

**NHS**

**Training Hub**  
CAMBRIDGESHIRE  
& PETERBOROUGH



## CONFERENCE GUIDE



# LIVING WELL

## CREATING HEALTHIER LIVES CONFERENCE



**Thursday 15 May, 2025**

Delta by Marriott Hotel, Kingfisher Way,  
Hinchingbrooke Business Park, Huntingdon PE29 6FL

## Hello & welcome



We're delighted to welcome you to our eighth annual Training Hub Conference! This event continues to grow each year, shaped by your feedback, ideas and suggestions. Once again, we're proud to offer a programme filled with great workshops and exceptional speakers – all carefully chosen to support you in your roles. Today is about giving you the time and space to learn, reflect, and connect. We hope you leave feeling energised, with fresh insights and practical ideas to take back to your practice.

Please also take the opportunity to network, not only with your colleagues but also with our speakers, the exhibitors in the foyer, and the Training Hub team. We're here to help and always welcome your feedback on how we can make this event even better.

*Jo Oldfield*

Training Hub Manager



A very warm welcome to this year's Training Hub Conference. We all know that prevention is better than cure and that working in Primary Care gives us a golden opportunity to 'get in early' to keep our patients well. To support you in this work we settled on the theme of this year's conference: Cardiovascular Health and Lifestyle Medicine. We are delighted to have brought together a group of amazing speakers to inspire you, bring you new insights and get you thinking! We hope you will leave with a spring in your step and a few new ideas to implement – maybe in your personal as well as your professional life. As always, we also hope the day gives you breathing space to reflect and plenty of time to network with colleagues. Enjoy the day!

*Kathryn Caley*

Training Hub Nurse Lead

## Contents

### Programme 03

Check the running order and timings for the day's programme of talks.

### Our speakers 04-06

Read about our fantastic line up of speakers, including our keynote speakers Dr Kevin Fernando and Dr Ashish Bhatia.

### Conference Information & Upcoming Training 07

Useful information about the conference and a list of upcoming training events that you may be interested in.



### SHARE YOUR CONFERENCE EXPERIENCE

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## Programme

### MORNING

08:30 – 09:15	REGISTRATION & REFRESHMENTS	
09:15 – 09:30	<b>Welcome &amp; Opening Remarks</b> Speaker: JO OLDFIELD / KATHRYN CALEY	Cambridge Suite
09:30 – 10:20	<b>Keynote: Cardio-Vascular Disease – Preventing is better than treating</b> Speaker: Dr KEVIN FERNANDO	Cambridge Suite
10:30 – 11:10	<b>A Erectile Dysfunction - The patient journey and options available</b> Speaker: CAROL EDMUNDS <b>B Cardiovascular Health and the Lower Limb</b> Speaker: GEORGINA RITCHIE	Pembroke Room Cambridge Suite
11:10 – 11:30	COFFEE BREAK & PARTNER STANDS IN FOYER	
11:30 – 12:10	<b>A GP's Guide to Lifestyle Medicine for CVD Prevention and Management</b> Speaker: Dr SONAL SHAH <b>B Unfiltered: The modern management of CKD in Primary Care</b> Speaker: Dr KEVIN FERNANDO	Pembroke Room Cambridge Suite
12:10 – 13:00	LUNCH & NETWORKING	

### AFTERNOON

13:00 – 13:10	REVIVE IN 5	
13:10 – 13:50	<b>Keynote: A handy way to design your day</b> Speaker: Dr ASHISH BHATIA	Cambridge Suite
14:00 – 14:40	<b>Atrial Fibrillation</b> Speaker: Dr ROB HOWLETT	Cambridge Suite
14:50 – 15:30	<b>A B.E.A.T. Heart Failure – Make every contact count</b> Speaker: KATHY SIMMONDS <b>B Diabetes Diet</b> Speaker: CLAIRE HODGE	Pembroke Room Cambridge Suite
15:30 – 15:50	COFFEE BREAK & PARTNER STANDS IN FOYER	
15:50 – 16:30	<b>Sex, Sleep &amp; a Sturdy Heart – Why Maslow Matters</b> Speaker: Dr JESSICA RANDALL-CARRICK	Cambridge Suite
16:30 – 16:45	<b>Closing Remarks</b>	Cambridge Suite

Don't forget to visit our partner stands in the foyer...



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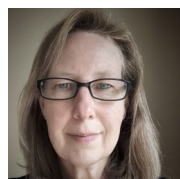
## Our Speakers

09:15 – 09:30



**WELCOME**  
**JO OLDFIELD**

Jo Oldfield is the Cambridgeshire & Peterborough Training Hub Manager. She has previously worked for the Police, Mind and other third sector organisations. Jo joined CPTH in January 2018 and has played a key role in driving the Training Hub to develop a wide variety of projects and support initiatives for the many different roles in general practice.



**OPENING REMARKS**  
**KATHRYN CALEY**

Kathryn Caley is the Lead Nurse for Cambridgeshire & Peterborough Training Hub, with over 25 years experience in senior nursing and operational management roles. Kathryn loves that this role gives her the opportunity to work with health care professionals at every stage of their career and to help create a supportive and fulfilling work environment.



**KEYNOTE SPEAKER**



**Speaker: Dr KEVIN FERNANDO**

09:30 – 10:20

### **CARDIO-VASCULAR DISEASE: PREVENTING IS BETTER THAN TREATING**

**Kevin Fernando** is a portfolio GP near Edinburgh with specialist interests in diabetes/CVRM & medical education. He is also Content Advisor for WebMD Medscape Global & UK and Honorary Clinical Reader at the University of Dundee. Kevin has been elected to Fellowship of the Royal College of General Practitioners, the Royal College of Physicians of Edinburgh and also the Academy of Medical Educators for his work in diabetes and medical education.

10:30 – 11:10

**A**

### **ERECTILE DYSFUNCTION: THE PATIENT JOURNEY AND OPTIONS AVAILABLE DYSFUNCTION**

**Speaker: CAROL EDMUNDS**

Carol Edmunds trained as an RGN and qualified in Jan 1987. She joined Hinchingbrooke Hospital as a Junior Staff Nurse on a joint Orthopaedic Trauma/Urology Ward, eventually becoming Ward Manager.

Carol applied for first ever Surgical Assistant Role to reduce Junior Drs hours and was later promoted to Nurse Consultant Urology. She has since continued to develop her role and her Department to ensure excellent patient care.

Carol now manages a team of 15 specialist nurses across 3 hospital sites and enjoys seeing the team grow and progress within their career journeys and all of us adapting our roles within the ever-changing NHS.



**B**

### **CARDIOVASCULAR HEALTH AND THE LOWER LIMB**

**Speaker: GEORGINA RITCHIE**

Georgina Ritchie is the Director of Education for Accelerate CIC, a not-for-profit social enterprise on a mission to transform the lives of people with wounds and lymphodema. She brings 25 + years of experience in clinical practice, teaching and learning.

Georgina trained and served as a military nurse with the British Army until 2004, when she moved to the NHS. Georgina has held a variety of nursing roles within the NHS, before coming into education. She is widely published with textbooks in the fields of non-medical prescribing and leg ulceration.

Georgina will discuss the effects of poor cardiovascular health and lifestyle on the lower limb, bringing discussion about public health, health promotion, inequalities and lifestyle.







## Our Speakers

11:30 – 12:10

### A **GP'S GUIDE TO LIFESTYLE MEDICINE FOR CVD PREVENTION AND MANAGEMENT**

**Speaker: Dr SONAL SHAH**

Sonal Shah is a practising GP Partner working in Tower Hamlets, she is also an Honorary Fellow for the British Society of Lifestyle Medicine as well as a trustee for the organisation. She is also the co-lead for the Healthy Island Partnership health and wellbeing programme in Tower Hamlets, London.

This session will provide an evidence-based overview of how lifestyle modifications can reduce cardiovascular disease (CVD) risk and improve patient outcomes. It will explore the impact of physical activity, diet, sleep, and stress management with a focus on practical strategies for integrating brief interventions into primary care.



### B **UNFILTERED: THE MODERN MANAGEMENT OF CKD IN PRIMARY CARE**

**Speaker: Dr KEVIN FERNANDO**

Kevin Fernando is a portfolio GP near Edinburgh with specialist interests in diabetes/CVRM & medical education. He is also Content Advisor for WebMD Medscape Global & UK and Honorary Clinical Reader at the University of Dundee. Kevin has been elected to Fellowship of the Royal College of General Practitioners, the Royal College of Physicians of Edinburgh and also the Academy of Medical Educators for his work in diabetes and medical education.



13:10 – 13:50



**KEYNOTE  
SPEAKER**

### **Speaker: Dr ASHISH BHATIA** **A HANDY WAY TO DESIGN YOUR DAY**

**Dr Ashish Bhatia** works as a GP, wellbeing consultant and insomnia specialist. He is also the founder of an organisation called Humble ([www.humble.info](http://www.humble.info)).

Humble specialises in health and performance optimisation, translating the science and art of living well into practical and personalised support. They have helped thousands of people as individuals, teams, organisations and school communities to transform and thrive.

Their pioneering approaches have been published and presented internationally, are recognised as practitioner training and are evolving medical school education.

A handy way to design your day is a simple, effective and empowering, interactive workshop exploring the science and practice of nurturing positive health, by aligning essential lifestyle habits with our body clocks (chronobiology). Combining aspects of lifestyle health, mindset, behaviour design with personal creativity, you will learn how to design a personalised plan and healthy day tracker for yourself and those you care for. So this is for you if you would like to sleep better, improve your metabolism, surf stress, boost your cognitive function and enjoy your day. There will also be time questions and practicing skills too. All you need is a pen, paper, hand and playful spirit.



14:00 – 14:40

### **ATRIAL FIBRILLATION**

**Speaker: Dr ROB HOWLETT**

Rob Howlett qualified at Cambridge University School of Clinical Medicine and has been a GP for more than 30 years, with particular focus on cardiology. He was a founding director of the primary care cardiovascular society – promoting the management of cardiovascular disease in primary care, and lectures nationally on cardiovascular disease. He has particular expertise in blood pressure treatment, atrial fibrillation, palpitations, cholesterol, assessing risk for heart attacks and strokes and breathlessness. He is the doctor to Cambridge University Boat club and in 1991 he was a contestant on Masterchef!





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## Our Speakers

14:50 – 15:30

### **A B.E.A.T. HEART FAILURE - MAKE EVERY CONTACT COUNT**

**Speaker: KATHY SIMMONDS**

Kathy Simmonds has worked at a number of acute trusts before specialising in cardiology at Kettering General Hospital (KGH) from 2002. She was appointed as the first HF Nurse Specialist at KGH in 2008, developing the HF service alongside the HF clinical lead. She moved to NWAFT in 2020 and have been involved locally and regionally with HF service development. She is a member of the National HF Audit DEG at NICOR. She has previously lectured at DeMontfort and Northampton Universities. She is keen to engender a passion for HF in other HCP's and to help patients live well.

This session is an overview of the growing burden of Heart Failure and why the incidence is predicted to rise. It Includes a review of the pathophysiology of HF, latest medical management plus an outline of the 25in25 national initiative aimed at promoting awareness, early detection and treatment of HF.



### **B DIABETES DIET**

**Speaker: CLAIRE HODGE**

Claire Hodge came into Primary care in 1998 as a GPN and started as NP and Diabetes nurse at Papworth Surgery in 2006. Only having a very basic knowledge of diabetes from her training, she found it a very steep learning curve which ignited her passion for diabetes care. Since leaving Papworth, Claire has worked as community DSN and now settled for the last 2.5 years at Monkfield Medical Practice as Diabetes lead.

Claire's other passion is promoting reuse/recycle education to help people to grow and cook their own food. In the present climate of new medications and lots of 'influencer' diet plans which can confuse both HCP and patients, she feels it is important to educate on cleaner, healthier food choices which can also help with the financial constraints that some may face.



15:50 – 16:30

**Speaker: Dr JESSICA RANDALL CARRICK**

### **SEX, SLEEP & A STURDY HEART - WHY MASLOW MATTERS**

Dr Jessica Randall-Carrick works as a GP in Peterborough, is ICS Clinical Lead – Diabetes & Obesity and Co-Clinical Lead CVD Prevention and co-ordinates the Deep End Network across C&P and the East of England region.

Jessica has a particular interest in cardiovascular disease and is passionate about improving the health and wellbeing of those in the most challenging socio-economic circumstances and seeks to connect with others to collaborate and advocate for such individuals and communities.

She seeks to ensure that systems and processes ensure good quality, equitable, person-centred clinical care.

<https://www.deependeastofengland.co.uk>





## Conference Info



### VENUE

**Delta by Marriott Hotel**, Kingfisher Way, Hinchingsbrooke Business Park, Huntingdon PE29 6FL. You can find venue information including a location map [here](#).



### ARRIVAL

**Arrive from 8.30am** and make your way to the Cambridge Suite. Register at the conference reception and pick up your name tag, conference programme handout and event bag.



### TALKS

Check your programme for timings and make your way to correct room at the scheduled time.



### REFRESHMENTS & LUNCH

Refreshments will be available in the bar: **on arrival** (from 08:30), at **morning break** (11.10am), and at **afternoon coffee** (15:30). **Lunch** will be served at 12.10.



### FEEDBACK & CERTIFICATES

Your feedback is valuable to us and helps to shape our education and events programme. Your conference programme will have a QR code on the back to our feedback survey. Please complete the survey at the end of the day and show the completed confirmation screen to members of the Training Hub team at the sign in desks to receive your attendance certificate. Your certificate has space on the back for you to fill in the talks that you attended and record your reflections.

## Upcoming Training & Education Events

### SAFEGUARDING MATTERS: THE FAMILY HUBS PROGRAMME

[Book Now](#)

**Tue 03 June, 13:00-14:00**

The family hubs programme in Peterborough is here to support all families with children aged 0-19 and up to 25 if SEND, the programme provides early intervention and early help to those families needing.

### MOTIVATIONAL INTERVIEWING

[Book Now](#)

**Wed 04 June, 09:00-16:00**

Interactive online, live study day is suitable for any and all members of the team.

### DIABETES LES MEETING

[Book Now](#)

**Thu 05 June, 13:30-15:00**

The next Diabetes LES meeting with Dr Jessica Randall-Carrick.

### PLT SESSION – JUNE

[Book Now](#)

**Tue 17 June, 14:00-16:15**

(PLT) Safeguarding Session for Primary Care – Children

### GPN LEADS FORUM

[Book Now](#)

**Wed 25 June, 12:00-14:00**

A new quarterly face to face GPN Leads Forum to network over lunch and to discuss solutions to some of the day to day challenges of Practice Nursing.

### INTRODUCTION TO CONTRACEPTION WEBINAR

[Book Now](#)

**Wed 02 July, 09:30-16:30**

An overview of the various methods of contraception available to patients, including assessing suitability for these methods.

### MENTAL HEALTH STUDY DAY FOR NON-MENTAL HEALTH SPECIALISTS

[Book Now](#)

**Wed 09 July, 09:00-16:00**

This course will help you know more about mental health and ill health. We will look at common mental health problems and the key features, what to look out for and how to recognise them.

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WE LOOK FORWARD TO SEEING YOU AT



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