

BHR CEPN Primary Care Bulletin

The latest trainings, offers and announcements

In This Issue

GP Supervisor Course

Mid to late career GP fellowships

KeepingWellNEL

Job Opportunity: NEL Personalised Care Fellow

Foundations in Motivational Interviewing Training

Mental Health First Aid Awareness

Delivering Compassionate Support

Trans Awareness: The basics

'Through the Eyes Of (TTTEO)'

Online webinar and e-assessment

Host an employability programme trainee

Barking and Dagenham Carers Innovation Fund

Hidden carers training

Influencing Without Formal Authority

Carers Identification & Referral Pathway Training

Deprescribing of benzodiazepines and z-drugs

Apprenticeships Opportunities

NHSE Apprenticeship & Events

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 (WTE) 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.

The next available cohort to be recruited into will be the **September 2024-December 2024 cohort**.

To register your interest for a future GP supervisor course, please complete the [form](#)

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

Please direct any queries to [Zehra Safdar](#)



Mid to late career GP fellowships

BHR Training Hub has created an opportunity to support mid to late career GP fellowships across BHR.

The Mid-Career GP fellowship is aimed at supporting the career development and retention of our mid to late career GPs.

If you are a GP working in a permanent role, including as a partner or salaried GP, and have completed your GP training more than three years ago, you may be eligible for this programme.

To apply, please submit a written application of no more than 500 words describing your reasons for wanting to participate in the mid to late career fellowship, the portfolio you would like to be involved in, and the outcomes you would like to achieve at the end of your fellowship. Please also include a written agreement to the time commitment.

Please submit your application to nelondon.newhamtraininghub@nhs.net by the **31st of January 2024**.

KeepingWellNEL: Time to Talk Day is nearly here!

Talking about mental health isn't always easy and sometimes it's even harder to say how you really feel. But a conversation has the power to change lives.

Time to Talk Day is the perfect opportunity to start a conversation about mental health.

Find out what other support is available to you and how you can support your colleagues below.

Support for you:

- [1:1 support with stress](#)
- [Tailored support: Tavistock](#)

How you can support your colleagues this Time to Talk Day

For mental health support, please talk to Wellbeing Advisors by visiting [our website](#)

Have supportive mental health conversations

join the [REACT](#) Mental Health training

Join our Ambassador Network

Become a [KWNEL Ambassador](#) and support yourself and the keeping well journeys of your colleagues

download the new Wellbeing calendar: [Download now](#) to discover all the activities & events taking place for you to get involved in from January to June.



NEL Personalised Care Fellow

NHS North East London is looking for a Personalised Care Fellow to join their team.

This part-time role, 2 sessions per week (1 day per week) will last for 24 months and offers an approximately **£24,000 total** compensation (approx. £12,000 per year, £24,000 total).

Candidates from any clinical or non-clinical background are encouraged to apply, especially those who have experience in personalisation roles such as care coordinators, health and wellbeing coaches, or social prescribing link workers. The ideal candidate should be able to support multi-professional workforce transformation solutions.

As a Personalised Care Fellow, you will play a crucial role in promoting and embedding the Personalised Care Agenda in primary care and PCNs across NEL. The job requires collaboration with the NEL ICS Personalised Care, NEL Training Hub Teams, Clinical and Managerial Leads and PCN's, among other stakeholders across London.

The NEL Personalised Care Programme, established in January 2020, initially focused on the growth of social prescribing. We have since broadened our scope to include all personalised care workforce and increased the value and reach of personal health budgets to patients.

Key tasks for the role include:

- Engaging with PCNs and Personalised Care roles to increase knowledge, skills, and confidence in implementing the Universal Care Model in primary care
- Conducting a training needs analysis
- Delivering and supporting training for key priorities
- Supporting the development of an induction programme
- Mapping and supporting communities of practice
- Undertaking learning sets to support PCN DES Social Prescribing
- Attending PCN/Place meetings as an ambassador for personalisation
- Monitoring and encouraging the uptake of PCI accredited training
- Mapping workforce numbers and identifying gaps

Candidates should send their CV and an Expression of Interest Statement demonstrating their suitability, interest, availability in relation to the position to nelondonicb.personalisedcare@nhs.net

All enquiries should also be sent to nelondonicb.personalisedcare@nhs.net

The closing date for applications is **16th February 2024**.

Shortlisting will occur the week of **19th February 2024**, and **interviews will be held the week of 26th February 2024**.

Don't miss this exciting opportunity!

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 how to have supportive and effective conversations with others about vaccines. You will also 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 part online programme (Zoom)

Session 1: [Weds 21st February 09:30-13:00](#)

Session 2: [Weds 28th February 09:30-13:00](#)

Session 3: [Weds 6th March 09:30 -13:00](#)

Session 4: [Weds 13th March 09:30-13:00](#)

Two Day Face to Face programme

Venue: Mile End Hospital Education Centre, E1 4DG

Day 1: [Friday 1st March 09:15-16:30](#)

Day 2: [Friday 8th March 09:15-16:30](#)

Three part online programme (Zoom) All sessions include a 30 minute lunch break

Session 1: [Thursday 7th March 09:30-14:30](#)

Session 2: [Thursday 14th March 09:30-14:30](#)

Session 3: [Thursday 21st March 09:30-14:30](#)

CLICK ON THE DESIRED DATES ABOVE TO REGISTER

On full completion of this training you will get a certificate and the opportunity to complete more advanced training and development in Motivational Interviewing.

Please click on the link above to register a place. Limited places, advised to book early. The course is valued at £200 per person. 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 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)



Mental Health First Aid Awareness

This half day face to face course, open to staff working in across North East London, is an introductory session to raise awareness of mental health. It is designed to give:

- An understanding of what mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health
- Confidence to interact with someone in distress or who may be experiencing a mental health issue
- Insight into the two day course and the benefits of becoming a Mental Health First Aider

What will I learn?

The Adult MHFA awareness course is an introductory 4 hour mental health course. By the end of the course you'll be able to:

- Define mental health and some common mental health issues
- Identify stigma and discrimination surrounding mental health issues
- Relate to people's experiences and support people in distress
- Look after your own mental health.

How will I learn?

This 4 hour session will be a mix of presentations, group interaction, and activities. Due to some of the sensitive subjects of our courses, there is a limited number of places available per course. We want everyone to feel safe and our instructors can help if people find some parts particularly difficult. Where possible we will engage service users to learn from 'lived experience'.

Date and Time:

Friday 9th February 2024, 09:30 – 13:30

Venue:

Bernie Cameron Community Centre, 32 Merchant St, E4 4LX

[CLICK HERE](#) to register

Booking closes on Monday 5th February 2024

You'll receive a manual that you can take away with you at the end of the session and an attendance certificate will be emailed to you from MHFA England following attendance at the course. Late joiners and early leavers will not be issued an attendance certificate.

Delivering Compassionate Support to people seeking sanctuary in North East London

After a successful pilot delivery, The NEL Training Hub is delighted to share new dates for the re-titled and popular two-hour introductory course on Delivering Compassionate Support to people seeking sanctuary. This programme was previously known as the Asylum Welcome Design Lab.

We are keen to invite local health and care teams (and wider public sector teams who play a role in supporting) to enhance their awareness and understanding of the challenges encountered by people seeking sanctuary. With new dispersal accommodations opening all around London, this training will equip staff with the necessary tools and knowledge to support the integration of asylum seekers into the community.

The training will be delivered in collaboration with REAP (Refugees in Effective and Active Partnership), and the pilot session received plenty of positive feedback. We hope that as many of you as possible can join one of the available dates.

Date and Time:

Wednesday 7th February, 14:00 - 16:00

[CLICK HERE TO REGISTER](#)

Limited numbers apply early. Joining instructions will be sent 48 hours prior to delivery date

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

Date and Time:

Monday 19th February 2024, 14:00 - 15:45

[CLICK HERE TO REGISTER](#)

‘Through the Eyes Of (TTEO)’: Discovering a unique perspective through Virtual Reality (VR)

Exciting news! Please see new dates for this popular Virtual Reality programme.

Using Virtual Reality, we aim to create an immersive experience for learners in order to improve understanding of various health conditions. In a well-crafted VR environment, with a high level of engagement, sensations are heightened greatly. This hyper reality can be used to drastically reinforce the learning experience, leading to much better retention of knowledge.

Come and immerse yourself in a virtual experience you will not forget! Topics being offered currently are Understanding Anxiety Disorder & Understanding Psychosis. Appropriate infection control protocols will be applied and workshops delivered in small groups

‘Through the Eyes Of (TTEO)’: Discovering a unique perspective through Virtual Reality (VR) – Understanding Anxiety Disorders (face to face delivery)
only 2 places left

Date and Time:
Monday 5th February 2024, 09:30 - 12:30

Venue:
Island Health, 145 East Ferry Road, E14 3BQ
[CLICK HERE register](#)

This half day course will focus on Anxiety Disorders, and has been designed to help build empathy, reduce stigma and discrimination, and increase understanding. It will give you the opportunity to see through the eyes of someone with an anxiety disorder. This will provide you with a unique training experience where you can go on to learn about different anxiety disorders with the added insight and understanding of having stepped into that person’s shoes and shared their experience first hand.

Some of the areas covered will include:

- What is Anxiety
- Signs and Symptoms of Anxiety
- Different types of Anxiety Disorder
- Prevalence of Anxiety
- Mental Health in the Workplace
- How to support someone with Anxiety
- Self-Care

‘Through the Eyes Of (TTEO)’: Discovering a unique perspective through Virtual Reality (VR) – Understanding Psychosis (face to face delivery)

Date and Time:
Monday 5th February 2024, 13:30 - 16:30

Venue:
Island Health, 145 East Ferry Road, E14 3BQ
[CLICK HERE register](#)

This half day course has been designed to help build empathy, reduce stigma and discrimination, and increase understanding. It will give you the opportunity to see through the eyes of someone with Schizophrenia experiencing a psychotic episode. This will provide you with a unique training experience where you can go on to learn about different psychotic disorders with the added insight and understanding of having stepped into that person’s shoes and shared their experience first hand.

Some of the areas covered in this course will include:

- What is Psychosis
- Different types of Psychotic Disorders
- Signs and Symptoms of Psychosis
- Risk Factors for Psychosis
- Prevalence of Psychosis
- How to support someone experiencing Psychosis
- Self-Care



Online webinar and e-assessment: Annual Health Checks for Patients with Learning Disabilities

Annual Health Checks for Patients with Learning Disabilities - online webinar and e-assessment to start your PCNs Journey to delivering better outcomes!

As you may be aware, the Annual Health Checks (AHCs) for patients with learning disabilities (PWLD) is a crucial initiative aimed at proactively identifying and addressing any health concerns and improving outcomes.

An audit we carried out revealed some quality concerns which need to be addressed. This audit highlighted inconsistencies in reviewing regular, PRN and psychotropic medications, blood tests, and inconsistencies in completing, reviewing and following up annual health care plans that are formed as part of the annual health check.

The aim of our training is to improve the overall outcomes of AHCs by utilising a structured medication review template within the GP system and then running a series of teaching sessions, webinars, and training events, specific to your own PCN, that will help to upskill clinicians in primary care to complete AHCs to a high quality and ensure action plans are followed up.

We believe that this training will help to ensure that clinicians are better facilitated to complete these comprehensive reviews in a meaningful way that provides maximum benefit to our patients. Ultimately, our goal is to improve patient attendance annually and make the review more time-efficient for the staff involved.

Therefore, BHR CEPN is funding one person to participate in this programme, from each PCN. Your staff will complete the online webinar on our website, and then work with our own AHC programme clinical lead to develop you own PCN's training programme.

If your PCN has not yet taken advantage of BHR CEPN's Annual Health Checks for Patients with Learning Disabilities training programme, now is the time!

For more information, please contact [Summer Cooper](#)



£300 grant available to practices to host an employability programme trainee!

As part of a project to support underrepresented groups to access health care careers, 3 week programme consisting of 1 week classroom training followed by a 2 week work placement has been developed.

The **face to face** training modules will cover various essential competencies required to work in a General Practice environment including conflict resolution, medical terminology, communication skills and more

The project will focus on entry level positions in health care such as reception and administration positions. On completion of the programme, participants will be supported with CV/ application writing skills and interview techniques. We are currently looking for practices to host the 2 week placements for the trainees.

Through the placements trainees will be expected demonstrate development in the following areas:

- Meeting & Greeting visitors
- Receiving telephone calls
- Answering general queries
- Booking patients in for appointments
- Using EMIS and other clinical systems

If your practice is interested in supporting with hosting a placement please complete the [application form](#).

Deadline for expression of interest to host is **29th January 2024**.

Practice can claim a £300 mentorship and supervision support grant on successful completion of the full 2 weeks placement. If you have any queries regarding this programme please do not hesitate to get in touch with [Farduse Islam](#)

Employability
Skills

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@barkinganddagenham.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](#)



Influencing Without Formal Authority: A Virtual Workshop Series

The NEL Health Equity Academy is thrilled to announce a virtual workshop series focused on building confidence and understanding of personal power and influence, especially when lacking formal authority.

The workshop will be facilitated by **Dr. Jeanne Hardacre**, Founding Director of Impact4Health. With 25 years of experience, she has been instrumental in developing behaviours and cultures that support high-quality care in health and social care sectors.

The workshop series will be held on the following dates:

- **Tuesday, 13th February 2024, 14:00 - 16:00**
- **Tuesday, 5th March 2024, 14:00 - 16:00**
- **Thursday, 28th March 2024, 14:00 - 16:00**

The sessions will provide protected 'headspace' and 'thinking time' to explore:

- Strategies for growing confidence in using power and influence without formal authority
- Differences between leading in a hierarchical context and influencing across teams and wider networks
- Selecting between conventional management and networked leadership approaches
- Deciding when to use formal or informal approaches to influencing
- Overcoming challenges in influencing beyond one's sphere of authority
- Applying these learnings to everyday work

This training is open to anyone working to reduce health inequalities within the ICS.

For a sneak peek into what to expect, check out the video from Dr. Jeanne Hardacre [here](#).

Don't miss this opportunity to enhance your leadership skills. [Book your place now!](#)

Carers Identification & Referral Pathway Training

LBBD & Carers Hub are inviting Health, Social Care, Voluntary Sector to attend training to identify carers locally & refer to Carers Hub on **Monday 12th Feb at 10am**.

Click [here](#) to register:



DEPRESCRIBING OF BENZODIAZEPINES AND Z-DRUGS: CASE STUDIES

BHR CEPN and Waltham Forest Training Hub are inviting you to join an interactive webinar on "**Deprescribing of benzodiazepines and z-drugs: case studies**".

We will be discussing real-world cases and questions related to deprescribing benzodiazepines and z-drugs.

Our collective experiences and expertise will contribute to our learning, helping us to confidently engage in meaningful conversations with patients and to deprescribe these drugs more safely and effectively.

We encourage participants to bring a case study and specific questions for discussion, ensuring all patient identifying details are removed.

Date and time:

Thursday 8th February 2024, 12:00PM

Location:

via MS Teams

This session will build upon our previous presentation on the principles and tools for deprescribing, and we look forward to your participation as we continue to strive for excellence in pharmaceutical care. Remember, our patients' wellbeing is worth the extra effort.

To register please [click here](#).

(If you were not able to attend the previous session, the link to the recording can be found [here](#).)

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



NHSE Apprenticeship & Events

London Cancer Community of Practice Annual Celebration Event

Date: **7th March 2024** at **09:30 – 16:00**

This is a joint collaboration with CLCH, NHS England London and TCST and will reflect on achievements from the past year and also look to what's in store for the future in 2024/25 for the London Cancer Community of Practice (CoP). This event is open to London GPNs, Community Nurses and AHPs and those with specialised roles in cancer.

To register your place please [click here](#). Event agenda attached in email circulation.

Keynote speakers include:

- **Julie Roye**, RCN 'Nurse of the Year' and Primary Care Lead Nurse, East London Foundation Trust
- **Louise Brady**, National Primary Care Nursing Lead, NHS England
- And invited stakeholders from CLCH, TCST, NHSE, Cancer Alliances, Cancer Charities, Patient Partners and Cancer Clinical specialists from across London.

Lunch and refreshments will be provided. Attendee numbers will be limited due to the venue capacity. Contact [Sandra Dyer](#), at TCST, with any questions.

Delivery Plan for Recovering Access to Primary Care: National care navigation training: dates now available until **March 2024**

Thousands of primary care colleagues have taken up this free national offer, equipping learners to effectively communicate with patients and the multi-disciplinary team. Training is accredited, with foundation and advanced modules available. A new online collaborative platform has launched for learners and their managers to access resources and to connect with their peers. Managers are encouraged to register their nominated staff member to complete the training to develop a strong understanding of care navigation.

Please [read guidance](#) for further information on how primary care staff members can access this training.

CPD sessions coming up

Over the next few months, the DfE and SDN are hosting a series of practical online and in-person sessions looking at how T Level industry placements can support your workforce development and to support you with planning. Each session will give you chance to hear from employers who are already hosting placements and the government support / funding available to help you:

- How T Level placements work in SMEs – 5 February
- How T Level placements work in large businesses – 21 February
- The role of the line manager and mentor for T Level students - 14 March

There is no charge for these sessions.