

BLMK Primary Care Training Hub Bulletin – 28th March 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	
PhD Research Studentship	<p>Are you passionate about health and social care research?</p> <p>The University of Bedfordshire are pleased to offer an exciting new research studentship to make a contribution to reducing inequalities in access to primary care. This exciting new studentship has been made available through the collaboration of the Institute for Health Research and the NHS England - Bedfordshire, Luton, Milton Keynes (BLMK) Integrated Care System Research & Innovation (R&I) Hub. The studentship is offered in the Institute for Health Research and will cover tuition fees, bursary per annum as well as research and conference attendance expenses.</p> <p>To apply please visit - ‘Improving Access to Primary Care for Older People, Minority Ethnic, and Disadvantaged Communities Post COVID-19 Pandemic’.</p>
Leading Beyond Boundaries All Primary Care Staff	<p>Leading Beyond Boundaries is a 6 month System Leadership Development Programme for staff within the BLMK ICS with staff from varying different partners e.g. Fire, Health, Social Care and VCSE, learning and developing together.</p> <p>The programme has run successfully for a couple of years and is opening applications for another cohort shortly.</p>



	<p>Please see the flyer here for more information and contact sophia.akhtar5@nhs.net to register your interest for when the programme opens.</p> <p>The Programme is non-hierarchical and is open to all to apply who can demonstrate a role in leadership.</p>
<p>Quality Improvement</p> <p>ACPs and other practice staff</p>	<p>HEE Quality Improvement Project Support Scheme – Cohort 2:</p> <p>Spaces now available for Cohort 2 of the Quality Improvement Project Support Scheme' Introductory Webinar – March 30th 1-4PM</p> <p>Join them to explore how to develop and implement a quality improvement project focused 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>For further information including flyer and to register please visit the website here Advanced Clinical Practitioner - CCG - BLMK (work-learn-live-blmk.co.uk)</p>
<p>Practice and PCN Manager Training</p>	<p>Core Skills for Practice, PCN Managers and their Teams:</p> <p>NHS England have developed two free training sessions to support Practice, Primary Care Network (PCN) Managers and their teams. This training will equip managers and their teams with the tools, resources and knowledge to become effective leaders and to develop strong resilience to thrive in their roles. Book here.</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.</p> <p>This is now available via the Work Lean Live website.</p> <p>View Support for Practice and PCN Managers here.</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>Please note that HEE have removed stage 3 from the Roadmaps. For anyone wanting to continue on to Advanced Practitioner recognition, the relevant Advanced Practice route will need to be followed. Please contact hannah.baker11@nhs.net if this change to the Roadmap impacts you or if you want to consider your progression to Advanced Practice. Stage 3 information is expected to be removed from the Roadmap documentation by the end of May 23.</p> <p>HEE are currently undertaking a procurement of new HEI courses to undertake the ‘taught’ recognition route to FCP. Once we have updated courses we will advertise them here.</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 Practice Webinars</p>	<p>Credible governance of advanced practice can be challenging, but it is vital in ensuring advanced practitioners’ safe, effective and successful employment. NHS organisations can now use the Governance Maturity Matrix to help navigate this. The matrix was designed to enable organisations to self-assess their progress around governing advanced practitioners and to facilitate improvement. NHS Employers are hosting a series of webinars in partnership with HEE to demonstrate how organisations can use the matrix and showcase examples from other NHS organisations.</p> <p>These webinars are intended for advanced practitioner leads or those who have responsibility for the governance of advanced practitioners in their organisation.</p> <p>Using the Governance Maturity Matrix as an assessment tool</p> <p>Tuesday 28 March, 10-11:30am Book now.</p> <p>Governing advanced practice: looking ahead and addressing the challenges</p> <p>Monday 24 April, 10-11:30am Book now.</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/W25cNoNch26qLRtZ8</p> <p>Any questions please contact: h.worthington-smith@nhs.net</p>
<p>Access to Work</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</p>



All staff	<p>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>
Leadership Development Offer for EoE staff from ethnic minority backgrounds	<p>Coaching and Mentoring</p> <p>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>
RCGP Veteran Friendly Accreditation	<p>The Royal College of General Practitioners (RCGP) launched the Veteran Friendly Practice Accreditation Programme in 2019 to help primary care practices better identify, treat, and refer military veterans to dedicated NHS services. There are an estimated 2.4 million veterans in the UK, and the programme has accredited 1883 practices in England. The East of England region has recorded 212 accredited practices, with 213,000 veterans estimated to live in the area. Practices that achieve accreditation have up-to-date knowledge of specific referral pathways for military veterans, reducing workload and improving patient care. The RCGP provides CPD and updates to accredited practices and has received positive feedback, with increased veteran engagement and communication.</p> <p>Further details of the RCGP Veteran Friendly Programme and the application form (which can be completed by any practice team member) can be found here: Veterans' healthcare toolkit: Veteran friendly GP practice accreditation (rcgp.org.uk).</p> <p>There are just 5 requirements to achieve accreditation:</p> <ol style="list-style-type: none"> 1. Ask patients registering with the surgery if they have ever served in the Armed Forces. 2. Code it on the GP computer system using the term “military veteran” 3. Appoint a veteran’s clinical lead. This should be a member of the clinical team but can be anyone who can make referrals (for example nurse, nurse practitioner, paramedic, clinical pharmacist, physician associate).



	<p>4. The clinical lead is asked to engage with the latest training, knowledge and thinking, which is delivered electronically by the RCGP, as part of the free programme. They should also be available to provide advice to colleagues, and to support veterans directly when needed.</p> <p>5. To be eligible practices should have a CQC 'good' rating or higher.</p> <p>For further Information please contact: Stephen Heard Regional Lead (East of England) on stephen.heard3@nhs.net</p>
Recruitment	
<p>Primary Care Careers Recruitment Offer</p> <p>For PCN and Practice Recruitment</p>	<p>Are you struggling to recruit staff into your practice or PCN? Do you need help? Whether it's GPs and clinical staff or difficulties recruiting to your admin team, join us for a 30 minute session to help provide you with the support that you need.</p> <p>Dates:</p> <ul style="list-style-type: none"> - Tuesday 14th March, 13:00 – 13:30: Click here to register <p>The Training Hub has commissioned Primary Care Careers to offer a recruitment service to BLMK Practices and PCNs. Currently this service is 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

Apprenticeships in Primary Care	<p><u>East of England Primary Care Apprenticeships webinar – 12th April 2023</u> On 12th April from 13:30-15:30, HEE will be hosting a webinar for colleagues in Primary Care about Apprenticeships – this will include the opportunity to learn from peers, discuss barriers and solutions as well as general information in regard to apprenticeships in relation to Primary Care.</p> <p>To book please email Oliver.Inwards@hee.nhs.uk</p> <p>Apprenticeships are a great way to recruit new staff, create development opportunities for existing staff and create your workforce for the future.</p>
CPD & Training	
<p>2022-23 CPD</p> <p>Nursing, AHP and Pharmacy staff as relevant to the course</p>	<p><u>CPD COURSES NOW BOOKING!</u></p> <p>Annual Prescribing Update now available for booking via this link - Webinar registration Microsoft Teams</p> <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.</p> <p>Any questions or queries, please contact jay.willett@nhs.net, Training & Development Project Manager.</p>
<p>HCA Training</p>	<p><u>HCA Training fully booked!</u></p> <p>All places on the HCA courses are now fully booked.</p>
<p>Admin/Non-clinical training</p>	<p><u>Admin Training fully booked!</u></p> <p>All places on the admin courses are now fully booked.</p>
<p>Advanced Communication Skills Training All experienced Health & Social Care Professionals</p>	<p>For all experienced Health & Social Care Professionals who have difficult conversations as part of their everyday role and have had previous communication skills training.</p> <p>This 2-day course delivered by Herts & Beds Palliative & End of Life Care Education Group will provide delegates practice scenarios with professional actors playing different roles (such as the patient or family member). These scenarios may include:</p> <ul style="list-style-type: none"> • Handling strong emotions • Difficult conversations with patients and families • Giving significant news to the patient and / or family member • Introducing sensitive topics (such as DNACPR conversations)



	<p>The courses are taking place every month during 2023 and will be delivered virtually via Zoom. Please click here for more information and how to book.</p>
<p>Funded Independent Prescribing Courses for Pharmacy Staff</p>	<p>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</p>
<p>Clinical Supervision Training All Clinical & Medical Primary Care Staff</p>	<p>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 a 1 hour training video which discusses the concept of clinical supervision which provides a safe space for colleagues to come together to learn and reflect.</p> <p>This training video will cover:</p> <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 <p>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.</p> <p>How to access the training video: Please complete the following survey:</p> <p>https://forms.office.com/e/uYji1S93Sq</p> <p>Upon completion of the survey, you will be sent a link to the video along with a pack of resources.</p> <p>If you have any queries then please contact either Janet or Kirsty at:</p> <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 are currently offering support to train funding of £300 for those undertaking this training.</p>



GP Retention Scheme For GPs	<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>
Health & Wellbeing	
Virtual Away Day for Primary Care Teams	<p>Looking After You: new free virtual away day for primary care teams</p> <p>Staff working in primary care can now book a free two or four hour virtual away day for up to eight team members on NHS England's Looking After You coaching programme. A highly skilled coach who has extensive experience of working with and supporting teams will support you to design a session to suit your objectives and to ensure the session focuses on your team needs. Your coach will also provide a free, one hour follow up session to discuss how the day went and to focus on next steps. Register your interest and the Looking After You team will be in touch to arrange your first session.</p>
Peer wellbeing sessions – register expression of interest	<p>As part of the Looking After You coaching service, NHS England is planning to run a series of facilitated peer wellbeing sessions for the primary care workforce. The aim of these sessions is to bring people together with a trained coach to discuss and plan how to improve and maintain wellbeing. Each peer wellbeing group will be made up of six-eight people that will meet fortnightly for four weeks.</p> <p>Groups will include one for men, men/women from an ethnically diverse background, people living with a disability, and a group open to anyone from any background.</p> <p>Please complete this expression of interest by Friday 10 March.</p>
NAPC CARE Time For You: Wellbeing and	<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>Resilience Sessions</p> <p>Next session on 30th March 2023</p> <p>@1:00-1:30pm</p> <p>6 x 30 minutes weekly sessions via MS Teams</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><u>Tell us how you are – primary care wellbeing survey</u></p>	<p>NHS England commissioned the Institute for Employment Studies to conduct a study of the wellbeing of the primary care workforce over a time period of three years. This short survey is the sixth and final in a series of surveys, and will ask staff to reflect on their personal wellbeing as well as the functioning of their team and their experiences of working in their role.</p> <p>We are asking people to please complete this survey and share with teams – it's important that we get a wide and varied dataset so that we can continue to develop wellbeing interventions and support for the workforce. We are particularly keen to improve our understanding of the experience of people with protected characteristics and from underrepresented groups. Any help sharing this would be greatly appreciated.</p>
<p>Core Skills Training from NHSE</p> <p>Multiple dates available</p>	<p>Transition to Leadership (booking link: Transition to Leadership)</p> <p>This session highlights the challenges of leadership in the context of primary care and supports new or aspiring leaders to achieve their leadership ambitions.</p> <p>Dates of training sessions:-</p> <ul style="list-style-type: none"> Thursday 30 March - 12pm - 1.30pm <p>Recharge and Recover (booking link: Recharge and Recover)</p> <p>This session teaches life skills and self-awareness that are valuable in enabling learners to recover from intense work periods.</p> <p>Dates of training sessions:-</p> <ul style="list-style-type: none"> Tuesday 28 March - 2pm - 4pm
<p>4 Ways to Wellbeing:</p>	<p>Benefits and Discounts</p>




<p>Financial wellbeing</p>	<p>Blue Light Card: 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>Health Service Discounts: offers discounts, vouchers and cashback for NHS and healthcare workers. You can join for free on their website.</p> <p>NHS Discount Offers: helping NHS Staff and Healthcare Professionals Save Money.</p> <p>Money Saving Expert: the website provides a range of financial advice, with a dedicated cost of living help section. Their Cost of living help guide provides over 90 ways you can save money.</p> <p>Tickets for Good & Concerts for Carers: 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



	Please contact; lydia.jacks1@nhs.net to find out more.
Latest Health & Wellbeing offers	<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
Menopause support Have you downloaded the Peppy Menopause App?	Download Peppy today If you have an iPhone visit the App Store here: https://apps.apple.com/gb/app/peppy-health/id1493554783 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
Leadership, Lifelong Learning and Talent Management in the East of England Upcoming Events and resources	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 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 . <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?
Leading the Way: The Role and Value of Nurses in General Practice For Practice Managers, Nurse Managers, GPNs	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.
Knowledge Services, Research and Resources	
Trip Pro Database All primary care staff	



	 <ul style="list-style-type: none"> • Get free access to the Trip Pro Database to find high quality evidence quickly and easily • Trip Pro is a clinical search engine including guidelines, reviews and clinical research papers • Sign in with your NHS OpenAthens account. (If you don't have one yet sign up at openathens.nice.org.uk . Set your organisation as Primary Care and ICB Staff in Bedfordshire and MK) <p>All available resources can also be found on the NHS Knowledge and Library Hub library.nhs.uk/knowledgehub</p> <p>Any questions, please contact Knowledge Specialist Beth Thompson at beth.thompson16@nhs.net</p>
<p>Knowledge Specialist Support</p> <p>All primary care staff</p>	<p>What else can I do to support your team and save you time?</p> <p>For example:</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>