

MARCH 2026

THE HUB PLUS TRAINING

NEWSLETTER



Find us on: 07883 328933 www.thehubplus.co.uk ddlmc.thehubplus@nhs.net



NHS

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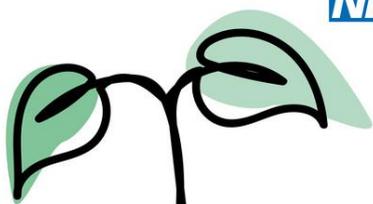
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People Promise

We are
always
learning

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

APPLICATIONS OPEN FOR THE DERBYSHIRE PORTFOLIO DEVELOPMENT CPD GRANT SCHEME



WE CAN SUPPORT FUTURE TRAINING AND EDUCATION WITH UP TO £3,000!!

This scheme has been designed to support the development of the general practice workforce across Derbyshire by offering targeted clinical CPD grants to individuals working in the general practice workforce.

APPLICATIONS ARE OPEN FROM 09TH MARCH 2026 AND CLOSE 06TH APRIL 2026

PANEL REVIEWS WILL TAKE PLACE W/C 13TH APRIL 2026

APPLICANTS NOTIFIED OF OUTCOME W/C 20TH APRIL

The review panel will assess each application based on how well it aligns with the priorities outlined above and those in the NHS Long Term Plan. Applications that demonstrate a strong connection to these priorities will be viewed more favourably.

The panel will be formed of:

- Representative from GPPB
- Representative from The Hub Plus
- EDI Representative
- Looking for a patient voice Representative

Eligible roles:

- GP and any advanced clinician who is not eligible for NHSE CPD funding
- You must be working in Derbyshire

If you are a new GP or Nurse to General Practice and currently exploring your options or developing early skills, you have access to the Early Practice Support Scheme, which includes dedicated funding to support your development. For more information, please see below:

thehubplus.co.uk/early-practice-support-scheme

ELIGIBLE INDIVIDUALS CAN APPLY FOR THE SCHEME BY [CLICKING HERE](#)

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

Something exciting is coming to Derbyshire General Practice...



Come back next month to find out more

Bitesize Update – New Derbyshire FibroScan Pathway

Date: 11 March 2026 Time: 13:00–13:20

This 20-minute lunchtime session will introduce the new Derbyshire CDC Base FibroScan pathway, including referral processes and the role of FibroScan in the earlier detection of liver disease. Perfect for busy schedules, this session gives clinicians everything they need to know about the Derbyshire FibroScan Pathway in the time it takes to grab a coffee.

- Fast, focused learning
- Clear overview of the new pathway
- Confidence on when and how to refer
- Support better patient outcomes through earlier detection

For Practice Managers:

We'd really value your support in releasing one GP or ACP to attend this focused lunchtime session. They can then share the key updates and learning points with the wider practice team, ensuring everyone benefits.

Book your place today: <https://thehubplus.co.uk/course/867>

Join our Fellowship programme

Fellowships offer you the opportunity to drive positive change in primary care while gaining skills and experience to enhance your career.

A new series of fellowships have just opened for applications in these 2 areas:

Community Transformation: To support transformation workstreams that improve coordination and delivery of community care.

Neighbourhood Development: To support integrated working, amplify patient voice, and lead on local neighbourhood transformation projects.

These fellowships are ideal for GPs, Nurses, Allied Health Professionals and Enhanced/Advanced Practitioners working in Derbyshire General Practice. You'll work alongside clinical leads and be supported by the Hub Plus team. You'll work on a contract basis for 1-2 sessions per week for up to 12 months (**funding is up to £10k per session**).

Applications for these fellowships are open until **27th March**. Click the fellowship title below:

[Community Transformation Fellowship](#)
[Neighbourhood Development Fellowship](#)

Social Prescribers – Free Webinar

Social Prescribing Link Workers are key to connecting people with community support and improving wellbeing. This free one-hour online webinar explores how personalised care roles—including Social Prescribing Link Workers, Care Coordinators and Health & Wellbeing Coaches—can be better supported to thrive within Primary Care Networks and neighbourhood teams.

The session will share practical insights, real examples and ideas to help strengthen the impact of personalised care, build confidence in the role and highlight opportunities for development and support.

 17 18 March 2026 |  1 hour |  Online |  Free

 [**Register here**](#)

We are hiring.... Learning and Development Manager

Job Description

Do you want to be part of shaping training for Primary Care in Derbyshire?

We at The Hub Plus provide training, education, development and support for all colleagues working in Primary Care in Derbyshire, ensuring there is complete 'wraparound' support throughout a career in Primary care whether clinical, non-clinical, managerial or leadership. We're looking for an inspiring Learning & Development Manager to lead, innovate and grow our training offer across Derbyshire and beyond.

Responsibilities

- Oversee the development of our training programme across multiple delivery modes (face-to-face, virtual and blended)
- Design and procure innovative, engaging learning solutions that drive confidence and competence
- Work with subject matter experts to ensure high-quality, evidence-based content
- Identify growth opportunities including commissioned and commercial training
- Ensure robust quality assurance including feedback review, learning observations and audits
- Monitor project budgets and ensure value for money
- Prepare reports and updates for senior leadership
- Manage and support a small, high-performing team
- Deliver an exceptional learner and client experience
- Build strong relationships with specialists and stakeholders

Essential

- Able to demonstrate experience in design and delivery of training
- Have a full UK Driving Licence
- Ability to occasionally travel to meetings or events
- Desirable but not essential skills
- Experience of working in a healthcare setting

We are looking for someone who:

- Cares and wants to have impact to help our teams in Derbyshire Primary Care
- Is confident and highly motivated
- Is an excellent communicator both written and verbal
- Is enthusiastic
- Has excellent attention to detail
- Has excellent IT Skills with a good working knowledge of Microsoft packages
- Can work independently and as part of a team
- Can manage and prioritise workload
- Is professional, friendly, approachable with a 'can do attitude'

The Offer

- Salary: £40,000 per annum
- Hours: 37.5
- Location: Flexible with at least 2 days a week office based, at Kelvin House, RTC Business Park, London Road, Derby DE24 8UP
- We invest in our people encouraging training and development opportunities as a learning company.

Please send your CV with covering letter to ddlmc.thehubplus@nhs.net

Closing Date: 20th March 2026 - Interviews: 23rd and 24th March 2026

ACTION LEARNING SETS

How long is the training: Three sessions each lasting two hours, delivered virtually.

Delegates must attend all three sessions. Delegates must attend all three sessions.

Each session requires separate registration via the LMS 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

Interpreting spirometry in General Practice - update

 **Date: 25/03/26**

 **Time: 13:30-16:30**

 **Location: Kelvin House,
RTC Business Park, London
Rd, Derby DE24 8UP**

 [Register now](#)

Performing spirometry in General Practice - Update

 **Date: 25/03/26**

 **Time: 09:30-12:30**

 **Location: Coney Green
Business Centre- 103 Wingfield
View, Clay Cross, Chesterfield
S45 9JW**

 [Register now](#)

Ear Irrigation Update

 **Date: 14/04/26**

 **Time: 10:00-16:00**

 **Location: Online**

 [Register now](#)

Polypharmacy Action Learning Set Training for the East Midlands (Session 1)

 **Date: 17/04/26**

 **Time: 12:30-14:00**

 **Location: Online**

 [Register now](#)

Three Treatment Targets-Blood Pressure

 **Date: 29/04/26**

 **Time: 09:30-12:30**

 **Location: The Post Mill
Centre-off Market St, South
Normanton, Alfreton DE55 2EJ**

 [Register now](#)

HCSW Wellbeing Drop In Session

 **Date: 30/04/26**

 **Time: 12:00-13:00**

 **Location: Online**

 [Register now](#)

Help Shape M365 Training for General Practice – Quick 3-Minute Survey

Microsoft 365 (M365) training to General Practice is being reviewed and your help is needed to make sure the support available better reflects the day-to-day tasks you carry out in your roles

Recently, practice managers told the ICB Digital Team that app-by-app training doesn't always feel relevant. Instead, you'd prefer training based on the real tasks you need to complete. To do this well, we need your voice.

The short survey below asks which areas you would find most useful. We've included several examples of task or role-based topics that could be developed into future training sessions, and you'll have the opportunity to vote for the ones that matter most to you:

Example topics included in the survey:

Appointments & Scheduling – managing rotas and clinic sessions using Outlook, Teams, and Shifts.

Patient Communication & Information – creating patient leaflets in Word, PowerPoint or Sway, and sending newsletters via Outlook.

Clinical Collaboration (MDTs/QI) – running MDT meetings, capturing actions, and sharing documents using Teams, Whiteboard and OneNote.

Training & Knowledge Sharing – creating and uploading training videos and guides in SharePoint/Teams; capturing acknowledgements and feedback through Forms.

Project & Programme Delivery – creating a Planner board with workstreams and automated task reminders; using Lists for a RAID log; capturing decisions and owners in shared OneNote.

The survey is quick to complete (2–3 minutes) and none of the questions are compulsory.

**👉 Please take a moment to share your views:
Help Shape M365 Training for General Practice – Fill in form**

Your feedback will directly shape the upcoming M365 training programme for General Practice. This is the best way for us to design sessions that genuinely meet your needs.

1 January - 31 March

M	T	W	Th	F
Bodyweight Exercise 07:30-08:00 Virtual	Morning Energizer 07:30-08:00 Virtual	Christian Network Morning Reflection & Prayers 08:30-09:00 Virtual	Menopause Yoga 08:00-08:30 Virtual	Hip Health 07:30-08:00 Virtual
Wellbeing Overview for New & Emerging Leaders 11:00-12:00 5 Jan, 2 Feb, 2 Mar Virtual	Working with a Health Condition Support Café 10:30-11:30 27 Jan, 24 Feb, 31 Mar Virtual	Returning to Work Following Ill Health Support Group 10:00-10:40 Virtual	NEW Ankle & Calf Health 09:30-09:50 Virtual	Full Body Workout 08:30-09:00 Virtual
Back Strength & Stretch 12:15-12:45 Virtual	Desk Stretches for Neck & Posture Health 11:00-11:20 Virtual	Chair Yoga & Breathwork 10:00-10:30 Virtual	Manager & Leader Supporting your Team's Wellbeing Drop-in 10:00-11:00 8 Jan, 5 Feb, 5 Mar Virtual	Emotional Freedom Techniques 10:00-10:20 Virtual
Legs, Bums & Tums 13:00-13:30 Virtual	Wellbeing Drop-in 11:00-12:00 Virtual	NEW Hand Reflexology 12:30-13:00 14 Jan, 10 Feb, 10 Mar Virtual	Returning from Parental Leave 10:30-11:00 20 Jan, 26 Feb, 26 Mar Virtual	Shoulder Health 11:00-11:20 Virtual
Stop Loan Sharks Awareness Workshop 14:00-15:00 12 Jan Virtual	Origami Time-Out 12:00-12:30 13 Jan, 3 Feb, 24 Mar Virtual	Mobilise & Stretch 12:00-12:30 Virtual	Desk Mobility 12:00-12:20 Virtual	Book Club 13:00-13:45 13 Feb Virtual
NEW Doodle Club 17:00-18:00 5 Jan, 2 Feb, 2 Mar RDH & Virtual	Menopause Café 14:00-15:00 20 Jan, 17 Feb, 17 Mar Virtual	Men's Group Getting Over the Hump 12:30-14:00 7 Jan, 4 Feb, 4 Mar Virtual	Yoga 12:30-13:00 Virtual	Cancer Support Group 13:00-14:00 30 Jan, 27 Feb, 27 Mar Virtual
Salsa Dancing Beginners 16:45-17:15 Regulars 17:15-18:00 KHD	Menopause Practitioner Q&A 14:00-15:00 6 Jan, 3 Feb, 3 Mar Virtual	Doctors in Distress 12:30-13:30 Virtual	Neurodiverse Café 14:00-15:00 15 Jan, 19 Feb, 19 Mar Virtual	A Kinder Space 16:00-17:30 RDH
Zumba 18:30-19:00 Virtual	Mum's Space 14:00-14:40 Virtual	Hormone & Reproductive Health Group 13:30-14:15 BI-Weekly Virtual	De-stress Yoga 17:00-17:30 Virtual	Salsa Social 18:30-21:30 *Email for more info
Table Tennis 17:00-19:00 RDH	Bereavement Support Group 14:30-16:00 28 Jan, 25 Feb, 25 Mar Virtual	Women's Football 18:00-19:00 MPS	Doctors in Distress 18:30-19:30 Virtual	
Legs, Bums & Tums 18:30-19:00 Virtual	Zumba 17:15-18:00 RDH	Derby Hospital's Band 19:00-21:00 GH		
Wellbeing Choir 19:30-21:00 RDH	See you at the Barre 17:30-18:00 Virtual	Dad's Space 19:30-21:00 BI-Weekly Pride Park		



bookwhen.com/jucdwellbeing

Password: frost

- Physical Activities
- Info & Support
- Arts & Culture
- Mind & Body

Activity Locations
 KHD Kingsway Hospital Derby
 RDH Royal Derby Hospital
 MPS Murray Park School
 GH Grange Hall

VIDEOS ON DEMAND
 View our recordings here and use the password: Wellbeing
vimeo.com/showcase/8854943

Become a **Wellbeing Champion**

Your Self-Care
 Browse through a list of services, helplines and apps that offer colleagues support with their Health & Wellbeing

Request a Wellbeing Visit

Primary Care / Peer Psychological Support
 Providing a confidential safe space for staff to meet with trained practitioners