

Monthly Newsletter

Issue 39: Mar 2021



Oxfordshire
Training
Hub

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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General Practice Assistants

The GP Assistant (GPA) is a new and emerging role created to relieve some of the pressure on General Practice Teams by taking on a range of administrative and basic clinical tasks. Health Education England are providing funding for 5 places on the GPA Certificate course. Applicants will spend 1 day a week attending the course which is completed in 6-9 months. There is no charge for the course and participating practices will receive a training grant of **£2,120**. There are no specific eligibility criteria but it would be suitable for practice administrators or HCAs as a development opportunity. The deadline for applications is **8th March 2021** and the course begins in April.

To find out more see the **FAQs** [here](#) or to apply for a place on the current Certificate Cohort email kesienajerry.afor@nhs.net for an application form.

MDT Forum – Compassionate Leadership

The OTH would like to invite you to the next MDT Forum which will be held on **11th March at 12-2pm** and will entail virtual workshop with a focus on Leading with Compassion.

The webinar is being facilitated by Maggie Woods, who is experienced in facilitating leadership development interventions.

In the webinar we will :

- Discuss the current approaches to leadership in the health and care sector.
- Reflect on some of the challenges for leaders and teams.
- Discuss how compassionate leadership can create better outcomes for our patients and citizens.
- Reflect on our own leadership style
- Identify actions we can take to enhance our leadership and ability to work in teams.
- Direct you to further resources and information about leadership.

For more information and to book your place, [please visit here](#).

GP Retention Survey 2021 - Buckinghamshire, Oxfordshire and Berkshire West (BOB) ICS

Training Hubs in BOB have been working with CCG's, Health Education England and NHSE+I over the past 2 years to develop a number of programmes to support GP retention. Further funding is available to continue the programmes that have been established and to expand and develop new activities. We want to make sure that we are providing the support you need so we are asking you to complete this survey. Your answers will help shape the programmes we commission.

We know everyone is busy, the survey should take no more than 10 minutes to complete. Please could you complete and return before the **8th March**?

Thank you for your time!

[Please visit here to complete the survey.](#)

Upcoming Events

Event	Dates	Who can attend
Emotions Matter Masterclass	04 March 2021	All Clinical Staff
Minor Illness Course	10 March 2021	All Minor Illness Practitioners
Minor Illness Update Course	10 March 2021	All Minor Illness Practitioners
Introduction to Diabetes Webinar	10 March 2021	GP's, Nurses
MDT Forum – Compassionate Leadership	11 March 2021	All Clinical Staff
Oxford Virtual Skin Club	23 March 2021	All Clinical Staff
Cytology Training	30/31 March 2021	All Clinical Staff
Minor Illness Update Course	15 April 2021	All Minor Illness Practitioners

Mental Health First Aid Course

The OTH are delighted to announce we will be running Mental Health First Aid Courses this year along with HEE.

Accredited by the Royal Society for Public Health, this online Mental Health First Aid Course qualifies learners to become registered Mental Health First Aiders. MHFA helps to raise awareness of mental health and reduce stigma and discrimination in the hope that more people will come forward for help. Anyone working in primary care who has an interest in

Mental Health, and has the agreement of their practice manager, are invited to apply for the limited places available. Below are dates and links to upcoming courses (each course is 4 x 1-2 hour sessions over 4 days of which are listed in each event listing.):



[18th, 20th, 25th, 27th May 2021](#)

[8th, 10th, 15th, 17th June 2021](#)

Oxford Primary Care Learning in partnership with Nuffield Health - CPD meetings

Oxford Primary Care Learning has been hosting CPD events for GP's and their team members since 2008. .These popular evening events are currently being held via Zoom (before COVID at the Nuffield Manor Hospital) Please see below upcoming events, and visit the links for more information and booking:

[Tuesday 9th March 6pm – Rick Brown ‘The use of telephone consultations for foot and ankle conditions](#)

[Thursday 11th March 6pm – PG Roy and Gael Maclean ‘Assessing Breast problems in Covid’](#)

[Friday 19th March 6pm – Kirana Arambage ‘Endometriosis; the multidisciplinary approach’](#)

The Theory and Practice of Minor Illness Management in Primary Care (Online Delivery) 6 Month RCN Accredited Course

A reminder that the next Minor Illness course that was due to start on January 27th has been delayed until March 10th due to workforce commitments at this time. The current course is delivered online and funding options are available that will pay for the majority of the course.

Please contact oxfordshire.training@nhs.net for further details.

One Day Minor Illness Update Course

We will be running Minor Illness Update Courses on 10th March and 15th April. Suitable for professionals who have completed a Minor Illness course and are interested in updating their knowledge.

For further information contact oxfordshire.training@nhs.net

Personalised Care Institute Webinar

The Personalised Care Institute (PCI) sets the standards for training in personalised care for all NHS healthcare professionals in England, including the additional roles reimbursed by the Network Contract Directed Enhanced Service (DES).

This webinar on **10th March at 13.00-14.00** will focus on the new Health Coach, Care Co-ordinator and Social Prescribing Link Worker roles, and will provide practical advice and expertise on training and support for these roles including supervision, with an opportunity to share experiences and good practice. This webinar will be of interest to anyone within PCNs or member practices involved in developing and supporting these roles or to individuals who undertake them.

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

Series of supportive online health and wellbeing sessions for NHS colleagues

Start Well End Well - 9 March, 4pm-5.30pm: Start Well End Well is a practical approach to support teams to do what matters, together, by fostering a psychologically safe culture. The programme was developed by North Bristol NHS Trust's senior clinicians, lead psychologist for staff wellbeing and quality improvement team during the early stages of Covid-19 and has been designed to provide organisations with a practical approach to support colleagues and to promote effective team working, particularly during challenging periods.

You can register for the session here: <https://www.events.england.nhs.uk/events/start-wellend-well>

How yoga can help you to thrive - a live session with Movement for Modern Life -11 March, 10-11am: Kat Farrants, Founder of Movement for Modern Life (the UK's #1 Yoga Platform) will be talking about how yoga has helped her to get through the toughest periods in her life, and how yoga can help you to thrive. Yoga has been scientifically proven to help tackle stress, sleeping disorders, low feeling and physical pains ranging from sore back and shoulders to tired feet from standing all day. Kat will share some titbits of her personal story and talk about how yoga can help you to get through these tough times.

You can register for the session here: <https://www.events.england.nhs.uk/events/how-yoga-can-help-you-to-thrive-with-movement-for-modern-life>

Live sleep session and Q&A with Prof. Colin Espie and Dr Dimitri Gavrilloff from Sleepio for National Sleep Day - 18 March, 5-6pm: In times of great uncertainty difficulty sleeping is often the first symptom of poor mental health. Many of you may have struggled with poor sleep for years and if you haven't found the right solution or, if you want to learn more about improving your sleep, join us at our live Q&A session with Colin and Dimitri, both specialists at Oxford University. This is an opportunity to ask questions about your sleep and to learn how to improve it using evidence-based techniques. You can register for the session here: <https://www.events.england.nhs.uk/events/world-sleep-day-with-sleepio>

Cytology Training March 2021

Berks West CCG Cytology Training March 2021- Course Information
Must have access to a mentor experienced in cytology and up to date
Students will be expected to complete a pre course workbook. All workbooks/pre learning materials, theory materials will be supplied by UWL
Students will have a further workbook to complete, including 20 samples as a student with TZ cells noted and there will be an end assessment where 3 samples will be assessed by an external assessor Students will receive certificates when workbooks are completed and final assessment sign off is achieved
To undertake the samples the nurse must be working/ have regular and supported placements in a G.P practice where they can be issued with a temporary training pin for cytology
The student will also need to visit the colposcopy clinic - we will advise on this
Course Date: Theory – 1 Day <ul style="list-style-type: none">• 30th March 9-5pm for 16 participants• 31st March 9-5pm for 4 participants Informal practical examination (OSCE) – ½ Day <ul style="list-style-type: none">• Date to follow – Virtual SIM Centre to booked Course Cost: £75 For further information and to secure a place on this course please email Rita Bentley-Holder: bwccg.traininghub@nhs.net

New to General Practice Fellowships

We are currently recruiting for the **March 2021** intake to the local **New to General Practice Fellowship Scheme**. The General Practice Fellowship is an NHS England funded 2-year programme of support for newly qualified GPs and nurses as they begin their careers in General Practice. We are now able to offer places to any GP or Nurse who qualified in the last 12 months and have a substantive post (salaried or partnership) in a practice in Buckinghamshire, Oxfordshire or Berkshire West

The scheme offers regular mentoring with an experienced, external mentor, career coaching, monthly group CPD sessions designed to address learning needs of those new to practice, peer support and career development opportunities. There are backfill payments (pro rata) available to the practices, to support each fellow to attend the regular monthly CPD sessions. The first cohort of fellows started the programme in September and so far we have received lots of positive feedback.

For further details and application form go to:

<https://primarycarecareers-bob.nhs.uk/newly-qualified-general-practice-fellowships/>

Physician Associate Survey

HEE have designed a survey for Physician Associates to complete to gather some information on what has already taken place with regards to education/training, CPD, and networking and what the Physician Associates hope to gain from a future Forum which is being set up. Please visit the below link to complete the survey:

<https://healtheducationyh.onlinesurveys.ac.uk/primary-care-physician-associate-survey-thames-valley>

Survey Closing Date – 10th March

General Practice CPD & Bursary Funding Don't Miss Out!

Emails were sent to all Oxfordshire Practices in January advising of the amount of CPD Funding available. Please ensure you complete the google form link provided detailing eligible staff and then send invoices to Oxfordshire.training@nhs.net.

The CPD funding can be used towards the Cytology course or Minor Illness Update course advertised in this Newsletter or added to a bursary towards the 6 Month Minor Illness RCN Accredited course meaning the majority of the course is paid for.

Please let us know if you are unable to find the CPD Practice email and we will send it back across to you.

Nurse and AHP Bursary Funding

Bursaries are available for up to 60% towards the cost of courses, such as the 6 Month RCN Accredited Minor Course if you are a Nurse or AHP. Please contact us for an application form and how to apply. This funding can be used in combination with the CPD Practice funding.

Advanced Clinical Practice Funding

We have now received funding for Advanced Clinical Practice modules such as Non Medical Prescribing, Independent and Supplementary Prescribing and other Advanced modules. We will be contacting practices who have already expressed interest in this funding, but please contact us if you require further information or wish to apply.

Wellbeing of students and trainees during COVID-19

If you've supported the wellbeing of students and trainees helping with COVID-19 then **HEE's Communications and Engagement Team** would like to hear from you. They are collating case studies, ideas and examples of good practice to support the wellbeing of students and trainees helping with the pandemic. You might be a student or trainee yourself who may have top tips for wellbeing during the pandemic. If any of this applies to you, then HEE would like to hear from you. HEE's Communications and Engagement team are at hand to develop the material or ideas you share with us and then showcase this nationally.

Feel free to email Ismaeel.nakhuda@hee.nhs.uk at the earliest.

Thames Valley Pharmacy Newsletter

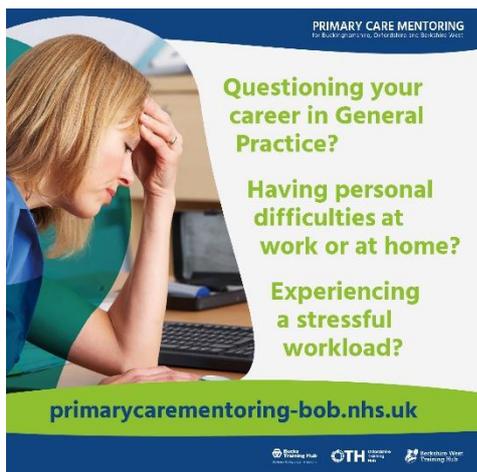
The February edition of the **Thames Valley Pharmacy Newsletter** can be viewed using the link below. This includes lots of useful information for Pharmacists working in the local area.

<https://oxfordshiretraining.net/pharmacy-thames-valley-newsletter-february/>

First Contact Practitioners & Advanced Practitioners - Paramedics

Clinicians completing the capability framework will be recognised by Health Education England's Centre for Advancing Practice and will be placed on a First Contact Practitioner directory. The 'roadmap to practice' outlines the skills and attributes needed to help paramedics become first contact practitioners (FCPs) or advanced practitioners (APs). The new roadmap provides a clear educational pathway for paramedics who wish to work in primary care, as well as setting out the supervision and governance needed and giving training guidance for supervisors. For more information, [please visit here](#).

BOB Primary Care Mentoring Service



PRIMARY CARE MENTORING
for Buckinghamshire, Oxfordshire and Berkshire West

Questioning your career in General Practice?

Having personal difficulties at work or at home?

Experiencing a stressful workload?

primarycarementoring-bob.nhs.uk

Trusts: Bucks, Oxon, Berks West
OTH: Oxfordshire Training Hub
Berkshire West Training Hub

Would you like to meet another **GP or Nurse** from outside your work environment who will really take the time to listen and help support you? Our Mentoring service is available across Buckinghamshire, Oxfordshire and Berkshire West and has provided mentoring help to GPs since its launch in July 2019. The service is now open to nurses across the area too. The service is completely confidential and **free** of charge. You can sign up, and choose one of our 25 trained mentors. You can have up to 6 hours of support but if you just need a half hour to clear your head your mentor will be very happy to listen. Please see below some feedback from our previous mentee's:

"Much more informative and useful than I expected. Would absolutely recommend to others and undertake it again if needed. Very much feel that I benefitted from the process. Thanks for organising." Mentee

"I found the opportunity to tell 'my story' to a fellow GP was really valuable. It seemed hearing myself tell the story it felt clearer to me what the issues were. My mentor had the perfect balance of listening while also summarising and I appreciated an unbiased perspective and some prompting me to plan a way forward." - Mentee

To sign up for free mentoring, please visit our website primarycarementoring-bob.nhs.uk or contact us primarycarementoring.bob@nhs.net for more information.

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