

OTH: Supporting the growth and development of a resilient Primary and Community Care workforce to meet the changing needs of the communities of Oxfordshire

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How to beat Burnout Masterclass

Want to beat burnout?

A FREE masterclass for GPs and primary care teams under pressure is running on December 9th 2020 19.15 to 20.15 hosted by OTH with Dr Rachel Morris

Are you a GP or healthcare professional who wants to thrive at work, feel calm, competent & love what you do again? Do the new ways of working during COVID-19, the workload & long hours make you feel overwhelmed? Is it possible to do a great job under so much pressure? We believe GPs & their teams should be able to **THRIVE** at work! We will introduce you to a simple yet powerful set of tools that will help you do just that.

Come to our masterclass & find out how the Shapes Toolkit can help you beat stress, increase your wellbeing & productivity & take back control of your work life.



Run by Dr Rachel Morris, GP, Coach, host of the You Are Not A Frog podcast and creator of the Shapes Toolkit. www.shapestoolkit.com

For more information and booking please [visit here](#).

Reflective Group for Healthcare Professionals

East Oxford Balint Group is an established reflective group of practitioners looking for new members to join. We are a supportive and encouraging group facilitated by an experienced GP. We use the well-established Balint Group format with a focus on the emotional impact of clinical work and the practitioner-patient relationship. We meet online on the third Monday of each month 7-8.30pm. All clinicians are welcome to join.

For more information or to join the group, please email Andreas at andreas.kyrris@nhs.net

Upcoming Events

Event	Dates	Who can attend
Motivational Interviewing (MI)	01, 03, 09 & 17 December 2020	All Clinical Staff
2 Day Contraceptive Introduction	02 & 16 December 2020	Nurses, AHPs
Chronic Oedema Day	03 December 2020	All Clinical Staff
GenesisCare Oxford - Head and Neck series; Hoarse voice	07 December 2020	All Clinical Staff
Life, Health & Leadership - Building a better, healthier NHS with Leaders with Disabilities	07 December 2020	All Clinical Staff
How to beat Burnout Masterclass	09 December 2020	All Clinical Staff
MDT Forum	14 January 2021	All Clinical Staff

The Theory and Practice of Minor Illness Management in Primary Care (Online Delivery)

6 Month RCN Accredited Course

The OTH are pleased to announce that the next Minor Illness course will start with day 1 on 27th January 2021 and Day 2 on the 28th January 2021. The course will be delivered online.

For further details please visit the [event page](#).

GenesisCare Oxford - Head and Neck series; Hoarse voice

Please join GenesisCare Oxford for the final webinar in the Head and Neck series, we are pleased to be joined by Mr Priyamal Silva who will discuss hoarse voice. This Zoom event will take place on 7th December from 18.30 – 19.30.



GenesisCare would be happy to receive any questions or case studies in advance which I will forward to the team and they will build these into their discussion. There will also be the opportunity to ask live questions during the session.

For more information and booking, please visit [here](#).

Life, Health & Leadership - Building a better, healthier NHS with Leaders with Disabilities

Have you wanted to take a leadership role but wondered how your health would cope with the demands? Are you currently in a leadership role managing your own boundaries to keep your health conditions at bay and wondering how this will impact your career? Would you like to spend some time reflecting on how your personal lived experience gives you the tools to help us build a culture of inclusion? If you answered yes to any of these questions this event is for you. Join NHS Leadership Academy for this inspiring and empowering event for:

- Aspiring and established leaders with long term conditions disabilities
- Disability network chairs and committee members
- Workforce Disability Equality Standard reps, allies and EDI leads

Help NHS Leadership Academy explore the path to equality, career progression and leadership attainment for staff with disabilities and living with long-term physical and mental health conditions.

This interactive event will be held on Monday 7th December 2020 commencing at 14:00 and finishing at 15:30 via Zoom.

For more information and to register, please visit [here](#).

MDT Forum

The OTH is running the next multidisciplinary team forum on **Thursday 14th January from 12pm-2pm**, which will be held remotely via MS Teams video call.

The forum is a chance for practice paramedics, pharmacists and senior nurses to meet and share any learning experiences they may have. There will also be a guest speaker (topic Asthma) to give advice and answer questions.

If you are interested in joining the forum, please [visit here](#).

RCGP Thames Valley - Palliative Care update in COVID times

RCGP Thames Valley Faculty invites you to a "Lunch and Learn" Update in Palliative Care by Dr Helen Pegrum, Consultant in Palliative Medicine working at Buckinghamshire Hospitals Trust. See attached flyer for further information.

Digital Nurse Network Bulletin

Please see attached PDF for Digital Nurse Network Bulletin.



Digital Nurse Network

NETS – Deadline 3rd December

The National Education and Training Survey (NETS) has reached its final week (ends 03 December), and we would be very grateful if you could encourage your learners to complete the survey. The survey is open to all health and care trainees and students across all clinical learning environments.

NETS can be completed in as little as 10 minutes by [clicking here](#).



For more information about anything OTH related, please visit our website: oxfordshiretraining.net, or email us at oxfordshire.training@nhs.net.