

BHR CEPN Primary Care Bulletin

The latest trainings, offers and announcements

In This Issue

GP supervisor course

Employability Programme

The Gendered Intelligence Trans Awareness:
The basics

Delivering Compassionate Support to people seeking
sanctuary

Subconscious Bias & Me

Prescribing of Benzodiazepines & Z-drugs

Bursary Opportunity

Ophthalmology webinars for primary care

Barking and Dagenham Carers Innovation Fund

Identifying Hidden Carers Training

Carers Charter 2022-25

'A Day in the Life Of...' project

From a patient perspective

BHR Long-term conditions (LTC) Education
Programme

Physician Associate

Apprenticeships Opportunities

BHR CEPN Training Hub

Email: info@manoravenue.co.uk

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

GP supervisor course

Are you an aspiring GP supervisor / GP educator in primary care?

NHS England Workforce, Training and Education Directorate (WT&E) provides a fully funded GP supervisor course for GPs who want to become a GP educational supervisor (GP trainer) or clinical placement supervisor for health care placements in primary care in London

This GP supervisor course has replaced the former ISLA Course and GP Educational Supervision Course.

Once the GP Supervisor Course has been completed please contact your local Training Hub to apply for approval as a new educator.

For more information about the course dates and structure and learning outcomes, please see [here](#)

Registration for future GP supervisor courses is now overseen by Training Hubs. To register your interest for a future GP supervisor course, please contact your local [Training Hub](#) who will support you with next steps and a sign-up form

Employability Programme

Calling all primary care employers!

North East London Training Hub are pleased to announce the launch of the NHS Primary Care Employability Programme.

There are currently approximately **60 individuals** in the BHR area actively seeking work experience placements in primary care. This is a great opportunity for you to host a placement and benefit from their skills and enthusiasm.

The comprehensive 3-week employability training programme aims to equip participants with the essential skills and experience needed to embark on a rewarding career in the NHS.

For more details on the programme and information on how to apply, please see below and attached flyer across your social and professional networks.

We encourage you to share this opportunity with your colleagues, friends, and family who live in any of the Boroughs in North East London. We especially encourage individuals who may have been out of work for a prolonged period, on Universal Credit, or belong to an underrepresented group to apply. The minimum age for applicants is 18.

to benefit from the opportunity to host a placement, please contact programme lead

[Farduse Islam](#)



The flyer features the North East London Training Hub logo on the top left and the NHS North East London logo on the top right. The main title is 'NHS PRIMARY CARE ENTRY LEVEL PROGRAMME' in large blue letters, with the subtitle 'KICK START YOUR CAREER IN HEALTH CARE' below it. The text describes the program as an introductory course for residents in North East London, focusing on essential employability skills in the NHS, particularly in General Practice Primary Care. It details a three-week journey including a 5-day classroom-based training program followed by a 2-week work placement in a Health Care setting. A list of skills to be learned includes customer service, patient interaction, clinical systems, document management, and conflict resolution. A call to action asks interested parties to complete an application via a provided link. The registration deadline is 29th January 2024, and training begins on 19th February 2024. Contact information for Farduse Islam is provided at the bottom.

North East London Training Hub

NHS North East London

NHS PRIMARY CARE ENTRY LEVEL PROGRAMME

KICK START YOUR CAREER IN HEALTH CARE

This introductory programme is designed to support residents across North East London Boroughs, enabling them to gain essential employability skills in the NHS, and in particular General Practice Primary Care.

Learners will embark on a three week journey where you will learn key skills on becoming a receptionist/administrator in a GP Surgery. You will attend a 5 day classroom based training programme followed by a 2 week work placement in a Health Care setting.

What will you learn:

- Customer service skills
- How to deal with Patients
- How to use the Clinical Systems
- Document Management
- Conflict Resolution and much more

If you would like to apply please complete the application via the link below:

[CLICK HERE to Register](#)

Note: Applications will close on the **29th January 2024**

Training will commence on the 19th February 2024

If you have any queries please contact: farduse.islam@nhs.net



The Gendered Intelligence Trans Awareness: The basics

NEL Training Hub is pleased to announce new dates for the popular Introduction to Trans Awareness programme, designed for all staff working across North East London.

This introductory session, delivered by Gendered Intelligence covers the following areas to develop understanding and empathy for those interacting with Trans identities:

- Setting the wider context for Trans identities - how sex, gender, and sexual orientation interact
- Exploring key terms and the use of language
- Providing a basic grounding in the legislation surrounding the rights and responsibilities related to Trans identities.
- Initiating discussions on how organisations can ensure they are trans-inclusive.
- Offering links to a wide range of resources

Choose from the available dates below:

- **Wednesday 31st January 2024 - 10:00 - 11.45**
- **Monday 19th February 2024 - 14:00 - 15.45**

Click [here](#) to register

Delivering Compassionate Support to people seeking sanctuary

New Dates for Delivering Compassionate Support Training!

New dates announced for the popular two-hour introductory course on Delivering Compassionate Support to people seeking sanctuary. This course aims to enhance awareness and understanding of the challenges faced by individuals seeking sanctuary.

You will learn how to support the integration of asylum seekers into the community. With new dispersal accommodations opening all around London, this training equips staff with the necessary tools and knowledge. The training will be delivered in partnership with REAP (Refugees in Effective and Active Partnership).

Open to all Local health and care teams, as well as wider public sector teams involved in supporting, are welcome.

Don't miss out on this opportunity to make a difference!

Choose from the available dates below:

- **Tuesday 16th January 2024 - 10.00-12.00**
- **Wednesday 7th February 2024 - 14.00-16.00**

Click [here](#) to register.

Subconscious Bias & Me

We all have biases, many of which are subconscious. These subtle, implicit biases can negatively impact our interactions and decisions in ways we may not even realise. Join us for an insightful webinar where we will explore what subconscious biases are, how they manifest, and their effects in the workplace and beyond.

Discover personal strategies and tools that can help you recognise and mitigate your own subconscious biases. This webinar will provide an eye-opening look at how subconscious bias works so you can be more aware, make fairer choices, and foster more positive relationships.

Date:

17th January 2024

Time:

12:30pm - 1:30pm

Please [click here](#) to register



Prescribing of Benzodiazepines & Z-drugs

BHR CEPN & Waltham Forest Training Hub would like to invite you to attend an important one-hour webinar "Prescribing of Benzodiazepines & Z-drugs" on **11th January** from **12-1pm**. We will have **Priyanka Naik** (CMHT Pharmacist for Redbridge), **Ishraq Chowdhury** (CMHT Pharmacist for Havering) as guest speakers.

This session will provide critical insights for PCN Pharmacists, Clinical Pharmacists, and Practice-based Pharmacists on:

- Principles of safe benzodiazepine prescribing and reasons to avoid long-term use due to dependency risks
- How to manage any problems during weaning off
- Tools and protocols for successfully managing withdrawal and addressing patient concerns
- A case study discussion to reinforce learning

The session should make you reflect on any changes in practice required to promote safe prescribing and offer withdrawal to patients.

The learning outcomes;

- You will understand the risks of dependency for these class of drugs,
- How to prescribe safely & review where clinically indicated,
- How to deprescribe in patients who agree to withdrawal following review,
- How to manage withdrawal symptoms.
- Understanding of the principles by discussion of a case study.

This webinar provides practical knowledge to promote benzodiazepine prescribing and support patients through evidence-based withdrawal programs. Attending will enable you to positively impact prescribing practices at your own setting.

Reserve your place by [clicking here](#)



Bursary Opportunity

The Curriers' Millennium Trust awards bursaries (up to £7,500 - £10,000 over two years) on an annual basis providing funding for pilot research projects and professional development training courses.

Applications are welcomed from any qualified practitioner in Primary Healthcare working in the London area. The closing date is **31st March 2024**.

Interviews this year are in **May 2024** and awards made the same day.

Please find out more and submit applications [here](#)

Please direct any questions to [Christabel Russell](#) Vick Honorary Secretary

Ophthalmology webinars for primary care

NEL would like to share details for the upcoming webinar below:

Topic:

Cataracts – Primary Care Update

Speaker:

Badrul Hussain | Consultant Ophthalmologist

Date:

Wednesday 24th January 2024

Time:

13:00-14:00

Learning Outcomes:

- Update on cataract surgery
- New developments
- 'Translating' a GOS18/optometrist referral
- Who to refer and with what information

Book [Here](#)



Barking and Dagenham Carers Innovation Fund

Carers provide unpaid care and support to family and friends to carry out day to day activities. Care and support can include personal care, administering medication, shopping and paying bills. Carers experience a lot of pressure in relation to their caring role and this fund will help develop the market offer to carers which can be accessed in the long term through their personal budgets.

Carers of Barking and Dagenham in partnership with London Borough of Barking and Dagenham would like to invite organisations to bid for funding through the innovation fund to deliver innovative solutions in carer service provision. We would like to invite providers to an event on **Friday 12 January** at **11:00am** to hear details of the innovation fund which will be launched in January 2024 with a view for submissions to be returned on **Monday 19 February 2024**.

Successful bidders will present their bids to a panel on Thursday 29 February.

Lot 1: Provision for bespoke psychological support service to the value of £16,000 that will include the provision of psychological support, for example 4 weeks 1:1 targeted support and therapeutic group work. This is based on carers feedback.

Lot 2: This is an exciting opportunity for you to provide solutions to meet our carers needs. Bids in this lot should not exceed £11,000.

Registration

If you would like to register for the event, please e-mail [janette Chinnick](mailto:janette.chinnick@barkingdagenham.gov.uk)

Duration

The project must be delivered by February 2025.

The aim of the innovation fund is to develop the carers market in the London Borough of Barking and Dagenham. This market should provide support infrastructure that meets the needs of local carers and can be accessed via carers personal budgets moving forward.

FREE

Training Workshops

Identifying and referring 'hidden' carers



The London Borough of Barking and Dagenham in partnership with Carers of Barking and Dagenham invite partners across the Council, Health, Community and Voluntary Sector to attend **free training** to help identify 'hidden' carers and understand how to support and refer them to the Carers' Hub.

Around 14,224 people identify themselves as carers in Barking and Dagenham, however only 4,500 are known to services. These 'hidden' Carers also known as informal or unpaid carers who often don't have any help or support.

By identifying carers and referring them to the Carers' Hub these **carers can access timely information, advice and support.**

We are offering a mixture of face to face and online workshops (via Microsoft teams). Face to face workshops will provide a light lunch, refreshments and an opportunity to network. **Please use the QR code below to book your place.**

Date	Time am	Time pm	Where
Monday 6 November	10am to 12.30pm		Memory Lane 234a Porters Avenue, Dagenham RM8 2EQ
Monday 6 November		1pm to 3.30pm	Microsoft Teams
Thursday 23 November	10am to 12.30pm	1pm to 3.30pm	Microsoft Teams
Monday 4 December	10am to 12.30pm	1pm to 3.30pm	Microsoft Teams
Monday 12 February	10am to 12.30pm		Microsoft Teams
Thursday 21 March	10am to 12.30pm		Microsoft Teams



Scan the QR code for more information

[Registration Link](#)





Carers Charter 2022-25

This Carers Charter has been developed with unpaid carers in Barking and Dagenham who provide valuable support to loved ones. The charter outlines the commitment to carers across the borough including our partners and how we will help them in their caring role.



Working together for carers

1. I have help at an early stage.
2. I want friendly professionals who understand my role as a carer and listen to me.
3. I am recognised as an expert and equal partner of care with my views and opinions valued and respected.
4. I want to access a range of support, including breaks from my caring responsibilities, to help me live my life and continue to carry on with my caring role.



Carers wellbeing and employment

1. I have access to information and advice to help me look after my own mental and physical health.
2. I can access an effective response from health and social care to address changes in my loved ones needs, for instance increase in care package so that I can return to work quickly.
3. I am supported to maximise my income including accessing benefits.
4. I am supported with my caring responsibilities so that I can continue to work or study.



Supporting young carers

1. I can attend carers support groups and activities with young carers that understand what I am going through.
2. I can access help to support me with my mental health and wellbeing.
3. I am able to focus on my future and my studies without impacting on my caring role, including university, training, apprenticeships and employment options.
4. My school or college understands my caring role and I feel supported.



Carers in the wider community

1. I recognise I may need help both in my caring role and in maintaining my own health and well-being.
2. I can access a carers needs assessment when I need it.
3. I want to be able to find out information about what services are available in the community.
4. Information is shared with me and other professionals to raise awareness and signposted appropriately.



'A Day in the Life Of...' project

AHP Roles in Primary Care - Share Your Experience!

As part of our ongoing efforts to promote and enhance understanding of AHP (Allied Health Professional) roles in primary care, we are launching the 'A Day in the Life Of...' project.

We invite all AHPs, especially those from lesser-known professions like Dietetics, Occupational Therapy, and Podiatry, to contribute to this initiative.

This project aims to provide insights into the daily experiences of AHPs working in general practice and shed light on the valuable but often unseen work they do. Whether you're involved in teaching, research, or any other aspect of your role, we encourage you to share your story and help others gain a better understanding of what you do. Feel free to showcase the unique aspects of your profession and highlight the impact you make in the lives of patients.

Please send submissions to [Tara Homer](#) by **Tuesday 6th February 2024**

We look forward to reading your contributions and creating a vibrant community of AHPs in primary care!

From a patient perspective: Improving the experience of Annual Health Checks for patients with a Learning Disability

Join our Workshop which uses 'Forum Theatre' techniques to explore how the Annual Health Check feels from the viewpoint of patients with a Learning Disability (LD), and supports collaborative development of ways to improve the patient experience and outcomes.

This is a rare opportunity to participate in action learning and co-development, with workshops led by People First, a LD-led organisation that uses Forum Theatre to support interactive discussion with patients on how to improve specific activities and practices.

Who should attend?

- Any primary care staff involved in Annual Health Checks for patients with a Learning Disability should attend. This includes all clinical staff: GPs, Pharmacists, Nurses, Healthcare Assistants. Also non-clinical staff: Care Coordinators, Social Prescribing Link Workers, Practice Managers and Reception and Admin staff.
- Participants will be joined by patients with a Learning Disability who want to share their experience and explore how to improve the process with health professionals.

There is no limit on how many staff come from your team. Places will be booked on a first come first served basis

Aim of the workshop

Workshops will support the existing QI project for Annual Health Checks for patients with a learning disability with the overall aim of improving the outcomes of the Annual Health Check, including medication review, action planning and follow up and ultimately improve patient attendance. Focus so far has been on delivery systems. These workshops will support QI by generating understanding of the patient experience and putting things in place to make this as meaningful and empowering as possible.

Workshops are taking place on the following dates:

19th March – 9.30-12.30

20th March – 1.30 – 4.30

21st March – 1.30-4.30

These are **face to face** workshop – venue to be confirmed. For more information or to book a place, contact [Summer Cooper](#) at BHR CEPN.



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YOUR TRANSFORMATION
AND TRAINING HUB

BHR Long-term conditions (LTC) Education Programme

BHR CEPN has organised many new webinars for the Long Term Conditions (LTC) education programme for the New Year for the cohorts outlined below.

Tier 1 cohort

Tier 1 is for those with patients at the early onset of their LTC experience and can benefit from light touch interventions, particularly looking at lifestyle changes and decisions. The target workforce for these T1 webinars is:

- Social prescribers
- Care coordinators
- Health & Wellbeing coaches
- Social Care staff
- Voluntary and Community Sector staff
- Any other workforce who has service users with early onset LTC and can benefit from light touch interventions, particularly looking at lifestyle changes.

Senior health & well-being coach (HWBC), **Gee Gahir**, will be involved in the delivery of the T1 cohort webinars along with clinicians.

- Atrial Fibrillation on - **Tuesday 23rd January, 2.30pm - 3.30pm: [Register here](#)**
- Chronic Obstructive Pulmonary Disease on - **Thursday 25th January, 1pm - 2pm: [Register here](#)**
- MSK Lower back pain - **Wednesday 24th January, 2pm - 3pm: [Register here](#)**
- Cancer - **Tuesday 30th January, 1pm - 2pm: [Register here](#)**

Tier 2 cohort

Tier 2 is for those with patients with more established LTCs but responding well to interventions. The target workforce for T2 webinars is main grade clinicians - GPs, nurses, pharmacists and other Allied Health Professionals, Pharmacist, **Manpreet Saini** and **Gee Gahir** will contribute to most of the T2 webinars.

- 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](#)**
- Cancer - **Tuesday 30th January, 1pm - 2pm: [Register here](#)**

Tier 3 cohort

Tier 3 is for those with patients with complex conditions or those not responding to/complying with interventions. The target workforce for these webinars is senior clinicians - GPs and advanced clinical practitioners.

Chronic Kidney Disease - **Friday 26th January, 3:30pm - 4:30pm [Register here](#)**

Physician Associate Webinar

Following a BHR wide survey, Drs Jyoti Sood and Dania Shoeb will be joining PA ambassador in NEL, Marium Hanif to speak about the contribution that PA's can bring to the Primary Care Network and answer any Q's you may have regarding the role.

Thur 24th Jan - 12.30pm

**The Physician
Associate Primary
Care Employers
Zoom webinar
with guests Drs
Jyoti Sood and
Dania Shoeb**



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This will include:

- An introduction to the PA role
- Background, Training & Qualification and Scope of Practice
- Opportunities for PA progression & development
- Preceptorships In Primary Care



[CLICK AND REGISTER](#)

For any questions contact:
yasmina@manoravenue.co.uk



BHR CEPN invites you to a fully-funded interactive online workshop for potential Physician Associate (PA) employers hosted by Marium Hanif NEL PA Ambassador



Apprenticeship Opportunities

National Apprenticeship Week – 1st Week February 2024

Promote your Upcoming Vacancies

Barking Learning Centre are holding a Jobs Fayre on the morning of 7th February 2024. If you would like to attend or provide your upcoming apprenticeship and entry level vacancies for promotion at the event on your behalf, please contact [Gemma Connelly](#).

How Can Apprenticeships Work for You? Webinar – Thursday 8th February 2024 @ 1:00-2:00pm

An opportunity to explore how apprenticeships can benefit you and your organisation. We will provide an introduction to how apprenticeships work and how they can be used as a tool to for career and workforce development.

To book a place, please contact [Kerrie Haley](#).

New Year New Career! Apprenticeships are a Useful Tool, Helping Managers with Workforce Development

Trainee Nursing Associate (TNA)

March 2024 applications are still open but time is running out! Please contact [Kerrie Haley](#) for further information on this and further cohorts for 2024 and to book onto an information Briefing.

Business Analyst Training to Support Digital and Transformation Leads

This apprenticeship standard, lends itself to be customised to job roles such as PCN, Digital and Transformation Leads and also other business management roles. We are working with a training provider who has extensive experience with Primary Care workforce training and has developed a specialist offer.

For further information contact [Kerrie Haley](#).

Level 3 Team Leader or Supervisor

This apprenticeship standard is for those who are ready to progress to a first line management role, with operational and project responsibilities or responsibility for managing a team to deliver a clearly defined outcome.

For further information contact [Kerrie Haley](#).

Level 5 Operations and Departmental Manager

Management training for Practice Managers and Business Managers.

For further information contact [Kerrie Haley](#).

Contact [Kerrie Haley](#) for further inquiries on any of the apprenticeships via email or on 07895 526907.

Apprenticeship

