sessions within the next 3 months, to see these please [click here](#). For the full programme of dates for 2024, please email alison.cotuk@nhs.net

Infection Prevention and Control (IPC) Primary Care

Lead Nurse Development Day - Wed 13 March, 09:00-15:30

BOOK NOW

The day will include:

- Overview of IPC CQC Compliance Document
- Introduction to the "Think do you need gloves campaign"
- Cleaning demonstration from GAMA – How to use green clinell wipes effectively
- Hydration project presentation and how you can take this forward in your practices
- MRSA Case Review
- Networking workshop and sharing working practices- What do you do? What do I do?
- Your questions answered- so come prepared!!!

Programmes & Opportunities

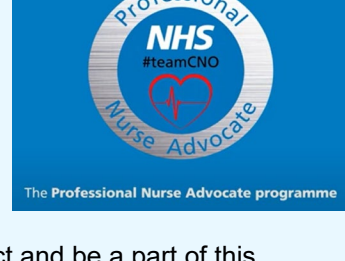
Upskill Your English and Maths

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, Training Hub can help. Please [click here](#) to find out more.

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 life in the UK. As a PNA, you'll empower and advocate for your colleagues, sharing insights, and offering vital support.

Express your interest by emailing candptraininghub@nhs.net with 'PNA' in the subject and be a part of this transformative initiative. Your experiences matter. If you would like an informal conversation prior to expressing an interest, please email jan.gower@nhs.net or michelle.mangwiza@nhs.net to arrange a chat.

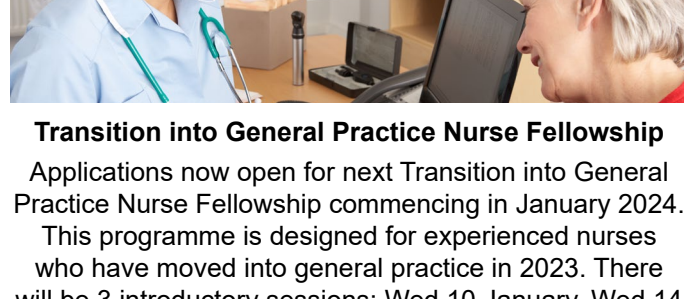


NEW!

Level 7 Senior Leadership MBA Apprenticeship

We are delighted to inform you of the opportunity to apply for the Level 7 Senior Leader Apprenticeship, contextualised for the Cambridgeshire and Peterborough Integrated Care System, plus Executive MBA programme, which will be starting in April 2024. Applications are welcomed and encouraged from a wide range of senior leaders working across the Cambridgeshire & Peterborough Integrated Care System.

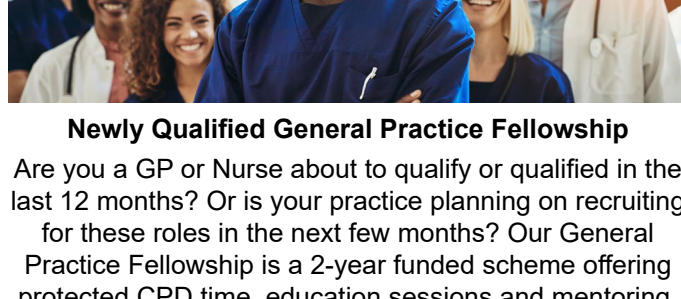
The deadline for expressions of interest is 5th January 2024. For more information, please [click here](#).



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](#).

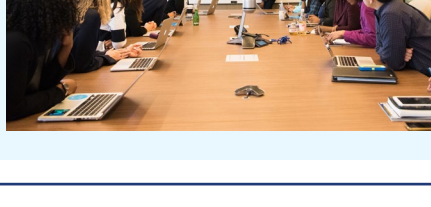


Newly Qualified General Practice Fellowship

Are you a GP or Nurse about to qualify or qualified in the last 12 months? Or is your practice planning on recruiting for these roles in the next few months? Our General Practice Fellowship is a 2-year funded scheme offering protected CPD time, education sessions and mentoring, plus support for employing practices. NHSE have advised that **applications for the current Fellowship programme will close on 29th March 2024.**

[Click here](#) for more information and how to apply.

Apply by 29/3/24



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 candptraininghub@nhs.net

(Please note - this offer is only available to those who are not part of our current PCN Training Teams project.)

Free Access to Lantum's Rota Pro Feature

Lantum, a partner of CPTH since 2021, is inviting your PCN to use Lantum's Rota Pro feature for free. Rota Pro combines a rota tool with a staff bank, giving you the power to coordinate all your staff and sites, and quickly launch services like Enhanced Access. For more information [click here](#).

You can still sign up to the Cambridgeshire and Peterborough staff bank to cover any last-minute gaps over winter and get additional support when you need it. If you need urgent cover for any last-minute gaps, don't forget to email camilla.thomson@lantum.com and she'll work with the clinician engagement team to boost your urgent shifts and help you fill them. Over 70% of last-minute shifts posted on Lantum are filled, helping to reduce unexpected stress.



Business Fundamentals for General Practice

Cambs LMC Business Fundamentals training course for local GPs who are new to partnership or on an evidenced route to partnership. Course starts on Tue 30 January 2024 and CPTH is offering subsidised places.

[More Info](#)



Coaching & Mentoring for GPs

Are you thinking of leaving general practice, or questioning 'what is next for me'? Would you benefit from an opportunity for discussion in a safe environment? Our GP mentors can support you in finding your way forward.

[More Info](#)



Coaching & Mentoring for Personalised Care Roles

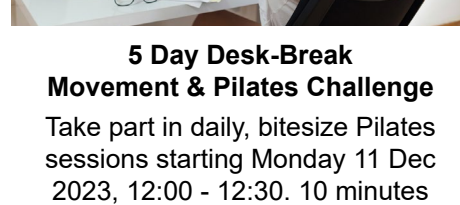
We offer access to an experienced mentor for up to 3 free mentoring sessions for Social Prescribing Link Workers, Health and Wellbeing Coaches or Care Coordinators who have started a role within General Practice within the last 12 months.

[More Info](#)

Coaching for Leaders and Managers with Managing Staff Mental Health at Work

Managers come very compassionately motivated and have competing demands and policies on how to do this. Such a complex task sometimes needs some thinking space as there are not always clear ways forward. These coaching sessions of small groups from the Staff Support Hub offer a confidential space for staff who manage others to reflect and think through some of the challenges in navigating this in practice. There will be five people in each group and they will run fortnightly for 1.5 hours and for an initial period of three sessions. It is better if you can commit to most of the sessions when you sign up. Please click on the date for more information and to book.

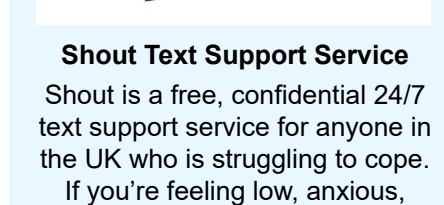
[Mon 08 January, 11:00-12:30](#) | [Mon 19 February, 11:00-12:30](#)



5 Day Desk-Break Movement & Pilates Challenge

Take part in daily, bitesize Pilates sessions starting Monday 11 Dec 2023, 12:00 - 12:30. 10 minutes is all it takes to move your body, increase your heart rate and work those postural muscles. Suitable for all, but expect a challenge! If you complete all 5 days, you will receive a full-length Pilates routine to access whenever you choose.

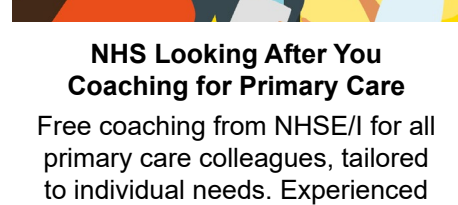
[Book Now](#)



Shout Text Support Service

Shout is a free, confidential 24/7 text support service for anyone in the UK who is struggling to cope. If you're feeling low, anxious, worried, lonely, overwhelmed, suicidal or not quite yourself, we are here for you. To start a conversation, text the word 'SHOUT' to 85258 at any time of day or night. You can also find other resources on the website.

[More Info](#)



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](#)

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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