

# Monthly Newsletter

Issue 44: August 2021



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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## New to General Practice Fellowships

We are currently recruiting the **September 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 (and their practices) 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 and career coaching. The monthly group CPD sessions are designed to address learning needs of those new to practice, offer 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. We already have 2 cohorts of fellows progressing through the programme and have received lots of positive feedback both from fellows and their practices about the support this programme has offered.

For further details and to apply online please visit:

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

## Video Group Clinics (VGC) Programme – Call to action!

VGCs are a transformative way of delivering planned care and supporting people to take control and manage their health issues. They work especially well for people who live with long term conditions like diabetes, COPD, asthma and Long COVID; conditions that account for the bulk of primary care's chronic disease management workload and where QOF reviews and a DES are in place.

Group clinics are embedded in BOB's primary care strategy and are seen as an essential element of PCN development and the integration of additional roles within the workforce. For this reason, this programme is now available to help your practice to explore the benefits of video group clinics (VGCs). This programme is running in conjunction with

Redmoor Health ELC Partnership. **The deadline to sign up for the first cohort is 1<sup>st</sup> September 2021. Places are full funded.**



For more information on this programme, please visit the below web page:

[Video Group Clinics - Primary Care Careers \(primarycarecareers-bob.nhs.uk\)](http://primarycarecareers-bob.nhs.uk)

## GPN Preceptorship Programme

**We are delighted that the BOB ICS has confirmed funding for the General Practice Nurse (GPN) Preceptorship Programme.**

We are now able to offer places on the 1-year programme for any General Practice Nurse who has changed career pathway and joined general practice for the first time within the last 12 months.

The GPN Preceptorship Programme is delivered on behalf of the BOB ICS to help practices to attract, support and retain tomorrow's clinical team to meet the patients' needs.

For more information on how to apply, please visit the below web page:

[GPN Preceptorship Programme - Primary Care Careers \(primarycarecareers-bob.nhs.uk\)](http://primarycarecareers-bob.nhs.uk)

## Mid Careers Fellowships

We will soon be inviting GPs who are more than 5 years post qualification, to apply for this fellowship opportunity. The scheme will fund one session per week to work on a primary care development project or to undertake additional training. There will be opportunities to benefit from expert mentoring, CPD and have time to grow an area of interest which may be clinical, educational, quality improvement, research or working on a population health priority for your area or PCN.

Contact us by emailing [bob.fellowship@nhs.net](mailto:bob.fellowship@nhs.net) to register your interest.

## HCA Training Programme

**Are you thinking about a career as a Health Care Support Worker /Health Care Assistant (HCA), or would like to advance in your practice as a HCA?**

We are delighted to introduce our new comprehensive education pathway for Health Care Support Workers/HCAs. This is a fully funded programme which you can join at any level, providing it is relevant to your experience. . The Thames Valley HCSW programme is aimed at developing a standardised educational pathway to support those new to health care support work to acquire the necessary competences, and to provide more

experienced health care support workers/HCAs the opportunity of developing their skills and knowledge.

For more information about this programme and to download the application form, [please visit here](#).

## Do you really know the scope of a Nursing Associate?

Nursing associates bridge the gap between healthcare support workers and registered nurses to deliver hands-on, person-centred care as part of the nursing team.

They work with people of all ages in a variety of settings in health and social care.

HEE's new animation showcases the role of nursing associates across different settings giving practical examples of the duties being carried out and the benefits they bring to employers.

These benefits include improved service delivery and patient care, improved staff retention through career progression and contribution to widening participation.

[Watch HEE's new animation to find out more](#)

Please contact [primarycarecareers.bob@nhs.net](mailto:primarycarecareers.bob@nhs.net) for further information.

## 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 linked form [here](#) detailing eligible staff.

The CPD funding can be used 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.

## Oxford Health tissue viability training programme 2021

The new tissue viability training programme from Oxford Health will include the following courses:

- Introduction and core tissue viability modules
- Pressure damage prevention and management
- Wound assessment and management
- Fundamentals of leg ulcer assessment and management

The training will enable practices to provide assurance that staff are competent to provide wound care, pressure ulcer and leg ulcer management.

We would like to remind practices that the local commissioned service for compression bandaging for leg ulcers should only be carried out by practice nurses who have completed the relevant training and are attending regular updates. If a practice wishes to involve healthcare assistants in the delivery of this service, please contact [occg.primarycarequality@nhs.net](mailto:occg.primarycarequality@nhs.net) to discuss the clinical supervision arrangements that will be put in place to ensure that care is delivered safely.

To register your interest [please see here](#).

## Upcoming Events

Event	Dates	Who can attend
<a href="#">Motivational Interview Training</a>	3 August 2021	All Healthcare Professionals
<a href="#">Masterclass: Menopause in the workplace expert support and services</a>	3 August 2021	All Healthcare Professionals
<a href="#">MECC (Making Every Contact Count)</a>	4 August 2021	All Healthcare Professionals
<a href="#">MECC (Making Every Contact Count)</a>	12 August 2021	All Healthcare Professionals
<a href="#">MECC (Making Every Contact Count)</a>	19 August 2021	All Healthcare Professionals
<a href="#">MECC (Making Every Contact Count)</a>	2 September 2021	All Healthcare Professionals
<a href="#">Motivational Interview Training</a>	7 September 2021	All Healthcare Professionals
<a href="#">Introduction to Very Brief Advice</a>	9 September 2021	All Healthcare Professionals
<a href="#">MECC (Making Every Contact Count)</a>	14 September 2021	All Healthcare Professionals
<a href="#">Motivational Interview Training</a>	15 September 2021	All Healthcare Professionals
<a href="#">OVG Influenza Update Training</a>	22 September 2021	General Practice Nurses & Influenza vaccine administrators

<a href="#">Motivational Interview Training</a>	23 September 2021	All Healthcare Professionals
<a href="#">MECC (Making Contact Count)</a>	24 September 2021	All Healthcare Professionals
<a href="#">Introduction to Very Brief Advice</a>	5 October 2021	All Healthcare Professionals
<a href="#">Introduction to Immunisation Course</a>	6 October 2021	General Practice Nurses
<a href="#">Motivational Interview Training</a>	7 October 2021	All Healthcare Professionals
<a href="#">Think Child Think Parent Think Family Safeguarding Conference</a>	3 November 2021	All Healthcare Professionals
<a href="#">Alcohol Identification &amp; Brief Advice Training</a>	9 December 2021	All Healthcare Professionals
<a href="#">Alcohol Identification &amp; Brief Advice Training</a>	13 January 2022	All Healthcare Professionals

## Motivational Interviewing (MI)

**Motivational Interviewing (MI)**, developed by W. Miller and S. Rollnick, is a respectful, compassionate and evidence-based style of consultation.

MI is a person-centred form of guiding people to strengthen their inherent motivation to change. It uses the patient's own goals and actions to increase their motivation by exploring their doubts and barriers to change. MI respects people's autonomy, provoking their desire to change by taking a collaborative, not confrontational, approach.

MI considers the Stages of Change created by Prochaska, Norcross and DiClemente, a model that assists the health care professional and patient to recognise where the patient is in terms of their move towards change.

For more information and booking, please click on your preferred date below:

**August 2021:**

[Tuesday 3<sup>rd</sup> August – 10.00-12.00](#)

**September 2021:**

[Tuesday 7<sup>th</sup> September 13.00-15.00](#)

[Wednesday 15<sup>th</sup> September 9.30-11.30](#)

[Thursday 23<sup>rd</sup> September 9.30-11.30](#)

**October 2021:**

[Thursday 7<sup>th</sup> October 9.30-11.30](#)

## Making Every Contact Count (MECC) Training

MECC is an approach to behaviour change that uses the millions of day-to-day interactions that we have with people to support them in making positive changes to their physical and mental health and wellbeing. It supports the delivery of consistent and concise healthy lifestyle information, enabling individuals to engage in conversations about their health. A MECC conversation takes a matter of minutes and is not intended to add to the busy workloads. Rather than telling people what to do, MECC is about recognising opportunities to talk to people about their health and wellbeing using the skills of asking and listening – it's about enhancing the conversations we have.

For more information and booking please click on your preferred training date below:

**August:**

[Thursday 12<sup>th</sup> August 10-12am](#)

[Thursday 19<sup>th</sup> August 10-12am](#)

**September:**

[Thursday 2<sup>nd</sup> September 1-3pm](#)

[Tuesday 14<sup>th</sup> September 10-12am](#)

[Friday 24<sup>th</sup> September 10-12am](#)

## Introduction to Very Brief Advice: 30 seconds to save a life

Hosted by Oxfordshire County Council, this is a one hour free course on how to engage with someone who smokes and help them on their journey to a smokefree life.

The training facilitator is Lisa Fendall, a registered nurse and midwife, with over 20 years of specialist stop smoking support.

For more information and to book your place please click on the training date below:

[Tuesday 9<sup>th</sup> September @ 9.30-10.30am](#)

[Tuesday 5<sup>th</sup> October @ 1-2pm](#)

## Oxfordshire - Alcohol Identification & Brief Advice Training

This training will be jointly delivered by Mark Holmes and Angela Calcan from DrinkCoach. The session will cover Alcohol Awareness and Alcohol Identification and Brief Advice. Please note we will be unable to cover any advanced alcohol training content.

**What is Alcohol IBA?**

- IBA is a simple but effective 'brief intervention' for people whose alcohol use may be harmful to their health without them often realising.

#### Who is the training for?

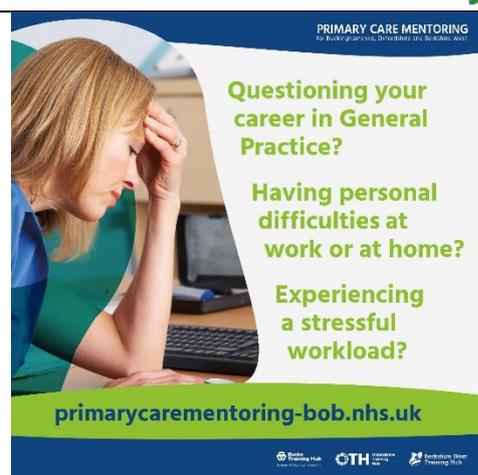
- The training is suitable for health professionals or any front-line roles working in Oxfordshire.
- The training is particularly suited to: GPs, practice nurses, HCAs, midwives, sexual health staff, health visitors, school nurses, A&E staff, youth workers, community safety roles and many more.

For more information and to book your place please click on the training date below:

[Thursday 9<sup>th</sup> December @ 9am-1.30pm](#)

[Thursday 13<sup>th</sup> January @ 9am-1.30pm](#)

## BOB Primary Care Mentoring Service



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](http://primarycarementoring-bob.nhs.uk) or contact us [primarycarementoring.bob@nhs.net](mailto:primarycarementoring.bob@nhs.net) for more information.

## Masterclass: Menopause in the workplace expert support and services

Tuesday, 3rd August 2021 12:00 – 13:00 MS Teams Hosted by the NHS South-East Regional Staff Experience Team

Join South-East Regional Staff Experience Team for an interactive session discussing why menopause support is relevant for people working in NHS organisations and how can we can work together to provide support and maximise wellbeing at work.

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

## COVID-19 Vaccine uptake training video and resources

The South East Making Every Contact Count & Vaccine Uptake group have produced 2 resources to support **anyone** who may be talking with others about having the COVID-19 vaccine (e.g. frontline practitioners, volunteers, community and faith leaders, COVID-19 champions).

For more information please visit the [OTH COVID-19 resources page here.](#)

## Immunisations Training 2021/22

These free training events from University of Oxford are for GPNs and other registered health professionals who are involved in administering and promoting and/or advising about vaccines within these Integrated Care System areas:

- BOB: Buckingham, Oxfordshire and Berkshire West
- Frimley: Berkshire East, Surrey Heath and North East Hants & Farnham

### OVG Influenza Update Training

This training on 22<sup>th</sup> September @ 10am-12.30pm is for general practice nurses and other health professionals who as part of their role already administer and promote/advise about influenza vaccines. The training will cover the theory of the influenza programme.

\*\* Please note the local logistics of delivering the 2021/22 influenza programme will NOT be addressed \*\*

Registration fee: £30

For more information and to download the event flyer, [please visit here.](#)

### Introduction to Immunisation Course

For those who are new to the role of administering and promoting/advising about vaccines. Depending on temporal COVID-19 guidance, events will be delivered either as:

- 1-day virtual event building on the e-Learning for Health care immunisation modules OR
- 2-day face-to-face training event

Click on the training to date to view the course flyer and registration:

[6<sup>th</sup> October 2021 \(decision on virtual / face-to-face will be taken later\)](#)

[17<sup>th</sup> February 2022 \(decision on virtual / face-to-face will be taken later\)](#)

## Immunisation Update Course

Half-day virtual course providing an update to current immunisation topics.

Click on the training to date to view the course flyer and registration:

[25 & 26 January \(only need to attend one date\)](#)



## Primary Care Leadership Support – NHS South East Leadership Academy

The following offers are available from the NHS South East Leadership Academy to support Primary Care colleagues to lead in times of transition:

### Leadership Bites:

Short learning guides to “learn in 20 minutes” about key topics to enhance your self-awareness and understanding, to develop your skills as a leader, including virtual leadership and leadership styles, and wellbeing for you and your teams. [See here.](#)

### Leading Transformation in 2021 Programme – A Programme for System Leaders

To support leaders to meet the specific challenges of leading transformation in 2021 the South East of England Leadership & Lifelong Learning Team are providing an online programme of solution focused bite sized learning sessions. [See here.](#)

## Elemental - Thriving PCNs webinar – Social Prescribing

Elemental hosted a **Thriving PCNs** webinar for Social Prescribers on the 7th July, 2021. Missed the session? Not to worry, their recording is now LIVE.

Elemental and guest hosts discussed how to create the foundation for your PCN to grow, evolve, and thrive.

The session covered new roles, how organisations are leading the way, working in and with PCNs, and the practical steps that are needed to enhance social prescribing related services.

The full webinar recording is available [here](#).

## Free Shiny Mind Wellbeing and Resilience App for primary and community care staff

The BOB ICS CARE Programme is now underway within the BOB ICS and we have recruited a group of enthusiastic General Practice Nurses to take part. As part of the CARE programme funding, we have also been provided with access to the ShinyMind Wellbeing and Resilience App. The App is available for free to all primary and community NHS staff across BOB. By building a community of users on the App you will be able to support your own team and link in with others in your area. You are invited to download the ShinyMind App which can be found on the Apple app store or Google Play Store.



Please complete the google form below for access and a log in will be sent to you.  
<https://forms.gle/KCRnriHffAseV8wH8>

## New Introduction to Persistent Physical Symptoms e-learning programme

Health Education England e-learning for Healthcare (HEE elfh) has worked in partnership with the Northern England Clinical Networks, Keele University, North of England Mental Health Development Unit and ARCH Recovery College to develop a new programme on persistent physical symptoms (previously referred to as medically unexplained symptoms or psychosomatic symptoms).

The [Introduction to Persistent Physical Symptoms programme](#) aims to help health and care professionals learn how to work in a helpful and hopeful way with patients who live with persistent physical symptoms.

The elearning provides an overview of persistent physical symptoms; what they are, how they emerge and how they are maintained. It also teaches learners how to provide a helpful and hopeful diagnosis and explanation of symptoms as well as how to work with patients who present with these symptoms in a therapeutic way that moves them towards recovery.

The programme also features a virtual patient consultation session where learners have an opportunity to practice their skills.

More information, including access details, is available on the [Introduction to Persistent Physical Symptoms programme page](#).

## HEE - Stroke e-learning programme available

Health Education England elearning for healthcare (HEE elfh) in partnership with Health Education England, Stroke-Specific Education Framework, and the University of Central Lancashire (UCLan) are delighted to launch their new Stroke programme. The programme is relevant for health and social care professionals involved in multidisciplinary stroke care.

For more information on this e-learning [please visit here](#).

## HEE – Roles Explorer

The HEE Roles Explorer is a collection of resources to support those responsible for planning and delivering workforce redesign.

The resources are for use when introducing new roles, or innovative adaptations to existing roles already being deployed within a service or system.

For more information please visit the below link:

[HEE Roles Explorer | Health Education England](#)

## National HEI First Contact Practice webinar

HEE are running a National HEI First Contact Practice webinar on Tuesday 31 August. It is a webinar for HEIs who: already run FCP masters modules, for those who have them in development and for those thinking about developing them for MSK, paramedics, dietetics, OT and Podiatry.

It is also relevant to all Primary Care Training Hubs, Workforce Transformation Leads, Professional Bodies, ICSSs, PCNs, Clinical Directors and HEE and NHSE/Regional leads

There will be a national update on the FCP agenda by Amanda Hensman-Crook, a national update from the Centre of Advancing practice by Richard Collier, Supervision by Julia Taylor and Primary care Training Hub communication with Harminder Baines.

Please book here <https://forms.office.com/r/U3mckcXyf5>

It is also relevant to all Primary Care Training Hubs, Workforce Transformation Leads, Professional Bodies, ICSSs, PCNs, Clinical Directors, Regional leads so please share widely through your COMMs channels.

As part of the ongoing assessment of the MSK FCP roadmap, we have been asked to send this survey out to you on behalf of our AHP FCP Education Lead for BOB ICS: Thames Valley, Health Education England to ascertain who from an AHP point of view is currently working out General Practice. It is a short survey of only 20 questions and should only take 5 minutes to complete.

The survey can be reached through this link - <https://forms.office.com/r/Q8t9whWAtf>

This form can be completed by you, the practice team or you can forward to your FCPs to complete.

We thank you for your support in helping to collate this information.

## The National Education and Training Survey (NETS) is now open

The NETS is the only national survey open to all students and trainees undertaking a practice placement or training post in healthcare as part of their education and training programme. The survey is open for four weeks from **22 June to 23 July**.

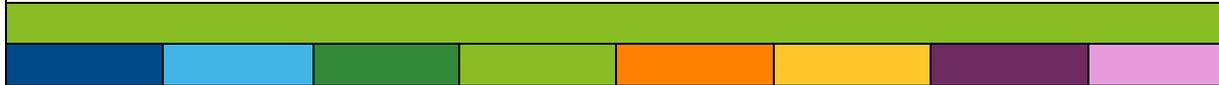
The survey is accessible [here](#)

### About the NETS

The survey gathers opinions from students and trainees about their time working and training in the placement learning environment, asking them to provide feedback on what is working well and what they think could be improved.

The NETS asks 32 questions covering the main aspects of the student experience, including Induction, Clinical Supervision, Facilities, Learning Opportunities and Teamwork.

HEE open the NETS twice each year, in June and November, to gather feedback from learners and offer education and placement providers an additional insight into the placement learning environment. The survey results are published and available to view in the [NETS Reporting Tool](#).



For more information about anything OTH related, please visit our website: [oxfordshiretraining.net](http://oxfordshiretraining.net), or email us at [oxfordshire.training@nhs.net](mailto:oxfordshire.training@nhs.net).