

BHR CEPN Primary Care Bulletin

The latest trainings, offers and announcements

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Health Literacy Awareness Sessions

Nationally, 61% of adults struggle to understand health information that contains both words and numbers. In some areas of North East London, the figure is nearly 80%.

These Health Literacy sessions will be useful to anyone working in the health and care sector who provides health information to patients and carers or has a responsibility around planning and shaping population health services or reducing health inequalities.

This training is open to ANY colleagues working within the North East London Integrated Care System including public health; primary care; secondary care; acute sector; mental health; and Voluntary, Community and Social Enterprises (VCSE).

Book your [here](#)

Health literacy levels in England



43%
OF ADULTS



... struggle to understand health information that just uses words

61%
OF ADULTS



...struggle to understand health information that contains both words and numbers

BHR CEPN Training Hub

Email: info@manoravenue.co.uk

Website: <https://bhrcepntraininghub.co.uk>

BHR Long-term conditions (LTC) Education Programme

Further to our successful webinars held over December, BHR CEPN is proud to announce that there will be more sessions for tier 1 and tier 2 cohort in the New Year:

Tier 1 cohort

If you are a social care staff, care coordinator, health & wellbeing lifestyle coach, social prescriber, voluntary and community sector staff or any other workforce with patients or service users with an early onset long-term conditions (LTC) that could benefit from light-touch interventions and lifestyle changes, then the following webinars could be of interest to you. Please see flyers for further information and to register. Alternatively, you can directly register with the links below:

- Atrial Fibrillation on - **Tuesday 23rd January, 2.30pm - 3.30pm: [Register here](#)**
- Chronic Obstructive Pulmonary Disease on - **Thursday 25th January, 1pm - 2pm: [Register here](#)**

Tier 2 cohort

There will be three webinars in the New Year for this cohort and specifically aimed at Allied Health Professionals, GPs, nurses and Pharmacists.

Please see flyers for further information and to register. Alternatively, you can directly register with the links below:

- Chronic Kidney Disease - **Friday 12th January, 3.30pm - 4.30pm: [Register here](#)**
- Asthma - **Tuesday 16th January, 12.30pm - 1.30pm: [Register here](#)**
- Hypertension - **Thursday 18th January, 12.30pm - 1.30pm: [Register here](#)**

Physician Associate Primary Care Employers Webinar

BHR CEPN will be hosting a one-hour webinar on the Physician Associate (PA) role and their value in the primary care network. NEL PA ambassador Marium Hanif will lead this session along with [Drs Jyoti Sood](#) and [Dania Shoeb](#).

It will take place on **24th Jan** at **12.30pm** on Zoom. Please see the flyer for further information and to register. Alternatively, you can directly register with the link below:

- Physician Associate Webinar - **Wednesday 24th January, 12.30pm: [Register here](#)**

Becoming an Anti-Racist Health & Care System: an introductory workshop

The North East London Training hub is pleased to launch the Anti – Racism education programme. Local Health and Care staff across North East London are invited to this one day introductory workshop to discuss racism in Health & Care services and its profound impact.

The aim is to create an inclusive culture that supports every member of staff to do their best work and thrive.

Workshop 1

Date: Thursday 18th Jan 2024

Time: 9.30am – 16.30pm

Location: Holiday Inn Express Newbury Park King George Conference Rooms Ilford IG2 7RH

Workshop 2

Date: Mon 12th Feb 2024

Time: 9.30am – 16.30pm

Location: Bernie Cameron Community Centre 32 Merchant Street Bow E3 4LX

LUNCH AND REFRESHMENT PROVIDED. ONLY REQUIRED TO ATTEND ONE SESSION. WORKSHOPS ARE FULL DAY

Click [Here](#) to register



Motivational Interviewing study day for primary care respiratory clinicians

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

Delegates will receive CRAFT cards and a responsibility reminder training aid. The day will use bespoke situations to demonstrate MI skills without role play or excessive PowerPoint slides.

Date: 1st February 2024

Time: 9:00am to 9:25am access meeting then locked and started at 9-30am to 4pm

Who is eligible to attend?:

Primary Care practitioners managing patients with respiratory complaints

Please click [here](#) to register

9:00	Registration and Online access audio and visual confirmed
9:30	Introductions – and online etiquette
9:30	MI – What is it – why does it work – How the brain receives stuff! - Principles and Background in a nutshell
10:00	The spirit & principles of MI
10:45	Offering Advice – how to do this without pi**ing people off!
11:15	Official Break
11:30	When Ambivalence meets the Righting Reflex
12:00	Change Talk– What is it? How can I find it? Why does it matter?
12:45	LUNCH
13:30	MI – Open questions, affirmations, reflections and summaries set in context and practiced
15:00	Tea Break
15:15	Putting it all together – demonstration designed by the delegates
15:45	Questions and Evaluation
16:00	Close

Updates in Lipid Management in Primary Care

NEL Training hub are excited to announce the upcoming 'Updates in Lipid Management in Primary Care' session. Please see the details below:

Session: Updates in Lipid Management in Primary Care

Date: Tuesday 16th January 2024

Time: 12:00 - 13:00

Learning Outcomes:

This education session will cover recent updates in lipid management including the AAC lipid pathway, and opportunities for optimisation in lipid management and discussion/case study on optimisation in secondary prevention for those not reaching targets on statin therapy.

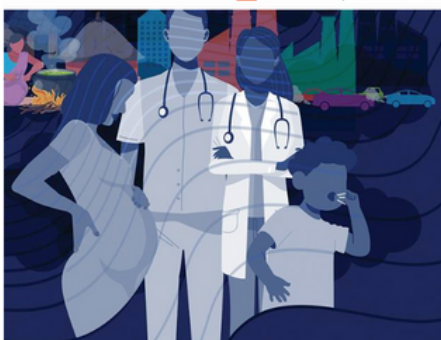
Book [here](#)

Enhancing Patient Care through Air Quality Awareness Training Sessions

Join NEL in a pivotal educational programme where healthcare meets environmental advocacy.

The Air Pollution & Air Quality Training Sessions, developed with clean air charity Global Action Plan, are specifically designed for healthcare professionals committed to expanding their practice beyond the clinic.

This initiative is part of the Air Quality Project, funded by the Department for Environment, Food & Rural Affairs (DEFRA), focusing on the crucial area of North East London



NORTH EAST LONDON

Enhancing Patient Care through Air Quality Awareness

Training Sessions for Healthcare Professionals

Join us in a pivotal educational programme where healthcare meets environmental advocacy. Our Air Pollution & Air Quality Training Sessions, developed with clean air charity Global Action Plan, are specifically designed for healthcare professionals committed to expanding their practice beyond the clinic. This initiative is part of the Air Quality Project, funded by the Department for Environment, Food & Rural Affairs (DEFRA), focusing on the crucial area of North East London.

Foundations in Motivational Interviewing Training: a focus on Vaccine Hesitancy

Tower Hamlets Training Hub are pleased to extend this offer to NEL wide staff to introduce this new lively and interactive training. You will learn about Motivational Interviewing in general which can be used in a range of situations and contexts such as; lifestyle changes, substance misuse, long-term conditions and child and family welfare .

The 12 hour training will cover;

- What is Motivational Interviewing and how can it be helpful in situations such as vaccine hesitancy
- How to engage with people in conversations around change and considering vaccines
- Active listening skills
- How to identify when someone may be ready to make changes or decide to take a vaccine
- How to share information in a helpful way which supports partnership
- Collaborative change and action planning
- How to manage conversations when there are challenges in engagement or barriers to making a decision about vaccines

Four half days (delivered online) all 09:30 to 13:00

Session One: **Monday 15th January**

Session Two: **Weds 17th January**

Session Three: **Monday 22nd January**

Session Four: **Weds 24th January 2024**

Please click [here](#) to register a place. Limited places, advised to book early. Do add name to waiting list if fully subscribed

*Please note that this training is for staff who have had no previous training in Motivational Interviewing or have not completed training in the past three years. For those who have already completed a 12 hour Foundation Level MI programme in the past 3 years, a 3 hour top up MI programme with a focus on vaccine hesitancy can be offered. Please contact the programme Facilitator below if you have trained in MI and are interested in completing a top up MI programme in Vaccine Hesitancy.

If you have any enquires about the programme please contact [Sophie Dissanayake](#) (Programme Facilitator) Learning and Development Practitioner and member of MINT (International Motivational Interviewing Network of Trainers)

NHSE Apprenticeship & Events Updates

Sign up to Cancer Genomics in Primary care lunchtime webinar event!

This event is open nationwide to AHPs and Primary and Community Care nurses.

The webinar will take place on **Thursday 8th February 2024, 12:00 – 13:00**.

This webinar will be hosted by esteemed clinician, **Dr Angela George**, who is Clinical Director of Genomics at the Royal Marsden. Further details of the webinar will follow in the New Year.

This webinar is also part of the Cancer Community of Practice series of events for 2023-24. The Cancer CoP is a collaboration with Transforming Cancer Services Team (TCST), NHS England (London), Workforce, Training & Education Directorate and Central London Community Healthcare Trust.

Please register your place for the webinar [here](#).

If you have any questions, please contact [Sandra](#) at TCST

Save the Date - Quality in Nursing Apprenticeships Webinars with NHSE, NMC, Ofsted & UVAC:

Following on from the success of the event in October at The Oval, join us to hear more best practice about delivering high quality nursing apprenticeships and have the chance to ask your questions to NMC & Ofsted. Links to register will be shared in the new year.

Save the dates:

Monday 19th February – 12pm – 1.30pm

Thursday 28th March 3pm – 4.30pm

Procurement for Medical (Doctor) Apprenticeship:

NHSE are working nationally with Salisbury to procure the Medical (Doctor) Apprenticeship for 2024 starts. As part of this, we are looking to ensure key employer-led requirements are included within the provider specification. If you are interested in helping with shaping the requirements, please send any key provider questions or requirements on the provider that you would need to make the apprenticeship viable as an employing organisation to [Simon Dennis](#) by **Monday 15th January 2024**.