

APRIL 2026

THE HUB PLUS TRAINING

NEWSLETTER



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



People Promise

We are **always learning**

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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 20th April 2026**

**Panel reviews will
take place W/C
27th April 2026**

**Applicants notified
of outcome W/C
04th May**

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](#)

Coming this October to Primary Care....

Derbyshire General Practice Awards 2026

Presented by **The Hub Plus** · Celebrating **10 Years**

This is YOUR moment.

The moment to recognise the kindness, courage and compassion that live at the heart of Derbyshire General Practice.

Every day, across every practice and every community, you make a difference. Sometimes in big ways, sometimes in quiet ways... always in meaningful ways. And now, it's time to shine a spotlight on the people who deserve to be celebrated.

There are 10 awards up for nomination this year, honouring the very best of Derbyshire General Practice:

- **Unsung Hero Award**
- **Practice Team of the Year**
- **Primary Care Network of the Year**
- **Leadership in Practice Award**
- **Receptionist / Reception Team of the Year**
- **Future Leader in General Practice**
- **Clinical Excellence Award**
- **Patient Champion Award**
- **Rising Star Award**
- **Community Impact Award**

Plus: Lifetime Achievement – Special Mentions

Honouring individuals whose long term dedication has shaped and strengthened Derbyshire general practice.

Nominate individuals, teams or practices who deserve recognition for their contribution, innovation and dedication to patient care across Derbyshire.

Submit your nomination [here](#)

Deadline: Wednesday 1st July 2026

Save the Date – 23rd October 2026

The Derbyshire General Practice Awards: A night dedicated to celebrating the people who make general practice extraordinary - A night dedicated to you.

Submissions open for the 4th cohort of the Derbyshire General Practice Long Service Awards



Just over a year ago, The Derbyshire General Practice Awards were launched. Since then, we've had the privilege of celebrating more than 200 dedicated professionals for their outstanding service.

The Derbyshire General Practice Awards aim is to honour and celebrate the unwavering dedication of Derbyshire individuals who have devoted 25 years or more of their careers to the NHS.

From recently achieving 25 years of service all the way to our longest awardee, who has been a proud member of Derbyshire Primary Care for over 53 years!



This recognition is open to anyone who has worked in the NHS for **25 years or more**, in any role within Derbyshire General Practice.

We invite colleagues and friends to join us in celebrating these incredible milestones, sharing stories, and acknowledging the impact of our long-serving colleagues.

This is the only cohort for 2026, come celebrate your dedication to Derbyshire Primary Care.



**SUBMIT YOUR APPLICATION NOW!
PLEASE CLICK HERE**

QUEST - Protected Learning Time 26/27

All sessions are FREE and most run from 14:00-16:00.

All Staff

Wellbeing & ICB Digital Learning

15th April 2026

22nd April 2026

Customer Care in Healthcare

13th May 2026

20th May 2026

Clinical Staff

Fuel, Move, Rest: The Mental Health Connection

15th April 2026

22nd April 2026

Frailty

13th May 2026

20th May 2026

Other upcoming topics include:

- Clinical Leadership
- Population Health Management
- Mental Health
- Customer Care in Healthcare

[Click here to view our full 2026 schedule](#)

Social Prescribers Spotlight

In January 2026, we launched our 12 month Social Prescriber Programme and we're proud to share that 75% of the Derbyshire Social Prescriber workforce is now taking part.

This programme creates dedicated space for Social Prescribers across Derbyshire to:

- Come together as a network
- Reflect and learn from one another
- Share experiences
- Celebrate the difference they make every day

As part of the programme, we are also publishing four quarterly Spotlights written by Derbyshire Social Prescribers themselves. These pieces highlight real experiences, showcase the incredible work taking place and offer the wider workforce a chance to read, learn and share.

A huge thank you to all the Social Prescribers who contributed to this first Spotlight.

Social Prescribing work often goes under the radar, unseen, unrecognised and under celebrated. Through this spotlight we want to change that narrative by:

1. Creating opportunities for Social Prescribers to showcase their work
2. Share real examples and case studies of how SPs reduce pressure on clinical staff
3. Making SP contributions visible across Derbyshire
4. Ensuring SPs are recognised as integral members of the multidisciplinary team

The first Spotlight is now available to [read here](#)

Oliver McGowan T1 part 2 webinars

Now that system funding has been withdrawn, The Hub Plus Derbyshire have made the decision to fund a limited number of Oliver McGowan Tier 1 Part 2 webinar sessions. Funding is limited so book now to secure your place!

You must complete the e-learning before attending the session and provide evidence of completion. Without this, your place on the course will not be confirmed. When you apply for the course, you will receive an email asking you to upload your Tier 1 Part 1 E-Learning certificate.

T1 part 2 webinar	22/04/2026	14:00-15:00	https://www.thehubplus.co.uk/course/924
T1 part 2 webinar	13/05/2026	13:30-14:30	https://www.thehubplus.co.uk/course/925
T1 part 2 webinar	20/05/2026	13:30-14:30	https://www.thehubplus.co.uk/course/923
T1 part 2 webinar	17/06/2026	14:00-15:00	https://www.thehubplus.co.uk/course/926
T1 part 2 webinar	24/06/2026	14:00-15:00	https://www.thehubplus.co.uk/course/927
T1 part 2 webinar	8/7/2026	13:30-14:30	https://www.thehubplus.co.uk/course/928
T1 part 2 webinar	15/07/2026	13:30-14:30	https://www.thehubplus.co.uk/course/929

Upcoming Training Sessions:

Obesity: Building Confidence in Biology, Behaviour, and GLP-1 Therapy

Date: 20/04/26
Time: 12:30-14:00
Location: Online
Register now

Clinical Update Session: Long COVID

Date: 22/04/26
Time: 13:00-14:00
Location: Online
Register now

New to Travel Health

Date: 28/04/26
Time: 08:45-17:00
Location: Online
Register now

Asthma & COPD Update

Date: 19/05/26
Time: 09:00-16:00
Location: Online
Register now

**The Fit Note and health inequalities.
Work as a health outcome**

Date: 27/05/26
Time: 13:00-14:00
Location: Online
Register now



International Medical Graduates (IMG) Series

IMG Series – Supporting International Medical Graduates to Thrive

International medical graduates (IMGs) are a vital part of the NHS workforce, bringing diverse skills, perspectives, and dedication to patient care. Yet, the journey to settling and succeeding in the UK healthcare system can be complex and isolating. These online evening series has been created in response to the unique challenges faced by IMGs in Derbyshire. By offering practical guidance, peer support and access to expert voices, we aim to empower IMGs not just to survive, but to thrive in their professional and personal lives in the UK.

Research, Teaching & Leadership for IMGs

03/06/2026 19:00-20:30

[Book Here](#)

We are
**always
learning**



Session 2: Contracts, Flexibility & Fairness

27/05/2026 19:00-20:30

[Book Here](#)

We work
flexibly



Sessions are open to ALL GPs across the Midlands

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W

Th

F

Bodyweight Exercise
07:30-07:50
Virtual

Wellbeing Overview for New & Emerging Leaders
11:00-12:00
13 Apr, 4 May, 1 Jun
Virtual

Back Strength & Stretch
12:15-12:45
Virtual

Legs, Bums and Tums
13:00-13:30
Virtual

Origami Time-Out
12:00-12:30
20 Apr, 18 May, 15 Jun
Virtual

Mum's Space
12:00-12:40
27 Apr, 18 May, 22 Jun
Virtual

Book Club
13:00-13:45
15 Jun
Virtual

Progressive Muscle Relaxation Masterclass
13:00-13:30
27 Apr
Virtual

Doodle Club
17:00-18:00
13 Apr, 11 May, 1 Jun
RDH & Virtual

Salsa Dancing
Beginners 16:45-17:15
Regulars 17:15-18:00
KHD

Zumba
18:30-19:00
Virtual

Morning Energizer
07:30-07:50
Virtual

Working with a Health Condition Support Café
10:30-11:30
28 Apr, 26 May, 30 Jun
Virtual

Desk Stretches for Neck and Posture Health
11:00-11:20
Virtual

Wellbeing Drop-in
11:00-12:00
Virtual

Childless Without Choice Support Group
14:00-15:00
14 Apr, 12 May, 9 Jun
Virtual

Menopause Café
14:00-15:00
21 Apr, 19 May, 16 Jun
Virtual

Menopause Practitioner Q&A
14:00-15:00
7 Apr, 5 May, 2 Jun
Virtual

Table Tennis
17:00-19:00
RDH

Box & Burn Masterclass
17:30-18:00
19 May
Virtual

Legs, Bums and Tums
18:30-19:00
Virtual

Wellbeing Choir
19:30-21:00
RDH

Christian Network Morning Reflection & Prayer
08:30-09:00
Virtual

Returning to Work following ill health Support Group
10:00-10:40
Virtual

Chair Yoga and Breathwork
10:00-10:30
Virtual

Men's Group Getting Over the Hump
12:30-14:00
1 Apr, 6 May, 3 Jun
Virtual

Mobilise and Stretch
12:00-12:30
Virtual

Film Club
12:00-12:30
15 Apr, 20 May, 17 Jun
Virtual

Doctors in Distress
12:30-13:30
Virtual

Pre-Natal Exercise
12:15-13:00
Virtual

Hormone & Reproductive Health Group
13:30-14:15
BI-woolly
Virtual

Bereavement Support Group
14:30-16:00
29 Apr, 27 May, 24 Jun
Virtual

Zumba
17:15-18:00
RDH

See you at the Barre
17:30-18:00
Virtual

Menopause Yoga
08:00-08:40
Virtual

Ankle & Calf Health
09:30-09:50
Virtual

Manager & Leader Support Your Team's Wellbeing Drop-in
10:00-11:00
2 Apr, 7 May, 4 Jun
Virtual

Returning from Parental Leave Support Group
10:30-11:00
30 Apr, 28 May, 25 Jun
Virtual

Desk Mobility
12:00-12:20
Virtual

Anxiety Support Group
12:00-12:45
16 Apr, 21 May, 18 Jun
Virtual

Yoga
12:30-13:00
Virtual

Neurodiverse Café
14:00-15:00
16 Apr, 21 May, 18 Jun
Virtual

De-stress Yoga
12:30-13:00
Virtual

Women's Football
18:00-19:00
MPS

Derby Hospitals Band
19:00-21:00
GH

Dad's Space
19:30-21:00
BI-woolly
Racecourse

Hip Health
07:30-08:00
Virtual

Full Body Workout
08:30-09:00
Virtual

Emotional Freedom Techniques
10:00-10:20
Virtual

Shoulder Health
11:00-11:20
Virtual

Cancer Support Group
13:00-14:00
24 Apr, 29 May, 26 Jun
Virtual

A Kinder Space
16:00-17:30
RDH

Pelvic Health Masterclass
12:30-13:00
26 Jun
Virtual

Sa

Dancing in the Park
12:30-15:30
20 Jun
Derby



bookwhen.com/jucdwellbeing

Password: bird

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 see the password: Wellbeing

vimeo.com/showcase/6854943

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



Webinars, Workshops and Training

Your Wellbeing Timetable is delivered by highly qualified professionals, trained to adapt content to ensure participant's safety and comfort. Please click on the activities via our booking platform for additional information on accessibility modifications or contact your Wellbeing Team.

All activities must be booked in advance.

New sessions are added regularly, please look out for new and exciting sessions & support throughout this release.

April

Coping with Stress Workshop*	Tuesday 7th April	13:30-14:30
Handling Difficult Situations with Care and Compassion	Wednesday 15th April	14:30-17:00
Suicide Awareness & Prevention Training	Wednesday 15th April	13:00-14:00
Quality Conversations for Leaders	Thursday 16th April	13:15-16:30
Stress Reduction Techniques*	Friday 17th April	12:30-13:00
Could Adoption Be Part of Your Story?	Tuesday 21st April	18:00-19:00
Master Your Sleep Workshop*	Wednesday 22nd April	18:00-19:00
Wellbeing Conversation Training	Thursday 23rd April	10:00-12:30
Fuel poverty & Carbon Monoxide risks*	Friday 24th April	12:30-13:15
Testicular Cancer Awareness Workshop*	Monday 27th April	11:00-12:00
REACT Mental Health Conversation Training	Tuesday 28th April	11:00-12:00
Supporting Yourself Following Trauma	Wednesday 29th April	18:15-19:00
Self-Massage Follow Along - Stress Release*	Thursday 30th April	14:30-15:15

May

Recharge Your Batteries Workshop*	Friday 1st May	12:30-13:15
How to have better conversations around mental health	Tuesday 5th May	09:15-12:30
Healing Through Nature - Wilderness Therapy*	Wednesday 6th May	11:00-11:40
Quality Conversations Training	Wednesday 6th May	13:15-16:30
Supporting People to Support Themselves	Thursday 7th May	09:15-12:30
Handling Difficult Situations with Care and Compassion	Thursday 7th May	13:00-15:00
Back Pain Myth Busters*	Friday 8th May	10:00-10:40
Last Days Matter Training (RDH)	Monday 11th May	09:30-12:30
Nervous System Regulation using Tapping*	Wednesday 13th May	14:30-15:15
Benefits of Being Outdoors & Explore What's Available*	Thursday 14th May	12:30-13:10
Wellbeing Conversation Training	Wednesday 20th May	14:00-16:30
Self-Massage Follow Along*	Wednesday 27th May	11:00-11:45
REACT Mental Health Conversation Training	Friday 29th May	10:00-11:00

June

"Beat the Slump" Workshop*	Monday 1st June	12:30-13:10
Handling Difficult Situations with Care and Compassion	Thursday 4th June	10:00-12:00
Leaving Work at Work*	Thursday 4th June	16:00-16:45
Basics of Healthier Eating*	Monday 8th June	12:30-13:15
Men's Mental Health - Tools for Tough Times	Wednesday 10th June	12:30-13:15
Autism & Neurodiversity- Deepening Quality Conversations	Wednesday 10th June	14:00-16:00
Planning for Retirement Course (NHS)	Monday 15th June	13:00-15:30
REACT Mental Health Conversation Training	Wednesday 17th June	14:00-15:00
Wellbeing Conversation Training	Thursday 18th June	09:30-12:00
Crystals for Summer Solstice*	Thursday 18th June	15:00-15:30
Self-Massage Follow Along*	Friday 19th June	13:00-13:45
Dancing in the Park - Derby	Saturday 20th June	12:30-15:30
Overcoming Negative Thinking Patterns*	Wednesday 24th June	11:00-11:45
Suicide Awareness & Prevention Training	Tuesday 30th June	10:00-11:00

Sessions marked with a * offer recordings to all booked on

"Self massage - very useful for tension, relaxation and will help with migraines too. Nice easy techniques and excellent for squeezing into busy lives. Delivered very well and easy to follow"

"My back problems have really improved. I was getting a lot of lower back pain before I started doing yoga, and I hardly get any now. I have also noticed a difference to my mood and anxiety levels"

Password:
bird

[bookwhen.com/
JUCDwellbeing](https://bookwhen.com/JUCDwellbeing)



We'd love to hear
your feedback

Tell us what you want to
see more of and feedback
on this service



Questions
about the
Wellbeing Timetable?

Email:
UHDB.GetHealthyStayHealthy@nhs.net





Celebrating 10 Years Supporting Derbyshire Primary Care

For the past 10 years, The Hub Plus has been proud to support our Primary Care workforce across Derby and Derbyshire.

You are more than colleagues, you are our community, our partners, and our Primary Care family. We simply could not do what we do without the incredible dedication, compassion and hard work shown every day across Derbyshire Primary Care.

This milestone isn't just about celebrating 10 fantastic years. It's about saying thank you.

- Thank you to our trainers, who share their expertise so generously.
- Thank you to our trainees, who continue to learn, grow and inspire.
- Thank you to our supporters and partners, who champion development and collaboration.
- Thank you to our Hub Plus team, who work tirelessly behind the scenes.

Every achievement over the last decade has been built together.

Here's to continuing to listen, support and care for our Primary Care family, and to the next 10 years of growing stronger, together.