



BLMK Primary Care Training Hub Bulletin – 10 January 2023

The BLMK Primary Care Training Hub is a team working as part of the Bedfordshire, Luton and Milton Keynes Integrated Care Board (ICB). We provide **training and development opportunities** to all staff working in Primary Care in Bedfordshire, Luton and Milton Keynes and help staff with their **personal and career development**.

We're also here to support practices and PCNs with workforce planning and development through supporting them with apprenticeships or understanding the Roadmaps to Practice for First Contact Practitioners. Below are some of the training and development opportunities we currently have running but for a full list, please visit our website here: <https://work-learn-live-blmk.co.uk/introducing-the-blmk-training-hub/>

Join the BLMK Primary Care Training Hub mailing list – we are setting up a mailing list with the opportunity to also sign up for a new Training Hub Microsoft Team and SharePoint site. The purpose of the mailing list is to inform colleagues of training opportunities and offers relevant to them.

The purpose of the Microsoft Team and SharePoint site will give colleagues the opportunity to liaise and form professional networks, peer support groups and access workforce development information, training and development opportunities relevant to them. **To sign up please click [here](#).**

Career Development	
<p>LMNS Professional Development Opportunity</p>	<p>The Local Maternity & Neonatal System (LMNS) at Bedfordshire, Luton & Milton Keynes Integrated Care Board (BLMK ICB) Are Offering a Free Professional Development Opportunity.</p> <p><i>At the Healthy Mother, Healthy Pregnancy Summit on Wednesday 8th February 2023 at Rufus Centre, Flitwick, we will have a Keynote speaker and other guest speakers discussing the need to support and educate women on the importance of optimising their health PRIOR to conceiving, particularly those with pre-existing health conditions including hypertension, high BMI and diabetes, to improve outcomes for both mothers and their babies.</i></p> <p>If you are interested in developing your knowledge on Preconception education and hearing how we aim to tackle health inequalities in the local area, please see poster attached to the Primary Care Bulletin with full details of how to enrol. Certificate of attendance available for all attendees</p>
<p>Keech Hospice Masterclass Health and Social Care Professionals</p>	<p>We are privileged to have Baroness Finlay join us for our Masterclass on Thursday 12th January 2023, addressing the subject of, 'Legislation making care good enough for your mum.'</p>





<p>working in palliative and end of life care</p>	<p>The Masterclasses are particularly aimed at health and social care professionals across the MDT working predominantly in palliative and end of life care, including managers and commissioners. Although specifically aimed at the BLMK area, we are joined by professionals from across the country, and sometimes internationally, making this a rich learning environment. The Masterclasses are free to join. We look forward to seeing you there. For joining instructions please see the attached event flyer or visit Meeting Registration - Zoom</p>
<p>Mid to Late Career GP Support</p>	<p>Phoenix GP Programme: Phoenix GP is a career and skills development program. It provides a series of 6 evening sessions over 6 months for each cohort of 30 participants, balancing a series of talks from inspirational GPs with dedicated skills workshops to focus on the challenges faced by mid-career GPs. These include topics such as change management, fundamentals of quality improvement, engagement and influencing people, facilitating online meetings and increasing personal impact and influence. To express an interest in the programme planned for March 2023, click here.</p>
<p>Practice and PCN Manager Development</p>	<p>The BLMK Primary Care Training Hub has undertaken some research to collate a suite of available resources nationally and locally to support Practice Manager and PCN Manager development. Please see the details of these programmes in this link.</p> <p>Highlight: BLMK Primary Care Training Hub is offering reimbursement for the £280 accreditation assessment fee for 1 Practice Manager from each BLMK Practice to become recognised as an IGPM Member (Institute of General Practice Management). For further information and to claim the reimbursement once accredited, please see the linked document.</p>
<p>Training Hub Vacancies</p> <p>X2 ACP Supervision Ambassadors</p>	<p>Are you passionate about ACP education and supervision? Are you a qualified Advanced Practitioner looking to develop your leadership skills and support fellow and aspiring Advanced Practitioners?</p> <p>We are recruiting for 2 part time posts, 15 hours per week on a 12 month fixed term contract. Employment will be through an MoU with your current practice.</p> <p>For more information including job description and how to apply please see our website here. We have extended the deadline to 9am on Monday 23rd January 2023.</p>
<p>First Contact Practitioners and the Roadmaps</p>	<p>CQC have recently advised their requirements for First Contact Practitioners in relation to minimum standards of training and the Roadmaps to Practice here. Please review the information on their website and the further local information here.</p> <p>A number of HEI courses to undertake the ‘taught’ recognition route to FCP have been published and these have been uploaded to our website. Please click here to see more information.</p>





	<ul style="list-style-type: none"> • FCP Supervisor Training - Awaiting further dates <p>This training is required for anyone wishing to supervise and verify accreditation of FCP's and AP's undergoing the Roadmaps to Practice. For more information and to book please use this link.</p> <p>BLMK ICS Primary Care Training Hub is pleased to be able to offer a development grant to all PCNs of £3,000 to support the development of First Contract Practitioners through the Roadmaps to Practice and recognition as a First Contact Practitioner.</p> <p>Please see information here on how to claim.</p>
<p>Advanced Clinical Practitioners</p>	<p>Quality Improvement Project Support Scheme:</p> <p>Join the QIPSS to explore how to develop and implement a quality improvement project designed around your practice.</p> <p>Designed to help advanced practitioners and primary care admin teams to align with best practices, meet research/audit requirements on the FCP roadmap, improve quality and consistency, provide quality evidence for the advanced practice research pillars, fulfil CPD specifications and more. Initially this involves attendance at an introductory webinar and will be followed by 1-2-1 or group mentoring sessions to receive ongoing support.</p> <p>The first webinar is scheduled for February 9th – 13:00 to 15:00</p> <p>Please visit our website for further info and to register Advanced Clinical Practitioner - CCG - BLMK (work-learn-live-blmk.co.uk)</p>
<p>New to Practice Fellowship Programme</p> <p>Early Career GPs and GPNs</p>	<p>Are you a GP within your first year post CCT? Or are you a GPN who is new to general practice? If so, we have an incredible programme of support to help you develop as a leader within primary care.</p> <p>This programme is the New to Practice Fellowship Programme and it is an NHS England funded, two-year programme of support. The aim of the programme is to support recruitment and retention by supporting your transition into primary care and giving you the time, space and resources to learn about how primary care works, learn about yourself and develop your leadership skills and to start becoming involved in service improvement projects within your locality or the system.</p> <p>When a fellow joins the programme, they receive access to a variety of learning, development and support and their practice receives funding to release them from practice for a set amount of time each month pro rata in order for them to take up these opportunities.</p>





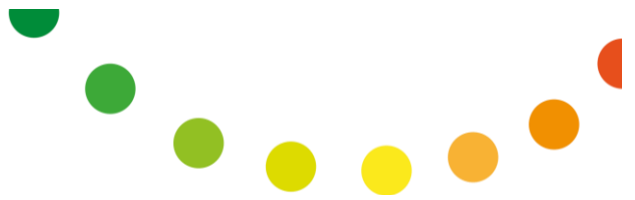
	<p>If you are interested in hearing more about the programme then please contact Helen Worthington-Smith, Workforce Transformation Project Manager at: h.worthington-smith@nhs.net</p>
<p>Coaching and Mentoring</p> <p>All Primary Care staff</p>	<p>Fully funded coaching is available to all staff in working in Primary Care in BLMK including clinical and non-clinical staff members.</p> <p>Do you feel that you might benefit from some time to reflect on issues that you face that may impact on your work and life – ranging from skills and performance to more developmental areas?</p> <p>Akeso is a Coaching and Mentoring Network across East of England offering free, confidential, coaching and mentoring support. If you are work in Primary Care in Beds, Luton and Milton Keynes you are very welcome to access up to 6 sessions over a year.</p> <p>The sessions will support you to explore issues and set goals and methods of assessing progress in relation to the goals in a non-judgmental way. Areas explored by others have included:</p> <ul style="list-style-type: none"> - Work-life balance - Career planning - Undertaking a new role - Managing relationships and conflict - Increasing confidence <p>To sign up, click on the following link: https://forms.gle/W25cNoNch26gLRtZ8</p> <p>Any questions please contact: h.worthington-smith@nhs.net</p>
<p>Access to Work</p> <p>All staff</p>	<p>Access to Work is help you can get from the Department for Work and Pensions. This could include money known as a grant. You would not have to pay the money back. The below links will take you to websites where you can gain more information on this, including who is eligible and how to apply as well as a fact sheets for employers.</p> <p>Get help from Personal Independence Payment (Easy Read) (publishing.service.gov.uk)</p> <p>Access to Work: get support if you have a disability or health condition: What Access to Work is – GOV.UK (www.gov.uk)</p> <p>Access to Work factsheet for employers – GOV.UK (www.gov.uk)</p>
<p>Leadership Development Offer for EoE</p>	<p>NHSE Leadership Academy are offering inclusive leadership sessions for staff within the EoE Region. Patricia Ezechie, a creative and experienced coach who specialises in career management, personal development, resilience and</p>





<p>staff from ethnic minority backgrounds</p>	<p>wellbeing, is offering a series of workshops, further details and booking links are below.</p> <p>Developing a proactive mindset Wednesday 18th January 2.00 – 4.00: click here to book</p> <p>Intersectionality, Identity and Authenticity Tuesday 14th February 10.00 – 12.00: click here to book</p> <p>Coaching and Mentoring Coaching and mentoring can be valuable developmental tools for further exploring themes raised in the workshops or other issues. Visit the East of England CoachNet and MentorNet registers here</p> <p>For full information including terms and conditions please see our website here</p>
<p>GP Assistants</p>	<p>GP Assistants support doctors in the smooth running of their surgery by handling the routine administration and some basic clinical duties enabling the GP to focus on the patient. Depending on the practices needs the GP assistant can be trained to help with a variety of different tasks such as, dipping urine, taking blood pressure, ECGs & phlebotomy, arranging appointments, referrals and follow up appointments of patients along with many other tasks.</p> <p>GP assistants have demonstrated an improvement in the individuals experience of care, how the care is provided, helped improve population health and the overall cost of care. Please visit the link below for more information on GP assistants.</p> <p>General Practice Assistants Health Education England (hee.nhs.uk)</p>
<p>Recruitment</p>	
<p>Future workforce</p> <p>For PCN and Practice</p>	<p>The Training Hub recently attended a reservist event hosted by HCT. At this event we identified several clinicians and non-clinicians looking for a role within BLMK Primary Care.</p> <p>We are keen to retain their unique skills and commitment in the local health and care system. Our request to practices is to send any current vacancies so we can share this information with the reservist professionals.</p> <p>Please submit the list of vacancies to jay.willett@nhs.net</p>
<p>Primary Care Careers</p>	<p>The Training Hub has commissioned Primary Care Careers to offer a recruitment service to BLMK Practices and PCNs. Currently this service is</p>





<p>Recruitment Offer</p> <p>For PCN and Practice Recruitment</p>	<p>only being utilised by 34% of the practices and 52% of the PCNs across BLMK.</p> <p>A BLMK practice recently said they <i>“have found the Primary Care Careers service extremely helpful with all our recruitment. They are reliable and competent, and it is so reassuring to know that it is one job less to do. Applicant details are sent to us, and we receive reminders when the job has reached the closing date. I would recommend them to anyone who needs help with recruitment.”</i></p> <p>To sign up please contact Sarah Boxall sarah.boxall6@nhs.net</p> <p>The service includes:</p> <ul style="list-style-type: none"> • Advertising and marketing all primary care roles using social media, our website and other networking channels • All vacancies automatically published on NHS Jobs, Google Jobs and Indeed • Targeted social media campaigns (by role or locality) • Access to a recruitment toolkit (job profile templates, recruitment letter templates etc) • Applications being short-listed for you • Expert advice from a trusted source • Applicant Tracking System / Customer Relationship Management – to help practices automate and digitise recruitment process • Networking and building relationships
<p>CPD & Training</p>	
<p>2022-23 CPD</p> <p>Nursing, AHP and Pharmacy staff as relevant to the course</p>	<p><u>FINAL WAVE 1 CPD COURSES NOW BOOKING!</u></p> <ul style="list-style-type: none"> • <u>Phlebotomy (February cohort)</u> • <u>Menopause Update</u> • <u>Minor Illness Update</u> • <u>Travel Health</u> <p>Please visit the https://work-learn-live-blmk.co.uk/upcoming-training-events/ to view the further CPD courses available and details of how to submit EOI form. Wave 2 including Imms and Vaccs will be going live in the next few weeks so please keep a look out on the web link above. Any questions or queries, please contact jay.willett@nhs.net, Training & Development Project Manager.</p> <p>Supervision and assessor training available for all clinicals who would like to support students. Dates below and to book visit https://work-learn-live-blmk.co.uk/upcoming-training-events/</p> <ul style="list-style-type: none"> • Wednesday 11th January 12:30-1:30pm • Friday 20th January 12-1pm





	Please see here for all courses currently available.
HCA Training	COMING SOON!
Funded NHS leadership programmes Pharmacy Technicians 2023	Health Education England and the NHS Leadership Academy are pleased to announce that applications for the Mary Seacole and Rosalind Franklin programmes starting from February 2023 are now open. These leadership programmes are for Pharmacy Technicians and Pharmacy support staff who meet the required eligibility criteria. Please visit the HEE website to find out more about this exciting new offer. For any further enquiries, please contact clinicalleadership@leadershipacademy.nhs.uk.
Funded Independent Prescribing Courses for Pharmacy Staff	Health Education England have confirmed funding for Independent Prescribing Courses for eligible Pharmacy staff. Several HEIs are available and course starts range from September 22 to March 23. For more information, to check your eligibility and to enrol, please follow this link
Clinical Supervision Training All Clinical & Medical Primary Care Staff	Janet Thornley (GPN Strategic Lead of the BLMK Primary Care Training Hub) and Kirsty Shanley (Quality and Differential Attainment Lead, BLMK Primary Care Training Hub), have produced an hour long training video which discusses the concept of clinical supervision which provides a safe space for colleagues to come together to learn and reflect. This training video will cover: <ul style="list-style-type: none"> • The context of Clinical Supervision and why we are doing it • What is Clinical Supervision? • Clinical Supervision theory • Roles and responsibilities within Clinical Supervision This training video is aimed at all clinical and medical roles in Primary Care in Bedfordshire, Luton and Milton Keynes who are or will be providing clinical supervision. This includes: GPNs, Clinical Pharmacists, First Contact Physiotherapists, GPs, Paramedics etc. How to access the training video: Please complete the following survey: https://www.smartsurvey.co.uk/s/X8IE3P/ Upon completion of the survey, you will be sent a link to the video along with a pack of resources. If you have any queries then please contact either Janet or Kirsty at: <ul style="list-style-type: none"> • janet.thornley@nhs.net • kshanley@nhs.net





<p>Tier 3 Educational Supervisor Training for Advanced Clinical Practitioners</p>	<p>Educator training is now available for clinicians who are supervising Advanced Clinical Practitioners. This training also qualifies for supervision of AHPs on the Roadmap to Practice if the Educator top up video is completed.</p> <p>Please see our website Supervision Training - CCG - BLMK (work-learn-live-blmk.co.uk) for more information and contact Hannah.baker11@nhs.net to discuss in more detail and to book.</p> <p>We currently offering support to train funding of £300 for those undertaking this training.</p>
<p>GP Educator Training</p>	<p>For a limited time, the Training Hub is offering funding for existing Tier 2 GP Educators to train to be Tier 3 GP Educators in Beds & Luton.</p> <p>Funding will be dependent on individual training requirements, please contact hannah.baker11@nhs.net for further information.</p>
<p>GP Retention Scheme For GPs</p>	<p>The GP Retention scheme is aimed at doctors who are seriously considering leaving or have left general practice due to personal reasons (caring responsibilities or personal illness), approaching retirement or requiring greater flexibility. The scheme supports both the retained GP and the practice employing them by offering financial support in recognition of the fact that this role is different to a 'regular' part-time, salaried GP post, offering greater flexibility and educational support.</p> <p>For more information, click here.</p> <p>To apply, please email your application form, supporting documents, and educational supervisor form (found here), to gp.retention.me@hee.nhs.uk. For any queries, please contact gp.retention.me@hee.nhs.uk</p>
<p>PrescQIPP Respiratory and Pain Workshops</p> <p>For GPs, nurse prescribers, PCN and practice pharmacists, pharmacy technicians and community pharmacists</p>	<p>The BLMK Medicines Optimisation team are pleased to support the following virtual webinars delivered by PrescQIPP.</p> <p><u>Respiratory Workshops:</u></p> <p>Webinar 1 – Asthma Management, Wednesday 11th January 12 – 2pm</p> <p>Webinar 2 – Reducing the inhaler carbon footprint, Wednesday 18th January 12 – 2pm</p>





	<p><u>Pain Workshops:</u></p> <p>Webinar 1 – Chronic pain management, Tuesday 21st February 12 – 2pm</p> <p>Webinar 2 – Reducing opioid use in chronic pain Tuesday 28th February 12 – 2pm</p> <p>To book your place please email blmkicb.medsopt@nhs.net</p>
<p>Health & Wellbeing</p>	
<p>NAPC CARE</p> <p>Time For You: Wellbeing and Resilience Sessions</p> <p>Starting on 16th February 2023</p> <p>@1:00-1:30pm</p> <p>6 x 30 minutes weekly sessions via MS Teams</p>	<p>The National Association of Primary Care are putting on 6 x 30min fantastic weekly sessions, to concentrate on self-care and our own wellbeing and resilience.</p> <p>It provides a half hour out just for you and gives you understanding and tools to support taking back control and thriving. Easy relaxation skills are built on week by week so that you become comfortable with the format.</p> <p>Book your place today: https://www.eventbrite.co.uk/e/blmk-care-time-for-you-wellbeing-and-resilience-sessions-tickets-506430516307</p>
<p>4 Ways to Wellbeing:</p> <p>Financial wellbeing</p>	<p>Benefits and Discounts</p> <p><u>Blue Light Card:</u> provides a range of discounts online and in store for NHS, emergency services, social care sector and armed forces colleagues who purchase a Blue Light Card.</p> <p><u>Health Service Discounts:</u> offers discounts, vouchers and cashback for NHS and healthcare workers. You can join for free on their website.</p> <p><u>NHS Discount Offers:</u> helping NHS Staff and Healthcare Professionals Save Money.</p> <p><u>Money Saving Expert:</u> the website provides a range of financial advice, with a dedicated <u>cost of living help section</u>. Their <u>Cost of living help guide</u> provides over 90 ways you can save money.</p>





	<p><u>Tickets for Good & Concerts for Carers:</u> both platforms offer free/heavily discounted tickets for a variety of live event and entertainment.</p> <p>Travel</p> <p>Running a car can be a costly necessity, especial for those working in the community. However, there are options out there to help save money and make this a little easier. Blue Light Card are supporting a fuel discount service which is free to sign up for and can provide up to 6p off per litre. Follow the link here to sign up.</p> <p>Additionally, some memberships or unions can provide grants, like the RCN.</p> <p>Childcare</p> <p>Are you aware of Tax-Free Childcare available via the Government?</p> <p>Look here for more information. Other options are also available, to see what is right for you follow this link.</p>
<p>Wellbeing Session in Practices</p>	<p>The RISE team are offering sessions in practices as part of PLT/Z /HEAT / general wellbeing sessions.</p> <p><u>RISE wellbeing and meditation session (in person)</u></p> <ul style="list-style-type: none"> - The sessions are available on request, we can visit the practice and run a tailored wellbeing session for staff (either as part of PLT/Z, HEAT or at lunch/after the practice closes). - The sessions can be tailored depending on topics required. A main part is the meditation section run by Rajiv (our clinical lead) – this is a really lovely way to end the session). - Please find a link to a ‘talking heads’ video taken after a RISE session: https://youtu.be/7U9QQ01DFs0 <p>Please contact; lydia.jacks1@nhs.net to find out more.</p>
<p>Latest Health & Wellbeing offers</p>	<p><u>ShinyMind App</u></p> <ul style="list-style-type: none"> - The ShinyMind app is an interactive mindset resource that improves wellbeing, resilience and teamwork. It’s proven to help reduce the stress and anxiety of everyday life leaving people feeling happier and more productive! - Register here: https://shinymind.co.uk/blmk/ <p><u>KeepingWell BLMK Hub:</u></p>





	<ul style="list-style-type: none"> - Offer a range of free & confidential support: safe space to chat, wellbeing webinars, self-help resources, mindfulness sessions & much more. Find out more. <p><u>Compassionate conversations:</u></p> <ul style="list-style-type: none"> - Developed a programme to support you in having safe & effective wellbeing conversations. You will receive a certificate of completion. Find out more. <p><u>NHSE Coaching offer: Looking After You - Looking After You – BAME - Looking After Your Team</u></p> <ul style="list-style-type: none"> - Coaching is available with a skilled and experienced coach who will work with you to discuss any area of your wellbeing that you would like to address. They will listen, ask questions and support you to develop practical strategies to cope with your situation and stay well. Find out more & register. <p><u>Financial offers</u></p> <p>Health Service Discounts: offers exclusive discounts, cashback & vouchers to NHS & Healthcare Workers. Click here to sign up.</p> <p>Tickets for Good: platform to receive free/heavily discounted tickets for a variety of live event and entertainment. Click here to sign up.</p> <p>BlueLight Discount Card: (£5 sign up) provides members with 1,000s of discounts online & on the high street. Click here to sign up.</p> <p><u>WhatsApp Groups/keeping in touch:</u></p> <p>We have created a WhatsApp group to stay connected and get updates on latest events that you will be able to access.</p> <ul style="list-style-type: none"> - Join the RISE WhatsApp Group by following this link: https://bit.ly/RISEBYBLMK - We have also set up an Admin & non-clinical WhatsApp Group: https://bit.ly/RISEAdminGroup
<p>Menopause support</p> <p>Have you downloaded the Peppy Menopause App?</p>	<p>Download Peppy today If you have an iPhone visit the App Store here: https://apps.apple.com/gb/app/peppy-health/id1493554783</p> <p>If you have an Android, visit the Play Store here: https://play.google.com/store/apps/details?id=com.health.peppy&hl=en&gl=US</p>





<p>Leadership, Lifelong Learning and Talent Management in the East of England Upcoming Events and resources</p>	<p>Compassionate Self - self-care and resilience. This workshop provides an opportunity to explore our roles and responsibilities in addressing inequality and discrimination. How self-compassion and resilience are important vehicles for change, helping us to stay present in uncomfortable situations, find our voice, and contribute to building inclusive cultures.</p> <ul style="list-style-type: none"> • Wednesday 25th January 09:30-11:00pm <p>EoE Mindfulness and Wellbeing Webinar Recordings - Our 1-hour introductory Mindfulness Masterclass combines the latest insights from neuropsychology and emotional and social intelligence and explores what mindfulness means, the benefits and applications in everyday life: Introduction to Mindfulness</p> <p>The following short webinars will give you ideas and strategies to support your well-being and resilience at home and work. The series is run by Executive Coaches Liz Palmer and Damion Wonfor from Catalyst 14.</p> <ul style="list-style-type: none"> • Managing Energy – “There is only so much of me to go around” • Recovery – “I had the experience, but I missed the meaning” • Managing our emotional response – “Am I the only one feeling this?” • Optimism and Appreciative Inquiry – “Choose Hope – It feels better” • Self Compassion – Can I show myself the same kindness I show to others?
<p>Leading the Way: The Role and Value of Nurses in General Practice For Practice Managers, Nurse Managers, GPNs</p>	<p>A recent report 'Leading the Way: the role and value of nurses in general practice in England' published by Sonnet Advisory & Impact and Sheffield Hallam University recognised the huge value nurses bring to general practice. A new survey, which has five questions, has now been developed and is the first part of further research building on this report to look at nursing qualifications and workforce composition in each practice. It can be completed by a Practice Manager, Lead Nurse Manager or another person on behalf of the practice. We would really appreciate your input into this valuable research. Please note, you may need to gather some information prior to beginning the survey.</p>
<p>Knowledge Services and Resources</p>	
<p>All primary care staff</p>	<p>Ebooks for Healthcare Assistants and Assistant Practitioners</p>





	<p>To access:</p> <ol style="list-style-type: none"> 1. Go to the Knowledge and Library Hub: library.nhs.uk/knowledgehub 2. And search by title 3. Look for the book that is 'Online Access' or 'PDF Full Text' 4. Sign in with your NHS OpenAthens account. If you don't have one yet sign up at openathens.nice.org.uk 5. Contact Knowledge Specialist Beth Thompson at beth.thompson16@nhs.net with any questions
<p>All primary care staff</p>	<p>What can I do to support your team and save you time?</p> <ul style="list-style-type: none"> • Collating information, resources, policy and procedures etc., organising them and making them easy to find • Evidence Searches: searching the literature on your behalf, collating all the results in a document: Complete the Evidence Request Form: bit.ly/BLMK-Evidence-Request • Fact-checks or briefings ahead of meetings or projects • Regular bulletins to keep up to date on a topic <p>Contact me at beth.thompson16@nhs.net with any requests.</p>
<p>All primary care staff</p>	<p>Uplifting Resources for the NHS from the NHS</p>





Health Education England and the [Reading Agency](#) have crowd-sourced a list of uplifting, resources for NHS staff, all recommended by NHS people. Includes podcasts, poems, websites and apps.

[View the Uplifting Resources](#)

Or scan the QR code

