

Welcome to our February Newsletter

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

Upcoming Training & Events

Thu 08 February	GP Fellowship & Early Career GP Education: Drug & Alcohol Services	Book Now
Mon 12 February	PAD and foot disease (diabetic)	Book Now
Tue 13 February	Professional Clinical Network Pharmacy Pain Workshops	Book Now
Tue 13 February	Prevention and Management of Leg Ulcers	Book Now
Thu 15 February	Safeguarding Matters: MCA – Dealing with complex cases	Book Now
Thu 15 February	Chronic Oedema/ Wet Legs Management	Book Now
Fri 16 February	Practical Day – Competency Wound Care Formulary	Book Now
Tue 20 February	Advanced Practice (AP) Forum	Book Now
Tue 27 February	Cambs LMC Business Fundamentals for General Practice	Book Now
Tue 27 February	Wound Management Study Day	Book Now
Tue 27 February	Basic Life Support (BLS) Training	Book Now
Tue 27 February	CPTH Locum GP Peer Group Meeting, February 2024	Book Now
Wed 28 February	Prevention and Management of Pressure Ulcers	Book Now
Wed 28 February	Combined Hormonal Contraception Update	Book Now
Wed 28 February	CPTH First 5 GP Education: Axial Spondyloarthritis	Book Now
Thu 29 February	(PLT) Menopause Care: Past, Present and Future	Book Now
Mon 04 March	Induction Programme for Staff New to General Practice (March) 2 day	Book Now
Tue 05 March	SystmOne – New Starters & Getting Started	Book Now
Wed 06 March	Essity – Infection and dressings	Book Now
Thu 07 March	Basic Life Support (BLS) 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

C&P Training Hub 2024 Conference - Tuesday 14th May

Health Equity: Making a Difference

We're delighted to announce that this year's Training Hub conference for Primary Care clinicians will be taking place on Tuesday 14th May 2024.

We'll have a fantastic line up of subject expert speakers, including our keynote speaker **Dr Jessica Randall-Carrick**.

Jessica is a GP, ICS Clinical Lead for Diabetes & Obesity and Co-Lead for Cardiovascular Disease Prevention, ICS Clinical Ambassador Health Inequalities CORE20PLUS5 and Co-ordinator of Deep End: East of England.

Join us for informative TED-style talks, networking sessions, practical takeaways for your everyday practice and much more! To book your place please [click here](#), and keep an eye on the web page and our socials where we'll be releasing more details of the programme and speakers as we count down to CPTH 2024!



GP & ACP Education Programme: Everything you need to know about cardiology in primary care! Pearls from a GPSI.

Tue 13 February, 19:00-20:30 (via zoom)

Join us for our next GP& ACP session when Dr Rob Howlett will be joining us to talk about cardiology in primary care.

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

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



Induction Programme for Staff New to General Practice

Mon 04 & Tue 05 March 2024 09:00 - 17:00

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

Please [click here](#) for upcoming dates and to book.

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.

BOOK NOW

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

Menopause Care: Past, Present and Future
Dr Gill Shields

Join us in your Protected Learning Time when Dr Gill Shields will be hosting a live webinar to understand where we are now, hot topics including testosterone prescribing, post breast cancer care and what women's health will look like in the future. Resources will be provided to support whole team learning.

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/>

Basic Life Support (BLS) Training

We still have availability our next round of BLS at £19.95 per session. Please click on the links below to book.

[Tue 27 February, 14:00-16:00](#)
Huntingdon

[Thu 07 March, 14:00-16:00](#)
Peterborough



Children and Young People Asthma Training for Tier 3 Providers

Thu 07 March, 09:00-17:00.

This education day will ensure an in-depth understanding of all aspects of asthma care for children and young people and will allow the learner to meet all the learning outcomes from tier 3 of the National CYP Asthma Capability Framework by means of lectures and workshop break out rooms. For further information and to book please [click here](#).

NB Medical Update

Wed 20 March, 09:30-17:00

The Hot Topics GP Update course will update you on the latest developments in the literature and serve as a platform for CPD to help you to deliver better patient care. The course consists of a series of short 'TED-style' engaging presentations blending evidence and cases, followed by discussion which may impact on your practice. The course comes with a number of extra resources to give it incredible 'added value'. Click the buttons to book:

[for GPs](#)

[for ACPs](#)

[for Clinical Pharmacists](#)

Safer Recruitment

Thu 21 March, 09:30-16:30

Back by popular demand, we have booked another Safer Recruitment Session. Please [click here](#) to book.

HCA Clinical Skills

Tue 26 March, 10:00-16:00

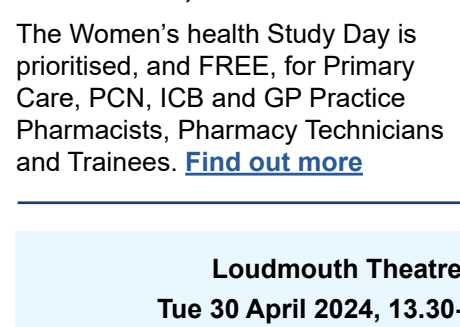
(Hemingford Pavilion, nr Huntingdon)

The theory and practice of the HCA role in Primary Care. Includes accountability, supervision, legal frameworks and practical workshops for a range of clinical skills. All delegates will participate in a skills workshop to learn and practice the necessary skills. On completion of the course, all delegates will have to undergo a period of supervised practice in their workplace and formal assessment of competency. Please [click here](#) to book a space.

Women's Health Training Day for Clinical Pharmacists & Pharmacy Techs

Tue 26 March, 09:00-16:30

The Women's health Study Day is prioritised, and FREE, for Primary Care, PCN, ICB and GP Practice Pharmacists, Pharmacy Technicians and Trainees. [Find out more](#)



Pensions - You as an Employer - Your Responsibilities for Administering Employee Pensions (including where the practice chooses to outsource)
Tue 16 April, 13:00-16:00 and Tue 23 April, 13:00-16:00

The primary objective is to ensure that delegates are able to effectively and accurately administer the NHS Pension Scheme and stay up to date with legislative changes in order to ensure their staff receive the appropriate benefits. To book your place please [click here](#).

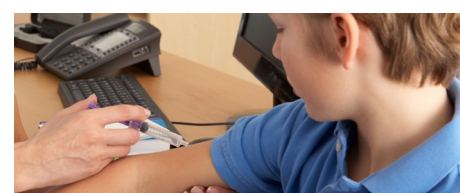
Loudmouth Theatre Company - Free Face-to-Face Training on Child Exploitation

Tue 30 April 2024, 13.30-16.30, John Fawcett Lecture Theatre, Peterborough City Hospital

Loudmouth Theatre Company are coming to NHS Cambridgeshire and Peterborough to deliver free face-to-face training on child exploitation, followed by a presentation by the Victims Hub and finally an Introduction into the Home Office Serious Violence Duty Guidance (2022) which was launched in January 2023. The session contains two drama sessions delivered in a confidence style: (1) Working for Marcus – Sexual exploitation; (2) Under the Radar – Criminal exploitation. This powerful and thought-provoking training gives participants an insight into the real experiences of those affected by child exploitation, helping participants to spot signs of grooming and understand how they can help to protect and support children and young people. Read more at:

[PSHE Workshop: Sexual Grooming, Online Safety, Consent](#) (loudmouth.co.uk)

To book a place, on a first come basis, please e-mail Becca Cooke, Deputy Designated Nurse and Health Serious Violence Lead, at: rebecca.cooke@nhs.net



Plan Ahead - Immunisation and Injection training for HCAs and Pharmacy Techs (Flu, Pneumococcal and B12)

Thu 06 June & Thu 13 June

Training in immunisation is essential for HCSWs whose employers wish them to immunise. Changes to the vaccines in September means that the face to face element of the course is now a full day. To apply please [click here](#).

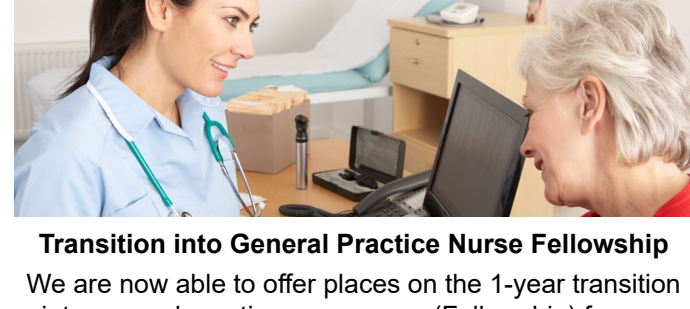
Programmes & Opportunities

Level 7 Senior Leadership MBA Apprenticeship - Extended Deadline!

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 internal applications is now **Monday 26th February 2024**. For more information, please [click here](#).

Supporting Future Educators - Cohort 4 Launched

Are you a GP passionate about education? We are delighted to announce the launch of our Supporting Future Educators programme, which is designed to support you to become an approved tiered educator. This is a brand-new programme, which is based on a 5-step blended process streamlining the experience, and replaces the current pathway from April 2024. If you are keen to be part of educating the GPs of the future, and becoming part of the Cambridgeshire and Peterborough educator community, find out more and [express interest here](#).



Transition into General Practice Nurse Fellowship

We are now able to offer places on the 1-year transition into general practice programme (Fellowship) for any General Practice Nurse who is new to General Practice (not newly qualified) and employed in a substantive post in a C&P Practice (within the last 3 months). The programme consists of **funded working time**

(Practices will receive a financial grant to release Fellows for 4hrs per week to support learning and development),

supported induction, tailored education, peer support and clinical supervision. Find out more & apply [here](#).



General Practice Fellowship for Newly Qualified GPs, Nurses & AP Nurses

Are you about to qualify or qualified in the last 12 months? Is your practice currently recruiting? Our General Practice Fellowship is a 2-year funded scheme offering protected CPD time, education sessions and mentoring for newly qualified GPs, Nurses and AP Nurses employed in C&P, plus support for the employing practices. **Applications for the current Fellowship programme will close on 29th March 2024.**

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

Springboard Work & Personal Development Training Programme for Women

We are delighted to announce 2 new cohorts of Springboard, the award-winning personal development programme for women who want to take control over their lives, become more assertive, increase their confidence and build themselves a more positive attitude in both their work and home lives. Designed for women from all backgrounds, ages and stages of life, this programme gives women the time to reflect, share, and most importantly, set achievable goals for now and for the future.

[More Info](#)



New Addition to our Coaching & Mentoring Team

We are delighted to welcome **Rowena Pilsworth** to the Admin and Clerical team. Rowena has a wealth of experience in General Practice, including time as a Managing Partner.

If you would value an opportunity to have a coaching and mentoring conversation with Rowena, or any of our Coaching and Mentoring team, you can find out more and [apply here](#).

Celebrating National Apprenticeship Week 5-11 February 2024

Apprenticeships are a valuable way of learning, developing new skills and gaining new qualifications while working in the role. There is an increasing list of roles within General Practice that can be recruited as an apprenticeship, and some of the more common are Receptionists, Health Care assistants, Nurse Associates and Pharmacy Technicians. If you would like to find out more about apprenticeships or how we can support you with them, click the button below or email canptraininghub@nhs.net

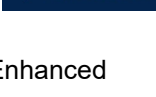
[More Info](#)

Rota Pro, the time-saving, shift-filling rota tool from Lantum, now FREE for you!

As part of The Cambridge and Peterborough Training Hub, partnered with Lantum since 2021, you're invited to use Lantum's Rota Pro for free. Rota Pro combines a rota tool with a staff bank, giving you the power to co-ordinate all your staff and sites, and quickly launch services like Acute Respiratory Hubs and Enhanced Access. You can:

1. Build a staff pool of your salaried MDT and trusted locums
2. Create a rota for all your salaries in one place - and give everyone visibility on the app
3. Invite locums to fill gaps – By posting shifts and reviewing applications
4. Save time on admin with automated pension forms and CQC-compliant document checks
5. Get automated reporting to ensure contract delivery and staffing oversight

Other organisations have saved 6 hours a week on workforce management while expanding their clinical capacity. To learn more, email Camilla Thomson at camilla.thomson@lantum.com



Support & Wellbeing



Mindful Wednesday

Wed 14 February, 16:00-16:30

Becoming more aware of the present moment can help us enjoy the world around us more and understand ourselves better. This 30-minute online mindfulness practice, facilitated by John Nicholson, CPFT Chaplain, Heart and Soul, is open to all health and social care and third sector staff in Cambs & Peterborough ICS.

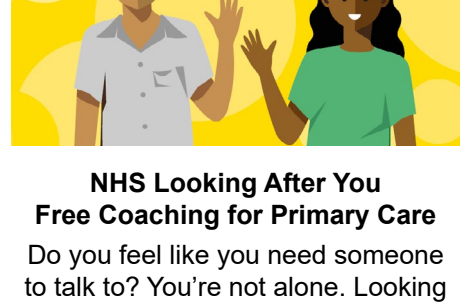
[Book Now](#)

Beat Eating disorders

Need Advice and Support?

There are many ways in which eating disorders severely affect the quality of life of both those suffering and those who care about them but, with the right treatment and support, recovery is possible. Whether you're living with an eating disorder or supporting a loved one, find help through Beat's website or call the helpline on 0808 801 0677.

[Visit Website](#)



NHS Looking After You Free Coaching for Primary Care

Do you feel like you need someone to talk to? You're not alone. Looking After You is a free, confidential coaching service available to everyone working in primary care.

A team of expert coaches provide individual coaching for your own wellbeing and your career, as well as support to help you look after your team.

[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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