

Monthly Newsletter

Issue 43: July 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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In this Issue

- Minor Illness 6 Month RCN Accredited Course
- New to General Practice Fellowships
- Motivational Interview Training
- Making Every Contact Count (MECC) Training
- NET's Survey
- And Much More.....

MINOR ILLNESS 6 MONTH RCN ACCREDITED COURSE

Places are available for Oxfordshire nurses and paramedics on the OTH Minor Illness course. National CPD funding can be utilised to cover the full cost of the course places will be offered on a first come first serve basis. For participants outside of Oxfordshire please contact your local Training Hub for funding opportunities.

The next course will start with **Day 1 on Wednesday 1st September and Day 2 on Thursday 2nd September.**

Please contact Oxfordshire Training Hub to secure your place oxfordshire.training@hs.net

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/>

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.](#)

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

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:

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

[17th 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:

[13/14 July 2021 \(only need to attend one date\)](#)

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



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 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
Cancer as a long-term condition: Treatment and care	1 July 2021	Nurses
Motivational Interview Training	1 July 2021	All Healthcare Professionals
FCP Roadmap Supervision and Verification Course	5 & 7 July 2021	Advanced Practitioners
FREE Online Physical Activity in Clinical Care Training	6 July 2021	All Healthcare Professionals
Move Together - working together to support our vulnerable communities	6 July 2021	All Healthcare Professionals
Motivational Interview Training	7 July 2021	All Healthcare Professionals
MECC (Making Every Contact Count)	8 July 2021	All Healthcare Professionals
FREE Online Physical Activity in Clinical Care Training	8 July 2021	All Healthcare Professionals
Leading Hybrid Teams in Primary Care Masterclass	13 July 2021	Leaders in Primary Care

Immunisation Update Course	13/14 July 2021	General Practice Nurses
Minor Illness 6 Month Accredited RCN Course	14 July 2021	All Minor Illness Practitioners
MECC (Making Every Contact Count)	15 July 2021	All Healthcare Professionals
MECC (Making Every Contact Count)	29 July 2021	All Healthcare Professionals
Motivational Interview Training	3 August 2021	All Healthcare Professionals
MECC (Making Every Contact Count)	4 August 2021	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:

[Thursday 1st July – 10.00-12.00](#)

[Wednesday 7th July – 10.00-12.00](#)

[Tuesday 3rd August – 10.00-12.00](#)

Move Together - working together to support our vulnerable communities

Move Together is a new county-wide pathway into physical activity. It will support people who have been shielding as a result of COVID-19, as well as people with long term health conditions and will help to reduce isolation and loneliness too. It is a supportive pathway, personalised to each individual based on their specific needs, provided by physical activity specialists.

Active Oxfordshire is co-ordinating Move Together, in collaboration with the District Councils who are providing the local place-based expertise to support individuals into appropriate activity and help them move more, to improve their health. Increasing physical activity levels is essential for Oxfordshire's COVID-19 recovery and to reduce the already excessive demand on health and social care.

July 6 @ 10:00 am - 11:30 am

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

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:

[Thursday 8th July – 10.00-12.00](#)

[Thursday 15th July 10.00-12.00](#)

[Thursday 29th July – 10.00-12.00](#)

[Wednesday 4th August 10.00-12.00](#)

FREE Online Physical Activity in Clinical Care Training

As a healthcare professional, you play a unique role in supporting people to be more active, with one in four people stating that they would be more active if advised by a healthcare professional.

Join us for Public Health England's FREE Online Physical Activity in Clinical Care Training for Healthcare Professionals (1-hour). More than 150 people have already attended across Bucks, Ox and Berkshire!

You'll learn more about the benefits of physical activity, current CMO guidelines, how to provide brief advice during consultations and signposting. Plus hear from your local Active Partnership about activity opportunities in your area: Get Berkshire Active, Leap and Active Oxfordshire (the Thames Valley Active Partnerships).

This training is delivered by a Physical Activity Clinical Champion and funded by Public Health England. CPD certificates are provided

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

[6th July @ 1.00pm – 2.00pm](#)

[8th July @ 1:00 pm - 2:00 pm](#)

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:

Masterclass:

[Leading Hybrid Teams in Primary Care Masterclass - Tuesday 13th July 9:30-11:00](#)

Leading in primary care is a daily juggling act, balancing the needs of your patient population with PCN-wide developments, plus a hybrid mix of some staff in the practice and others staff working from home.

This virtual workshop provides some protected 'headspace' and 'thinking time' for busy practice managers, primary care practitioners and other key primary care colleagues.

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.](#)

Coaching and Mentoring:

As part of our commitment to develop leaders at all levels we have created an integrated Coaching and Mentoring scheme to enhance a leader's journey through the system. For more information and how to access this scheme, [see here.](#)

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.](#)

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.](#)

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 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.

Thames Valley and Wessex Advanced Practice in Primary Care Survey

Primary Care Training Hubs across the country have been asked to begin scoping how multi-professional advanced practice is developing in Primary Care. With this in mind, working in partnership with the University of Southampton, HEE have commissioned them to develop a survey to establish an initial baseline set of data as a starting point to work from across the Thames Valley and Wessex Region. The findings from this survey will inform the next phase of this work and will help identify any future training needs for existing or aspiring Advanced Practitioners. We have deliberately kept the survey short and it should take no longer than 10 minutes to complete as we know time is very precious.

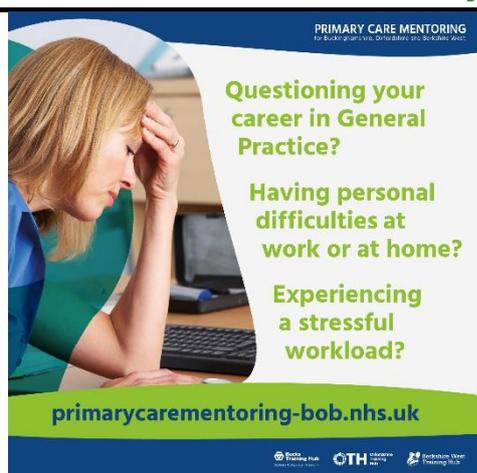
The survey can be accessed by clicking on this the following link:-

[Thames Valley and Wessex Advanced Practice in Primary Care Survey](#)

This is a multi-professional survey, so if you are a nurse, an allied health professional or a pharmacist who is an aspiring advanced practitioner, a trainee advanced practitioner or a fully qualified advanced practitioner working in Primary Care across the Thames Valley and Wessex region, the information you provide will be invaluable so please do complete the survey.

An interim report will be produced in June and a final report will be produced in July. Only members of the research team will have access to this data and identifiable information will remain strictly confidential. Reports generated will remain anonymous and in instances where we believe a combination of particular responses may lead to identification, these responses will not be disseminated.

BOB Primary Care Mentoring Service



PRIMARY CARE MENTORING
For GPs and nurses in 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

Primary Care Hub, OTH, Oxfordshire West Training Site

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.

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>

Community Health and Wellbeing Work Survey

Community Health and Wellbeing Workers are a rapidly expanding workforce supporting the increasing emphasis across government departments on improving the health of local people and communities by preventing poor health and tackling inequalities. Typical job titles that the apprenticeship would be relevant to include:

- Health Trainers
- Care or Service Navigators
- Social Prescribing Link Workers
- Community Connectors
- Live Well Coaches
- Community Health Champions

To support the national uptake of the Community Health and Wellbeing Worker apprenticeship, Health Education England intends to run a national procurement to source both national and regional providers. To enable this, employers are being asked to indicate their future workforce demand by completing this [survey](#) by **midday on Monday 19 July**.

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](#).

Vacancy: Thames Valley Training Hub Apprenticeship

Frimley CCG are looking for an individual who understands health and social care. The post holder will be supporting colleagues in General Practice with clinical and non-clinical apprenticeships.

For more information and a link to the application please visit our [vacancies page here](#).

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