



Primary Care Network Resource Guide

London Transforming Primary Care Team

August 2021

Version 1.0

About this document

This guide aims to bring together all the current different support offers from various organisations to support the development of Primary Care Networks (PCNs) and general practice. The document will be reviewed and updated regularly, as and when we receive information about new support offers.

About the London Transforming Primary Care Team

The regional Transforming Primary Care Programme was established to transform London's experience of primary care. It was originally formed to help local systems deliver a new offer for patients with the aim of working with local areas to realise the vision laid out in the [London Strategic Commissioning Framework](#), [GP Forward View](#), Planning Guidance and local primary care strategies. The recent publication of the [Long Term Plan](#) and the new GP contract have introduced new areas of focus which have been incorporated into the programme.

The Transforming Primary Care Programme supports London's Integrated Care Systems (ICSs) with the delivery of the primary care aspects set out in the Long Term Plan and the GP contract. The main focus of our work has been on:

- supporting the development of Primary Care Networks across London;
- improving access to primary care services by collaboratively working with ICS primary care leads and other stakeholders to offer a consistent, and convenient service to Londoners with a stronger focus on population health management and health inequalities;
- tackling workforce challenges by engaging with systems to strategically plan their workforce to meet local needs, ensuring the funding made available is used effectively, and that national workforce targets are met; and
- supporting systems in the delivery of the regional vaccine programme supporting primary care in this essential area of work.

Our aim is to empower, connect and accelerate systems. To see our core offer, click [here](#).

Find out more about [Next Steps Commissioning Framework, Resources and Toolkit](#).

If you require any further information or have suggestions to include in upcoming versions of this guide, please contact the team: england.londonprimarycaretransformation@nhs.net

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Access support offers

London General Practice Access Guide and Manual

The London General Practice Access Guide and the supporting London General Practice Access Manual have been created to support general practices manage current access pressures. Practices are facing a number of competing priorities including administering the COVID vaccine programme, responding to the pandemic, facing a backlog of care and a workforce that is fatigued. The Guide and the Manual aim to provide the evidence and examples of good practice to help manage these challenges, with the aim of creating happier, resilient teams and improving patient satisfaction.

The Guide provides a brief visual overview of a whole system approach to access and serves as a quick reference whilst the Manual provides greater detail and an abundance of resources to enable those leading on access improvement projects to implement changes.

Provider: Healthy London Partnership



Healthy London Partnership

For more information, please go to <https://www.healthylondon.org/our-work/primary-care/gp-access/>

For comments or queries on the Guide and Manual please contact england.londonprimarycaretransformation@nhs.net

The purpose of the AIP is to help PCNs and practices manage rising workload, improve patients experience, make them more resilient and better embed COVID-related changes such as total triage.

The programme is supported by the Time for Care programme, and its team of experienced facilitators and coaches to provide practical advice and support to accelerate positive change that will benefit patients and staff.

Expected outcomes:

- reductions in waiting times
- improved patient experience of access
- better and more sustainable management of workload
- development of staff skills and confidence to lead successful and sustainable change
- embedded and sustained improvements from changes begun in response to COVID-19.

Funding is available to support PCNs/practices that take part in the programme 2020/21. Region will work with local systems to agree use of funding and how we identify practices/PCNs to participate in the programme.

Provider: Time for Care



For more information, please contact the Primary Care Lead in your local CCG

Access Improvement Programme (AIP)

The programme is aimed at practices/ primary care networks (PCNs) where patients are experiencing the greatest access challenges, including long waiting times, poor patient experience or difficulties embedding the new general practice Standard Operating Procedure (SOP). Engagement will be at the PCN level, to support shared learning between member practices and achieve the greatest impact.

Improvement Programme - An overview of Modular Sessions

These sessions are up to 90 minutes each and focus on specific improvement topics and approaches. They are designed for those working in practices and networks to help tackle local challenges and make the most of opportunities now and in the future.

The sessions are delivered by members of the Time for Care team, which includes general practice-based clinicians and managers and improvement experts, who have experience in

facilitating change, designing reliable services, and improving safety and quality in primary care.

Provider: Time for Care



For more information, view document below



210701 July-Aug 21
Modular Sessions pro

Primary Care Networks Academy

Provide practical advice and tools to help PCNs and their supporting CCGs to:

- Meet local people's needs
- Deliver on their service specifications
- Improve relationships between their members
- Integrate (de-fragment) complex care

Provider: The Primary Care Networks Academy



For more information, please go to
<https://www.pcnacademy.org.uk/>

Workforce support offers

Developing Outstanding Leadership in Primary Care

During the next few years, primary care will undergo enormous changes to meet the ambitions of the NHS Long Term Plan. The pressures of an ageing population, the need for better health outcomes, recruitment and retention issues, an increased use of technology, the introduction of Integrated Care Systems, and greater collaboration through Primary Care Networks all present leadership challenges for those working in primary care.

Leaders will need to work more collectively across networks and systems, to be visionary in designing future services, and more effective in leading their teams to help improve the quality of patient care and the health and well-being of local communities.

An ebook has been compiled to support the primary care workforce by highlighting all the programmes that the NHS Leadership Academy has to offer.

Provider: [London Leadership Academy](#)



Leadership Academy

To download a copy of the ebook please go to

https://london.leadershipacademy.nhs.uk/wp-content/uploads/sites/13/dlm_uploads/2021/03/Primary-care-leadership-eBook-Oct-2019.pdf

Supporting PCN Development and new ways of working

As Primary Care Networks become more established, and a wider and more diverse workforce come together to improve the provision and delivery of care to their patient population, there is more of a need than ever for different professional groups to grow and work together.

The London Leadership and Lifelong Learning team offer a range of programmes to support these changes.

PCN Development: A multidisciplinary development programme to translate vision into impact: For PCN leaders to learn with Network colleagues, building their confidence, community and capabilities to shape the way healthcare is delivered locally and regionally.

Practice Manager at Scale: Strategic Skills Programme for Practice Managers: For experienced Practice Managers to have an opportunity to step away from their busy operational environment and spend time networking, sharing best practice and working 'on their local healthcare environment' rather than 'operationally in it'.

Learning to Lead in the PCN

Environment: For new and existing leaders from multi-disciplinary backgrounds who are now working in new structure as Primary Care Networks become more established and are responding to the health care needs of their local communities. It will provide an opportunity to review their leadership style, develop skills to help establish credibility for new roles, and develop relationships across professional groups

Provider: [London Leadership Academy](#)



Leadership Academy

For more information about any of these programmes please contact Jo.Betterton@leadershipacademy.nhs.uk

Coaching and Mentoring for the Primary Care Workforce

For the primary care workforce, operating in the context of increasing complexity and ambition requires the ability to build relationships, listen and talk openly, to set aside preconceived ideas of best practice and

truly collaborate. This, in turn, needs a leadership shift from 'problem-solver' to 'coach'. Evidence tells us the development of these vital coaching skills can build confidence, develop non-clinical leadership skills and support change.

The London Leadership and Lifelong Learning team offer a range of programmes which offer both the opportunity to link with a mentor or coach for your own development, or to develop your own coaching skills to use in your day-to-day work.

We have curated our extensive register of highly skilled coaches to identify a small group of individuals who are well equipped to offer coaching support to support the people leading the primary care workforce in these rapidly changing times. As part of their commitment to the London LLLL Team, these coaches will have been accessing our extensive programme of CPD, as well as our coaching supervision sessions.

Provider: London Leadership Academy



Leadership Academy

For more information about how to access this coaching and mentoring please go to https://london.leadershipacademy.nhs.uk/wp-content/uploads/sites/13/dlm_uploads/2021/03/Primary-Care-Coaching-Mentoring-Initiative-v0.1.pptx

For more information about the programmes, developed to support you to expand your knowledge and skills, please contact

Jo.Betterton@leadershipacademy.nhs.uk

PCN Development Programme 2021

A multi-disciplinary leadership programme to translate vision into impact. The London Leadership and Lifelong Learning Team are delighted to announce the third cohort of this programme; updated to reflect the ongoing challenges of working through a pandemic and reflect the impact of Integrated Care Systems it is designed to equip PCN leaders with the understanding, tools, skills, strategies,

networks and time to develop and deliver an engaging PCN vision and purpose and build on influencing skills to ensure they can have a voice within their Integrated Care System.

The Programme provides PCN leaders with the opportunity to learn from and with Network colleagues, building the confidence, community and capabilities to shape the way healthcare is delivered locally and regionally.

PCN Development – October 12th 2021 – March 8th 2022

Provider: London Leadership Academy



Leadership Academy

For more information, please go to <https://london.leadershipacademy.nhs.uk/vent/pcn-development-programme-2021/>

Learning to Lead in the PCN Environment

This programme is for people in new roles in primary care. The programme has been developed for practitioners who are now taking on leadership roles in Primary Care Networks to help meet the health care needs of their local communities.

It will provide an opportunity to review your leadership style, skills to help establish credibility for new roles, develop relationships across professional groups, influencing skills both upwards and downwards and enable you, as leaders, to support teams to maximise their personal and professional potential in the changing landscape of the NHS to achieve their goals and find new ways of working together with the whole PCN Team.

The programme will consist of four on-line workshops and additional follow up action learning set sessions.

Programme Dates & Booking:

September 17th – November 5th 2021-
<https://london.leadershipacademy.nhs.uk/vent/learning-to-lead-in-the-pcn->

environment-september-17th-november-5th-2021/

January 14th – March 17th 2022-

<https://london.leadershipacademy.nhs.uk/vent/learning-to-lead-in-the-pcn-environment-january-14th-march-17th-2022/>**Providers: London Leadership Academy and Practice and Living Potential****Leadership Academy****For more information, please go to <https://london.leadershipacademy.nhs.uk/leadership-programmes/primary-care-patient-leadership/>****General Practice Improvement Leads programme 2021/2022 – virtual**

The General Practice Improvement Leads programme is an accredited personal development programme for those working in general practice, including GPs, practice managers, nurses, reception managers and senior administrators. Participants gain new perspectives, skills and confidence in using quality improvement tools and techniques (improvement science) for service redesign and leading colleagues and teams through change.

Provider: Time for Care**For more information, view document below**GPIL programme
virtual 2021_22.pdf**To apply for the programme please go to <https://forms.office.com/pages/responsepage.aspx?id=kp4VA8Zyl0umSq9Q55Ctv4-8pa7jY6xNnUigCxbL5-pUMjNMRUk2Sjc1VlhOMkpKQUIFRlc0TlpWC4u>****Primary Care Network (PCN) Improvement Leads programme – virtual**

This programme is for those with lead roles in PCNs, such as GPs, Nurses, Practice Managers and PCN Managers and is designed to equip participants with practical improvement skills for working at scale, to help achieve their network's improvement goals in a complex environment. The approach and focus is on PCN-wide challenges and opportunities and participants must bring an improvement priority to work on during the programme.

The programme consists of 4 webinars, 6 module days and 2 action learning sessions over 7-8 months. After the pre-programme webinar applicants will need to send a brief paragraph summarising the finalised priority they wish be working on.

Provider: Time for Care**For more information, view document below**PCNIL programme I
virtual 2021_22.pdf**To apply for the programme please go to <https://forms.office.com/pages/responsepage.aspx?id=kp4VA8Zyl0umSq9Q55Ctv4-8pa7jY6xNnUigCxbL5-pUQkZSNkiYRUNUOFZNVzNTN1NUV0FJSVYyQi4u>****Leading Primary Care Networks and Collaborations**

This programme will equip participants to effectively lead complex primary care networks and begin the long-term shift towards population health improvement, improved patient outcomes and improving the quality of lives for those working in Primary Care.

The programme also draws upon the experience, knowledge and skills of participants attending the course sharing practices and learning from one another as well as many guest speakers and our expert leadership practitioners.

This course is aimed at those in current and emerging leadership roles in Primary Care including Primary Care Networks, Federations, Integrated Care Systems, and Primary Care Quality Agencies. Participants will be expected to apply learning to their leadership practice between modules and bring their experience into the learning environment for peer discussion.

Provider: London South Bank University

EST 1892
LSBU

For more information please go to <https://www.lsbu.ac.uk/business/research-enterprise-and-innovation/health-systems-innovation-lab/what-we-do/leading-primary-networks-and-collaborations>

Working at Scale: Strategic Skills Programme for Practice Managers 2021

The London Leadership and Lifelong Learning Team are delighted to announce further cohorts of this programme; updated to reflect the rapid changes COVID has brought about to the way we work and designed to equip experienced Practice Managers with the tools, skills, strategies and networks to lead, manage and influence change, and consider how Primary Care Networks (PCN's) and the NHS Long Term Plan (LTP) will start to shape the way healthcare is delivered locally, regionally and nationally, and have a voice in the emerging Integrated Care Systems.

The purpose of the programme is for Practice Managers to have an opportunity to step away from their busy operational environment and spend time networking, sharing best practice and working 'on their local healthcare environment' rather 'operationally in it'.

Provider: The London Leadership and Lifelong Learning Team



Leadership Academy

For more information please go to <https://london.leadershipacademy.nhs.uk/event/cohort1-working-at-scale-strategic-skills-programme-for-practice-managers-2021/>

New Roles in Primary Care

The New Roles in Primary Care National Toolkit has been developed to enable Primary and Community Care Training Hubs to work collaboratively with Primary Care Networks (PCNs) towards the development of the Primary Care workforce, as outlined in the GP Contract. The GP contract states that New Roles will be essential in securing the 26,000 extra staff under the Additional Roles Reimbursement Scheme (ARRS). Training Hubs will support future workforce planning as one of their core functions. Training Hubs are designed to meet the educational needs of the multidisciplinary primary care team and bring together NHS organisations, community providers and local authorities. This resource will allow Training Hubs to work with their PCNs and support workforce planning, providing a valuable resource for systems developing their primary care workforce.

This Toolkit refers not only to roles included in the ARRS, but to all new roles in Primary Care.

Provider: Health Education England



Health Education England

For more information, please go to <https://www.e-lfh.org.uk/programmes/new-roles-in-primary-care/>

Collaborative General Practice

Clinical and non-clinical professionals in primary care are increasingly working together in new, different and innovative ways. Pharmacists, physiotherapists, social prescribers and paramedics are just some of the roles where much more integrated working will be seen over the next few years.

Collaborative General Practice provides an opportunity to support this newer way of working within General Practice, primary care and across the wider health, social care and voluntary sector teams working to improve patient care.

Supporting primary care teams to build relationships, understand the challenges and successes and share learning will be crucial as we move to a more community-based model of care. Using a person-centred

approach to make sure care is holistic whilst also being supported by population health data will be central to improving outcomes for patients and carers.

Collaborative General Practice aims to support GPs and other professionals navigate through the development of how we work together across practices, communities and levels of care including primary, secondary and tertiary care. Making sure that the need for evaluation and creating standards (e.g. definitions, core competencies, qualitative experiences) is understood and appreciated.

Collaborative General Practice, whether as Primary Care Networks, Clusters, Federations, Super-Partnerships, Quality Clusters or other collaborative organisations, offers an opportunity for connection, inclusivity, inspiration and creativity in the development of a connected approach to improving the lives and journeys of patients, colleagues and communities.

Provider: RCGP



For more information, please go to <https://www.rcgp.org.uk/clinical-and-research/collaborative-general-practice.aspx>

Multidisciplinary Team Working Toolkit

This introductory guide aims to support practices exploring how to develop their clinical teams and create a way of working that is better able to meet their population needs for both urgent and routine primary care. This guide is intended for general practice and primary care teams who are thinking about introducing new clinicians into their multidisciplinary team and need some help and support. It is aimed at supporting GPs in clinical supervisor roles. Whilst this guide has been applied to an England context, many of the principles and ideas can be applied across the UK.

Provider: RCGP



For more information, please go to <https://www.rcgp.org.uk/clinical-and-research/resources/toolkits/multidisciplinary-team-working-toolkit.aspx>

NEL Guide for Social Prescribing Link Workers

The NEL Guide for Social Prescribing Link Workers (SPLWs) provides a blend of practical guidance, advice, informative content, checklists and resources. It has been designed to support and empower new SPLWs as they embark in their new role and provide them with the best possible introduction to the role and social prescribing agenda.

The guide also supports Integrated Care Partnerships, Primary Care Networks, managers and Clinical Directors in embedding social prescribing and personalisation. provides practical support and resources for social prescribing link workers in north east London.

Provider: North East London Health and Care Partnership



For more information, please go to <https://www.eastlondonhcp.nhs.uk/downloads/ourplans/Social%20Prescribing/NEL%20Guide%20Social%20Prescribing%20Link%20Workers%20June%202021.pdf>

For comments or queries on the guide please contact Gita Malhotra, NELHCP Workforce Lead for Social Prescribing and Personalised Care: gita.malhotra@nhs.net

Regional Leadership for Personalised Care Programme Cohort 2

Making personalised care happen calls for new types of leaders who can work across organisational boundaries, make connections and bring staff, people and communities together to drive change.

The programme will be delivered on-line and include:

- The components of Personalised Care and what it means in your local context
- Building skills in relating and storytelling to help you make your case for change
- Collaborative leadership, host leadership and leading in complex systems

- Your collective leadership strengths and how to bring others on board
- Making co-production happen – with people on a 1-2-1 basis and with local communities
- Helping you develop your local plan for change.

It will suit you if:

- You want to meet the new challenge of making personalised care a reality in the NHS as set out in the Long Term Plan
- You want to ensure that services are planned and delivered based on ‘what matters’ to people
- You want to develop expertise in partnership working across boundaries and co-production with people and communities
- You want to do more to build community capacity.

Programme Dates 2021/22

- Thursday 21st October London Day 1
- Thursday 18th November London Day 2
- Thursday 10th February London Day 3

Provider: NHSE Leadership for Personalised Care Team and the Leadership and Lifelong Learning Teams across the regions

**Leadership Academy**

For more information, view document below



LfCPC regional flyer
London[47].pdf

Please email england.leadership@nhs.net for an application form or with any questions.

Quality Improvement support offers

QI Ready

QI Ready is a free online tool to support GPs and practice teams in better understanding QI methodologies and undertaking QI activities, including an online learning network and a series of QI learning modules. It is your starting place for all QI tools, guidance and case studies.

Provider: RCGP



For more information, please go to
https://qiready.rcgp.org.uk/?_ga=2.206434651.917517640.1626862798-760627885.1626862798#.YPf1No1KiUk

Quality Improvement Guide for General Practice

To meet the challenge of improving the effectiveness and efficiency of the services GPs and their teams offer patients, a quality improvement approach is vital. This guide demonstrates accessible and workable interventions at practice level.

Provider: RCGP



For more information, please go to
<https://www.rcgp.org.uk/clinical-and-research/our-programmes/quality-improvement/quality-improvement-guide-for-general-practice.aspx>

Improvement Capability Building and Delivery team

The Improvement Capability Building and Delivery team is part of NHS England and NHS Improvement's Improvement Directorate. Our purpose is to build improvement capability in teams, organisations and systems to help

them improve services to enhance patient care.

The [NHS Long Term Plan](#) presents a vision of a revitalised culture of support and collaboration in the NHS underpinned by service improvement and transformation across systems and within providers. To contribute to the Long Term Plan's vision, we offer evidence-based, policy-aligned improvement capability building offers that are for the NHS and developed by the NHS. In each of the seven NHS regions, we have a dedicated Relationship Lead and team to support the design and delivery of capability building and delivery programmes to meet local and regional needs.

NHS England and NHS Improvement are coordinating the development of an Improvement Framework, which will help deliver the Long Term Plan, re-empower our staff, align with national strategies and help to foster the culture we all want to work in. Our offers will support the framework, helping local systems and organisations to build much needed capability to deliver both their own improvement approaches and support offers from the wider Improvement Directorate.

Our offers are developed in a variety of formats to suit different learning styles and requirements, from face-to-face facilitated support to self-directed virtual learning and online resources. Our offers also range from developing foundational levels of knowledge to advanced levels of skill required to build and embed sustainable change. Many of our offers can be combined strategically and tailored to support specific circumstances.

Provider: NHS England and Improvement



For more information, please go to
<https://www.england.nhs.uk/sustainableimprovement/>

Quality Improvement in Healthcare: the Case for Change

Explore new and better ways of organising health and social care services to improve quality with this free CPD-certified course.

What topics will you cover?

- Complexity and quality improvement in health and social care
- Quality improvement theory: the Model for Improvement, an introduction to LEAN, an introduction to microsystems
- Evaluating quality improvement: the lens of profound knowledge, measuring for improvement
- Engagement and co-production
- Systems modelling and quality improvement: modelling for demand and capacity problems and computer simulation modelling
- Making the case for quality improvement

Provider: University of Bath



For more information, please go to <https://www.futurelearn.com/courses/quality-improvement>

Quality improvement made simple

This guide offers an explanation of some popular approaches used to improve quality, including where they have come from, their underlying principles and their efficacy and applicability within the healthcare arena. It also describes the factors that can help to ensure the successful use of these approaches and methods, to improve the quality of care processes, pathways and services.

It is written for a general health care audience and will be most useful for those new to the field of quality improvement, or those wanting to be reminded of the key points.

First published in 2013 and updated in 2021, this is the third edition of *Quality improvement made simple*. The third edition was updated on

19 May 2021 to reflect NHSEI's newly published definition of quality.

Provider: The Health Foundation



For more information, please go to <https://www.health.org.uk/publications/quality-improvement-made-simple>

Applied quality improvement in primary care

This Forum explored the practical principles and critical features to enable STPs and PCNs to most effectively implement QI in their locality.

Provider: London Clinical Senate



London

Clinical Senate

For more information please go to <http://www.londonsenate.nhs.uk/2019/10/03/clinical-senate-forum-thursday-3-october-2019-quality-improvement-in-primary-care/>

NHS Improvement Hub

The improvement hub is managed and maintained by NHS England's Sustainable Improvement Team, bringing together a wealth of improvement information, knowledge from the following NHS organisations:

- NHS Improving Quality
- NHS Improvement (until 31 March 2013)
- NHS Institute for Innovation and Improvement
- National Cancer Action Team
- National End of Life Care Programme
- NHS Diabetes and Kidney Care

The resources in the hub includes guidance, methodology and case studies and toolkits.

Provider: NHS England and Improvement



For more information, please go to <https://www.england.nhs.uk/improvement-hub/about-the-hub/>

Health and Wellbeing support offers

Looking after you too

The #LookingAfterYouToo coaching service, continues to provide a space to support our frontline primary care colleagues. 10,667 sessions have been booked in the first 13 months, with 100% positive qualitative feedback. GPs and practice managers continue to be the main users of the coaching service. The nationally funded service is available to all staff working in the delivery of primary care services - more information on how to book a session can be accessed via this [link](#).

Provider: NHS England and Improvement



For more information, please go to <https://www.england.nhs.uk/supporting-our-nhs-people/wellbeing-support-options/looking-after-you-too/>

#LookingAfterYourTeam

A coaching offer aimed at those leading, managing or supporting teams or groups in primary care. The service is centered around compassionate, inclusive and collaborative leadership and aims to provide a space to explore team topics and work through specific team focused issues. In the first four months 1,233 sessions have been booked. Primary care managers and GP partners are presently the main users of the service. Sessions are available Monday to Saturday, either by video or telephone and can be booked directly via this [link](#).

Provider: NHS England and Improvement



For more information please go to <https://www.england.nhs.uk/supporting-our-nhs-people/wellbeing-support-options/looking-after-your-team/>

Exploring Compassionate Leadership for Clinical Directors

With the ever-growing pressure placed on clinical leaders, especially Clinical Directors, the London Leadership and Lifelong Learning Team are delighted to be working with Dame Clare Gerada and **Doctors in Distress** to deliver this webinar for Clinical Directors to reflect on the demands of their role and how they practice compassionate leadership for their own well-being and to support their teams to deliver the best care possible for their patients.

This webinar will:

- Focus on selfcare for leaders
- Provide a safe space to reflect on how to look after yourself
- Consider how you can make the most of your personal resources to carry out your role and support your team

Provider: The London Leadership and Lifelong Learning Team and Doctors in Distress



For more information, please go to <https://london.leadershipacademy.nhs.uk/event/exploring-compassionate-leadership-for-clinical-directors/>

Good Thinking

Good Thinking is a confidential, digital mental wellbeing service that can be accessed 24/7 via your phone or device, allowing you to explore any issue privately.

Staff Mental Health and Wellbeing Hubs

Staff Mental Health and Wellbeing Hubs in [NCL](#), [NWL](#), [SEL](#), [NEL](#), [SWL](#), have been set up to provide rapid access to assessment and local evidence-based mental health services and support where needed. The hub offer is confidential and free of charge for all health and social care staff.

Good Thinking Employer Toolkit

This [free Employer Toolkit](#) introduces you to Good Thinking service and brings together all the best resources for a particular mental health difficulty (e.g. anxiety). It is available to provide online support for your staff and your internal communications activity.

Good Thinking COVID-19 Hub

Good Thinking provides digital mental wellbeing support for London. Good Thinking has developed specific [resources in relation to COVID-19](#) and mental health, check out podcasts, personal stories, mental wellbeing advice by group, and more!

Feeling stressed?

Good Thinking offers [content to help lower your stress](#), including apps, articles, podcasts and worksheets. Our self-assessment tool is also a useful way to understand your stress better.

Provider: Good Thinking, Healthy London Partnership



For more information, please go to <https://www.good-thinking.uk/>