

CPTH

Welcome to our March 2025 Newsletter

[Click here to visit our website](#)

CPTH LIVING WELL CREATING HEALTHIER LIVES

[Book Now](#)

Thursday 15 May 2025 at the Delta Hotel by Marriott, Huntingdon

Bookings are now open for the 2025 Training Hub Conference! Enjoy a meaningful day of workshops focused on how Lifestyle Medicine can support your patients and connecting with colleagues from across Cambridgeshire and Peterborough. We're looking forward to a packed schedule of expert speakers and workshops including cardiovascular disease, diet, heart failure, diabetes, erectile dysfunction, and much more, so book your place now!

2025 C&P ICS Practice Learning Awards

The awards, which will take place on 1st July 2025, are a platform to recognise and honour the achievements, contributions, and dedication of our Nursing, Midwifery & AHP learners and educators within our Integrated Care System. Nominations will close on 13th April 2025. [Click here](#) to find out more and nominate.



GP & ACP Education Programme

Tuesday 18 March, 19:00-20:30

Modern Slavery & Human Trafficking

Spotting the Signs and How I can Help with DS Chris Acourt of Cambs Police

[Book now](#)

Tuesday 20 May, 9:00-20:30

Psychosomatic Illness and the Problem of Overdiagnosis in General Practice

Q&A with award-winning neurologist and bestselling author Suzanne O'Sullivan

[Book now](#)



Supporting Future Educators - Cohort 7 Launched

If you are interested in becoming a GP Educator, find out how our SFE programme can help guide you through the blended learning.

Cohort 7 starts in May 2025 and the deadline for expressions of interest is **Wednesday 2nd April**. For more information on what to expect, planned dates and how to apply, please [click here](#) to visit our website.

Motivational Interviewing - Last Places!

Friday 14 March 09:00-16:00

This interactive, online, live study day is suitable for any and all members of the team. You will interact, participate and influence the content of the day which will use bespoke situations to demonstrate the MI skills. Please [click here](#) to book a place.

Our ARRS GP Support & Development Programme offers access to education, mentoring and peer support for GPs employed under the Additional Roles Reimbursement Scheme (ARRS). [Click here](#) to find out more.

We offer **Fellowships & Preceptorships** to support newly qualified GPs and Nurses starting careers in general practice and nurses moving into general practice from other parts of the NHS. [Click here](#) to find out more.

Protected Learning Time:

All of these sessions come with resources for further discussion within your practice.

[Book now](#)

Wednesday 19 March, 14:30-15:30

Public Health and Inequalities

[Book now](#)

Wednesday 09 April, 14:30-15:30

Child & Adolescent Mental Health - Anxiety, Depression and Self Harm

[Click here](#) to visit our PLT web page for details of more upcoming sessions, plus our previous PLT interactive learning sessions and resources for MDT learning.

Are you interested in the DFSRH?

C&P Training Hub has re-opened expressions of interest for our training scheme to support local primary care clinicians wanting to undertake the Diploma for the Faculty of Sexual and Reproductive Healthcare (DFSRH) and Letters of Competence for intrauterine techniques and sub dermal implants in Cambridgeshire and Peterborough. Please [click here](#) for more information and to register your interest.



GPs Keep in Touch (KiT) : Thoughts and Tips on Self-care and Resilience

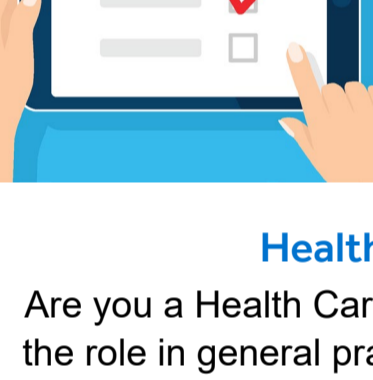
Tuesday 25 March, 10:00-11:30

Keep in Touch (KiT) sessions are designed for Cambridgeshire & Peterborough GPs who are not in regular everyday practice and may be feeling out of the loop.

The NHS is under unprecedented pressure and GP teams are at the frontline.

Our March KiT session with Dr Paula Newton will explore the impact of the pressures on us as GPs and how to identify and reduce the risk of burnout. We will aim to address some of these important issues, sharing practical tips, strategies and resources that can help both individuals and teams.

[Book now](#)



GP Quality Improvement Upscale Grants

Last places available for our GP Quality Improvement Upscale grant, designed to offer GPs time and support to help scale up Quality Improvement initiatives at PCN or larger level. [Click here](#) to find out more.

Health Care Support Worker Enhanced Induction

Are you a Health Care Assistant, General Practice Assistant or Phlebotomist new to the role in general practice? We have been piloting a 3-month programme designed to support staff and practices with education, mentoring and peer support to complete the care certificate. If you are interested in the next round and would like to know more, please [click here](#), and fill out a contact form or email.

Professional Clinical Network Pharmacy Forum

Tuesday 25 March, 13:00-14:00

In addition to an update from the Medicines Optimisation Team, this month we have a fantastic speaker (Sonal Shah) on Men's Health. This session is open to Clinical Pharmacists and Pharmacy Techs.

[Book now](#)

Mental Health Study Day for Non-Mental Health Specialists

Wednesday 26 March, 09:00-16:00

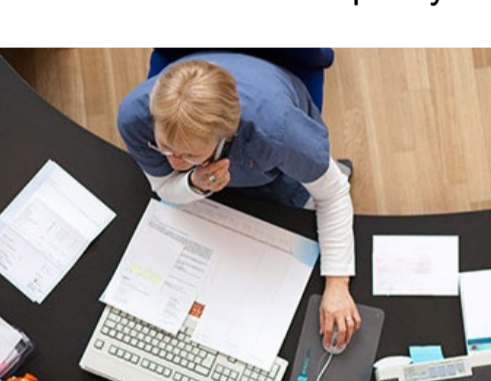
Learn more about mental health and ill health, including hard to talk about issues such as suicidal feelings and self-harm. We'll look at common mental health problems, the key features and how to recognise them.

[Book now](#)

'The art of your possible' NHS Game Changers

Bitesize webinars for aspiring leaders

NHS England (East of England) want to better support clinical managers and aspiring leaders in any clinical setting (including social care), equipping them with the knowledge to make a difference through a series of bitesize webinars. Your time is precious, so the hope is to get 'straight to the point' in 30 minute webinars, whilst also providing you with access to supporting documentation, presentations, further reading and networking opportunities. Sign up now by completing a brief Teams form to receive updates on the webinars and the opportunity to select the topics you're most interested in. [Click here to sign up](#).



Upcoming Training for Admin & Clerical Staff

[Book now](#)

Tuesday 13 May, 13:15-16:30

Medical Terminology

[Book now](#)

Thursday 15 May, 14:15-17:15

Telephone Communication Skills, Signposting and Prioritisation

LGBTQ+ Health Inequalities: Challenging inequalities through equity and accessibility

Wednesday 30 April, 14:00-16:00

Compared with the general population, LGBTQ+ people experience a number of increased health inequalities and risks, as well as more difficulties accessing health services. If you want to learn about the challenges faced and where you can support, book your place on this 2-hour online session that we have commissioned with LGBT Foundation in April.

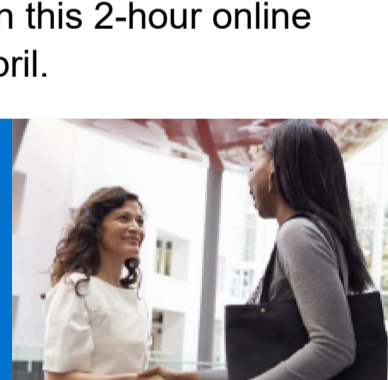


[Book now](#)

Induction Programme for Staff New to General Practice

Monday 12 & Tuesday 13 May 2025

We are now running our induction programme every 2 months. It is for any staff new to general practice and aims to support your local Practice induction by providing a consistent and comprehensive introduction to working in general practice. This programme will run until March 2026 and places are fully funded. Please [click here](#) to book.



Upcoming Training for Practice Managers

Wednesday 11 June 09:30-12:30 **Managing Practice Finances**

[Book now](#)

Stepping Up is a positive action leadership development programme for BAME colleagues in Bands 5 to 7 (or equivalent) roles, designed to bridge the gap between where you are now and where you need to be to progress into more senior roles. [Click here](#) for more info and to express interest.

Personalised Care CPD Funding

If you are in a **Personalised Care** role (Social Prescribing Link Worker, Health and Wellbeing Coach or Care Coordinator) we currently have **CPD funding** available to support your professional development, with up to a £250 contribution towards training or qualifications. Please [click here](#) for more info and to apply.

Foundation Certificate in Health and Wellbeing Coaching

We are offering a limited number of discount codes (2 days for free) to Health and Well-Being Coaches and Social Prescribing Link Workers working in general practice in Cambridgeshire and Peterborough with a range of dates to choose from! [Click here](#) to express interest.



Support for Enhanced Access and Winter Hubs

Lantum can provide a **FREE** easy-to-use rota tool to help schedule your existing staff across the hubs efficiently. They can also cascade any vacant staff within their existing pool of clinical and non-clinical staff in the area. Book a quick a chat to find out how Lantum can help your practice or PCN.

[Book now](#)

Training & Education Events Programme

You can find all our upcoming training courses and education events on our website. Use the 'keyword' or 'profession' filters to refine your search.

[Find events](#)



At **CPICS Health and Wellbeing Hub** you can find free well-being support for all health and care staff working in Cambridgeshire & Peterborough, in any role in any organisation. It is open to all voluntary and community sector organisations and offers signposting and information on topics such as mental health, lifestyle choices and financial wellbeing.

[Visit website](#)

