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FEBRUARY 2026

The Hub  
DERBYSHIRE



As a not-for-profit organisation, the team at **The Hub Plus** put **YOU** first. We care about people and want to help **YOU and YOUR team** to achieve the most with your wellbeing, aspirations, career goals, and empower personal growth.

**Explore The Hub Plus website**

**The Hub Plus** - Supporting our General Practice family on their Primary Care journey.

*People Promise*



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# THE HUB PLUS IS RAISING MONEY FOR BLISS



8 enthusiastic members of our team have signed up to take part in the [Derby 10Km.](#)

**Bliss** is a particularly meaningful charity to everyone at **The Hub Plus**, experiencing first-hand, within our own team. Amy and Liam welcomed the mighty Jude at just 24 weeks weighing 1lb 5 ounces. He was in NICU for 103 days; Jude was a fighter from day one. Jude went home on New Years Day and now at 18 weeks old (3 weeks old from his original due date) weighs a fantastic 9lb 1 ounce. Go Jude!

Amy, Liam, Jude and The Hub Plus Team are immensely grateful for all the support received.

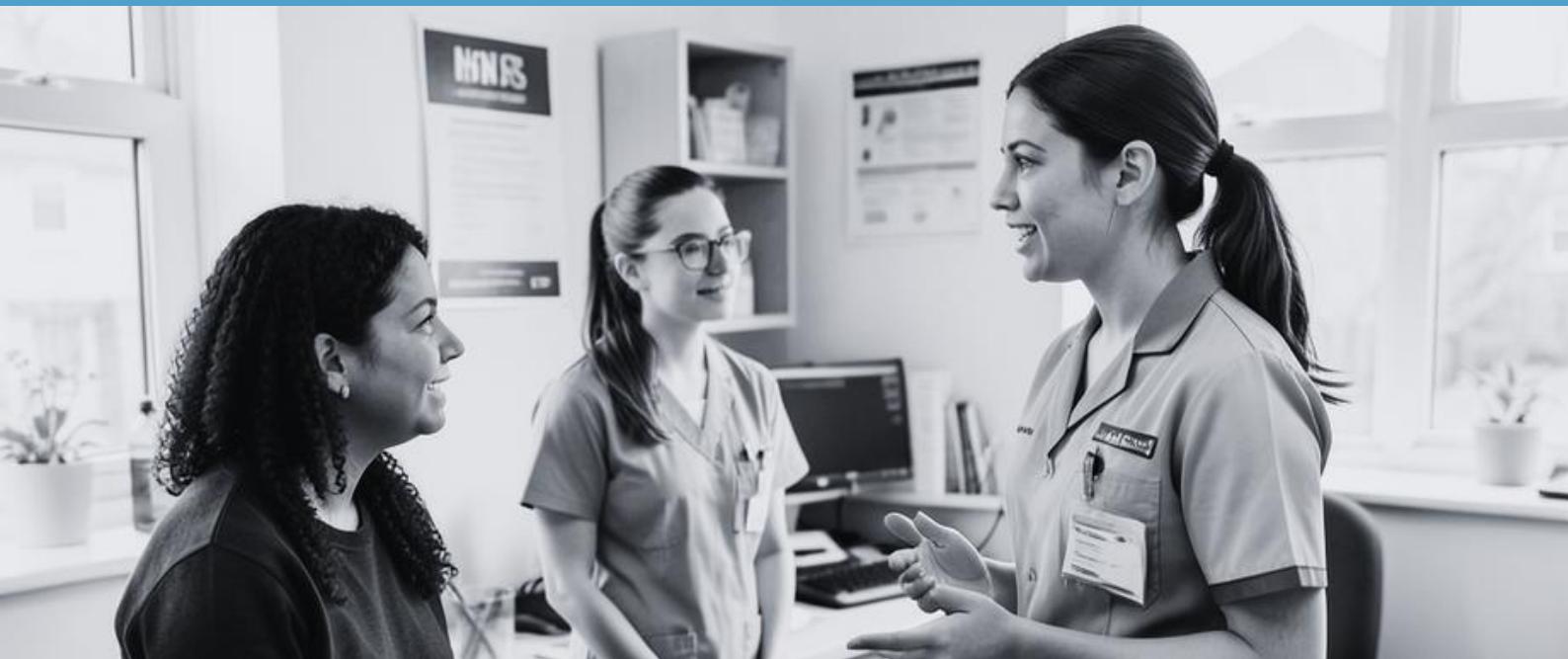
Our team is a mix of running abilities, but despite our different skill levels and ages, we've laced up our trainers and taken on this challenge together in support of this incredible cause. We're incredibly proud to be fundraising for Bliss and truly grateful for any donation, big or small.

**DONATE NOW**

# Apprenticeship Week is next week

and we need your help!

NATIONAL APPRENTICESHIP WEEK 2026



As we get ready for Apprenticeship Week 2026, we're looking to spotlight real voices and real stories from apprentices across Derbyshire's general practice and primary care.

Your experience matters. Hearing honestly from apprentices helps others truly understand what an apprenticeship is like – and could inspire someone to take their first step.

## Get involved in one (or both!) ways:

### Share your story

We're looking for short written case studies or statements from apprentices (past or present). Nothing fancy or polished – just your honest voice. You could tell us about:

- Why you chose an apprenticeship
- What your journey has been like
- The biggest benefit for you personally
- Advice you'd give to future apprentices
- Anything else you'd like people to know about apprenticeships in general practice

Even a few paragraphs can make a huge difference.

### Why your voice matters

Real stories help:

- Future apprentices make confident choices
- Practices see the value of "growing their own"
- The wider system understand the impact apprenticeships have on careers and workforce development

Your journey could genuinely inspire someone else.

### Join a podcast or panel conversation

During Apprenticeship Week, we're hosting a friendly, informal podcast/panel where apprentices can:

- Share their experiences
- Answer questions about apprenticeships
- Help others understand what it's really like
- Inspire future apprentices

No experience needed – it's a relaxed, supportive space. We'll guide you through everything and share questions in advance.

We'd appreciate any help, please get in touch –

**ddlmc.thehubplus@nhs.net**



**OLIVER'S  
CAMPAIGN**

**Oliver McGowan Mandatory Training** is the national standard for improving understanding of learning disability and autism across health and social care. Training is currently bookable through NCORE and must be booked individually. Funding beyond March 2026 is not guaranteed so we strongly encourage individuals to book on to sessions.

The training provides staff across health and social care with essential knowledge, greater confidence, and an improved understanding of how best to deliver safe, effective and person-centred support.

#### The Oliver McGowan Mandatory Training on Learning Disability and Autism

##### **Tier 1**

For people who require general awareness of the support autistic people or people with a learning disability may need.



90 minutes

elearning with handbook

and



60 minutes

Online interactive session

##### **Tier 2**

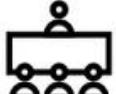
For people who may need to provide care and support for autistic people or people with a learning disability.



90 minutes

elearning with handbook

and



1 day

Face to face training

Over 200 tier 1 part 2 sessions planned until March 2026

**Click here to sign up via NCORE**

There are over 40 tier 2 part 2 sessions planned until March

2026 **Click here to sign up via NCORE**

## **Derbyshire Primary Care Oliver McGowan Mandatory Training (OMMT) Interest & Readiness Survey**

In September 2025, the Oliver McGowan Code of Practice was ratified in Parliament. This means that any training on Learning Disability and Autism must now meet the Oliver McGowan Mandatory Training (OMMT) Code of Practice requirements. Currently, UHDB project team in partnership with JUCD partners are rolling out our system offer up to March 2026 and then the responsibility is proposed to transfer to Trust/support organisations to deliver post April 26.

**Please click here to take part in the survey**

**You can find out more about Oliver McGowan Mandatory Training in Derbyshire General Practice by clicking here to watch a short video.**

# Coaching Skills for Derbyshire GP Appraisers

This engaging course equips new and experienced Derbyshire GP appraisers to refresh their skills and run confident, supportive, high-quality appraisal conversations using a coaching approach.

## Derby



**Wednesday 11th  
March 2026**



**09:00 arrival, 09:30  
start - 13:30**



**Location TBC -  
Derby City**

**[CLICK HERE TO BOOK](#)**

## Chesterfield



**Thursday 19th  
March 2026**



**09:00 arrival, 09:30  
start - 13:30**



**Location TBC -  
Chesterfield**

**[CLICK HERE TO BOOK](#)**

### **The sessions will focus on the following:**

- Creating psychological safety
- Asking better coaching questions
- Supporting meaningful professional development

### **What you'll gain:**

- ✓ Clear, confidence-building coaching tools
- ✓ Active listening & TGROW questions
- ✓ Better reflective conversations



### **Meet the Trainers:**

#### **Dr Katie Cowley**

GP Partner and EMCC Accredited Coach/Mentor at Senior Practitioner level



#### **Claire Leggett**

Business Director at The Hub Plus and EMCC accredited practitioner

## Work Experience & Insight days

We are receiving an increasing number of requests for work experience, shadowing and insight days from young people eager to explore careers in General Practice.

Would your practice be willing to open its doors for a day or two to host an aspiring healthcare professional?

You don't need to provide formal assessments or paperwork, just a welcoming environment and a glimpse into the rewarding world of General Practice.

If your practice is interested or would like to learn more, please get in touch [ddlmc.thehubplus@nhs.net](mailto:ddlmc.thehubplus@nhs.net) or fill in the [Expression of Interest Form](#)

**How long is the training:** Three sessions each lasting two hours, delivered virtually. Delegates must attend **all three sessions**. Each session requires separate registration via the links below.

The sessions will take place throughout 2026 on the following dates:

Session 1: 17th April | 12:30 – 14:00 – [Register here](#)

Session 2: 1st May | 12:30 – 14:00 – [Register here](#)

Session 3: 15th May | 12:30 – 14:00 – [Register here](#)

How much does it cost to register: **Free to prescribers**

If you experience any issues registering, please contact: [ola.sobolewska@nhs.net](mailto:ola.sobolewska@nhs.net)

## Clinical Update Sessions

Open to ALL GPs in Derbyshire – whether new to practice or heading into retirement. ACPs in primary care often find these helpful too and are more than welcome!

**Advice and Guidance Queries – Dermatology** – **Date:** Wednesday 25th February 2026  
**Time:** 13:00 – 14:00

**Vulval Skin Disease 101**  
**Date:** Wednesday 25th March 2026  
**Time:** 13:00 – 14:00

## Action Learning Sets

Derbyshire Training Hub, in partnership with Health Innovation East Midlands and in collaboration with the Midlands Training Hubs network, is running Action Learning Sets (ALS) to help GPs and prescribing professionals build their confidence in stopping inappropriate medicines safely.

## IT SURVEY FOR DERBYSHIRE GP PRACTICES

Derbyshire General Practice Provider Board (GPPB) would like to hear from GP practices about their current IT provision.

They are gathering information about what works and what doesn't, what challenges practices face and what would make their life easier.

The GPPB has developed a Practice IT Needs and Preferences Survey that has been sent to all Derbyshire general practices.

The survey also asks colleagues to share which triage system they are using, as well as any Artificial Intelligence (AI) tools, additional software to help with their work and if they have cyber security insurance.

The results of the survey will help GPPB work with the ICB to make practical improvements for those working in general practice, and ultimately support better care for patients.

This work is being led by Dr Peter Williams, who was recently appointed as GPPB's strategic clinical lead for digital. As part of the work, Dr Williams will set up a WhatsApp group to share ideas and learning.

The survey and the forum are open to all colleagues working in general practice, including practice managers, primary care network (PCN) managers, clinical directors, GPs and colleagues responsible or with an interest in practice IT matters.

**Please click here to take part in the survey.** The survey deadline is Friday, 6 February.

## NURSING

### The next Lead GPN Forum:

Tuesday 24th February 2026

13:30- 15:00

**Click here to sign-up**

### CPD

If you haven't already please use your CPD entitlement for 25/26.

If you need any advice or have any queries please get in touch.

### Lead GPN dates for 2026:

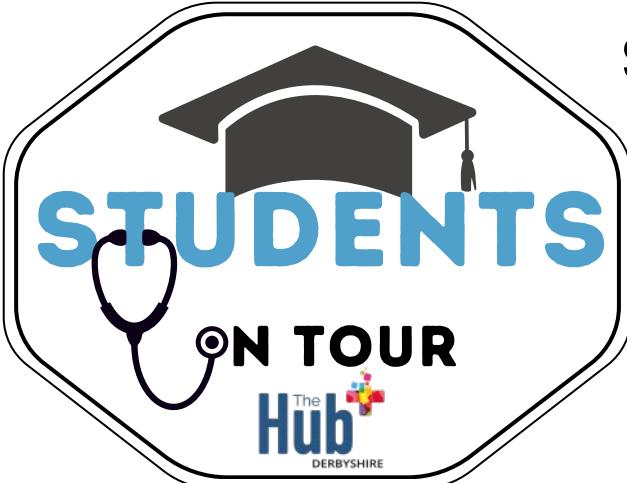
24 <sup>th</sup> Feb	31 <sup>st</sup> Mar	28 <sup>th</sup> Apr	26 <sup>th</sup> May
30 <sup>th</sup> Jun	28 <sup>th</sup> Jul	25 <sup>th</sup> Aug	29 <sup>th</sup> Sept
27 <sup>th</sup> Oct	24 <sup>th</sup> Nov		

### Contact Info

If you have any questions or need support please contact The Hub Plus Lead GPN, Charlotte Darby - **Charlotte.darby6@nhs.net.**

## HCSW AND NA WORKSHOPS

Now available on the The Hub Plus Learning Portal. Please book on or get in touch for a workshop calendar.



# STUDENTS ON TOUR IS BACK!

After the incredible response and experience from everyone involved, we are hitting the road again as **Student on Tour** returns.

Starting this month, we have teamed up with Derby and Nottingham universities as their enthusiastic students will get first-hand experience of what it is like to work in primary care.

Each student will have the opportunity to carry out all important health checks to patients' and members of the public, all guided by our expert team, who will be on hand to offer their support. This is a brilliant opportunity for the next generation of health care professionals.

The students will be on placement in general practice twice a week learning all about the hard work nurses do in our practices. They will also be visiting community healthcare teams to learn about the valuable work they are doing in our neighbourhoods.

We will follow their journey throughout their time with us as we share their excitement and concerns about dealing with patients' hands on!!



During our last Student on Tour campaign, we conducted 68 NHS health checks over two sites. This time we plan on even more as our team of fantastic students and instructor's set-up camp across four sites!!

**Stay tuned for more updates and announcements.**

If you'd like to know how you could support future cohorts of Students on Tour, please [\*\*get in touch.\*\*](#)

## INTRODUCTION TO MANAGING CANCER AND LIVING MEANINGFULLY (CALM)

Managing Cancer and Living Meaningfully (CALM) is a brief, semi-structured, evidence-based intervention designed to help people with advanced and metastatic cancer, and their close loved ones, manage the practical and profound problems associated with advanced disease. Reduction of psychological distress and prevention of future distress are the primary goals of CALM.

An online introductory workshop delivered over two evenings with Dr. Gary Rodin & Dr. Sarah Hales.

**Wednesday 4 & Friday 6 March 2026 1:00 pm – 5:00 pm (both days) via online interactive webinar.**

[\*\*CLICK HERE TO REGISTER AND FIND OUT MORE\*\*](#)



# HELLO FEBRUARY – HEART HEALTH & SELF-CARE

As we embrace February, it's the perfect time to focus on self-love, connection and heart health – physically, emotionally and mentally. You, as primary care staff, are at the heart of Derbyshire's healthcare system, supporting our communities tirelessly.

Let's use this month to prioritise our wellbeing while recognising LGBT+ History Month, celebrating the resilience and contributions of the LGBT+ community.

**Did you know?** Heart disease remains a leading cause of death in the UK, with over 7.6 million people living with heart or circulatory diseases.

## Quick Tips for Heart & Emotional Health



**Move More** – Short walks, stretching, or gentle yoga can strengthen your heart and reduce stress.



**Mindful Moments** – Take 5 minutes for deep breathing or reflection each day to support mental wellbeing.



**Nutrition Check** – Balanced meals with plenty of fruit, vegetables and good hydration support both heart and mind.



**Self-Care Time** – Take time for yourself; read, relax or enjoy a hobby you love.

**Mini Challenge (Heart-Focused!)** This February, try one heart-focused act of self-care per week whether it's a short walk, a mindful pause or connecting with a colleague. Small steps make a big difference!

## Additional Resources

[Warmer Derby & Derbyshire: Help with heating & energy bills](#)

[South Normanton Bub Hub: Local community activities](#)

[JUCD Winter Wellbeing Timetable](#)



# NEW PROGRAMME LAUNCHED TO SUPPORT DERBYSHIRE'S 80-PLUS SOCIAL PRESCRIBERS

Social prescribers across Derby and Derbyshire have kicked off a new training programme to increase their professional development and give them access to peer support.

The year-long initiative aims to strengthen peer support, improve wellbeing and highlight the impact the region's 80-plus social prescribers make every day.

Funded by The Hub Plus Derbyshire, the programme gives social prescribers time and space to connect as a network. It offers moments to pause, reflect, share experiences and learn from one another. It also celebrates the difference social prescribers make to patients and communities.

**Dr Penny Blackwell, Chair and Clinical Director for Neighbourhood Health and Care, Derby and Derbyshire ICB, said:**

*"I'm very grateful to The Hub Plus for working with me to design a forum for our incredible social prescribers in Derby and Derbyshire."*

We know that 70% of our health concerns arise due to the wider determinants of health, such as loneliness & isolation, poor housing, inactivity, access to employment and education, financial constraints. Our social prescribers manage all of these and more, seeing some of the most challenging and complex people every day and become masters of flexibility and personalisation."

"We know this improves mental, physical and emotional health and reduces demand on services. But social prescribers are variably supported, and some don't receive any clinical supervision or debrief time or have the opportunity to connect with their peers to learn from and support one another. This programme is about changing that."



The programme includes three face-to-face wellbeing and development days. Each session focuses on a different stage of growth: 'Self', 'Team' and 'Leadership'. The sessions build on each other and give people dedicated time to grow, connect and reflect.

It also includes quarterly online study sessions to give social prescribers the knowledge and resources they need to support patients well.

A new quarterly Social Prescribing newsletter will also share experiences, successes, learning and real examples of how they can reduce pressure on clinical teams.

Social prescribing is already changing lives across Derbyshire. In Bolsover, people have overcome long-term isolation by joining walking groups and community activities. In Derby, young adults with severe anxiety have started volunteering in community cafés, building confidence that has led to education and work.



In the High Peak, carers have accessed respite and rebuilt their wellbeing. In the Derbyshire Dales, older residents have found new purpose through arts groups, exercise classes and social clubs. In Chesterfield, social prescribers have helped people in crisis find safe housing and stabilise their lives.

**ICB Chair Dr Kathy Mclean** recently visited Amber Valley CVS, where a team of social prescribers is based.

**Dr Susie Bayley, Programme Director at The Hub Plus Derbyshire**, said: "Social prescribers are the quiet revolutionaries in our system. They help people find purpose, rebuild confidence and reconnect with their communities. We've seen them guide people from crisis to stability. This programme gives them the same care and connection they offer others."

**Judith Kelf, a social prescriber at Belper PCN**, said: "It's really exciting to have this forum where we can get together with other social prescribers and develop our network and learning. We haven't had that opportunity to meet others doing the same role until now and it will massively help us to expand our skillsets and learn from each other."

*"Social prescribing is a very rewarding role, we genuinely help people with significant issues every day. But it can be hard work keeping on top of lots of change, so to have the support of peers is invaluable."*

Upcoming dates:

- **Team Development – 12 May 2026 (venue TBC)**
- **Leadership Development – 17 November 2026 (venue TBC)**

Anyone who missed the first session is encouraged to join the next one. Social prescribers can contact [ddlmc.thehubplus@nhs.net](mailto:ddlmc.thehubplus@nhs.net) to book a place or find out more.