

FEBRUARY 2026

THE HUB PLUS TRAINING



NEWSLETTER

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



NHS

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People Promise

We are
**always
learning**

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

UNIVERSAL QUEST 2026/27

Dedicated Protected Learning Time

All sessions run on Wednesday from 13:30 to 15:30 and are FREE for primary care staff across Derbyshire.

Dates will be announced as soon as they are confirmed by ICB.

April

Fuel, Move, Rest: The Mental Health Connection
Clinical staff

Wellbeing Session
All Staff

May

Cardiovascular Disease
Clinical staff

Population Health Management *All Staff*

June

Population Health Management
Clinical staff

LGBTQ
All Staff

Chronic Breathlessness
Advanced Clinical staff

July

Green Medicine, Green Prescribing
Clinical staff

Customer Care in Healthcare
All Staff

August



Summer Break

September

Clinical Leadership
Clinical staff

Understanding How the NHS App Interacts with Clinical Systems *All Staff*

October

Breast Cancer
Clinical staff

The Role of Cultural Sensitivity in Patient Care
All Staff

November

Men's Mental Health
Clinical staff

Deaf Awareness inc BSL
All Staff

December

Winter Break



January

Cancer
Clinical staff

Wellbeing Session
All Staff

February

Cardio-Renal Metabolic
Clinical staff

Patient Communication Skills & Managing Challenging Conversations
All Staff

March

Menopause & HRT
Clinical staff

Introduction to AI
All Staff

Please scan
the QR to find
out more



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**OLIVER'S
CAMPAIGN**

Oliver McGowan Mandatory Training

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.

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](#)**

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.

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. We need all Practices to help our Hub Plus plans for OMMT training delivery post April 2026 and how we can support you.

Please see the survey [here](#) and a video explaining more [here](#).

**[LEARN MORE ABOUT OLIVER
MCGOWAN MANDATORY TRAINING
IN DERBYSHIRE GENERAL PRACTICE](#)**

**[PLEASE CLICK HERE TO TAKE
PART IN THE SURVEY](#)**

Bliss
for babies born
premature or sick

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

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



Dr Katie Cowley

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

Meet the Trainers:



Claire Leggett

Business Director at The Hub Plus and
EMCC accredited practitioner

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

QUEST – Protected Learning Time 2026

Please Note: All sessions are FREE and most run from 13:30–15:30. They also divided into two groups – sessions suitable for all staff and clinical members.

All Staff

Communicating Test Results: Ensuring Clarity and Sensitivity

Date: Wednesday 18th February 2026

Time: 14:00 – 16:00

Location: Online

[Sign-up here](#)

Clinical

Clinical Leadership

Date: Wednesday 18th February 2026

Time: 14:00 – 16:00

Location: Online

[Sign-up here](#)

Supporting LGBT Patients

Date: Wednesday 11th March 2026

Time: 14:00 – 16:00

Location: Online

[Sign-up here](#)

Date: Wednesday 18th March 2026

Time: 14:00 – 16:00

Location: Online

[Sign-up here](#)

Cancer Screening: Evidence-Based Ways You Can Improve Uptake Latest Guidelines, Risk Stratification, and Clinical Decision-Making

Date: Wednesday 11th March 2026

Time: 14:00 – 16:00

Location: Online

[Sign-up here](#)

Date: Wednesday 18th March 2026


Time: 14:00 – 16:00

Location: Online

[Sign-up here](#)

Core immunisation and vaccination training


 **Date: 19/02/26**


 **Time: 09:00-16:30**

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

 [Register now](#)

Clinical Update Session: Advice and Guidance Queries- Dermatology

 **Date: 25/02/26**


 **Time: 13:00-14:00**


 **Location: Online**

 [Register now](#)


Derbyshire Primary Care Lower Limb Pathway


 **Date: 26/02/26**

 **Time: 10:00-15:00**

 **Location: South Derbyshire
CVS, Top Floor of Unit G,
Sharpes Industrial Estate,
Alexandra Rd, Swadlincote,
DE11 9AZ**

Cervical screening : Tips and Troubleshooting

 **Date: 10/03/26**


 **Time: 10:00-12:00**

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

 [Register now](#)

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](#)

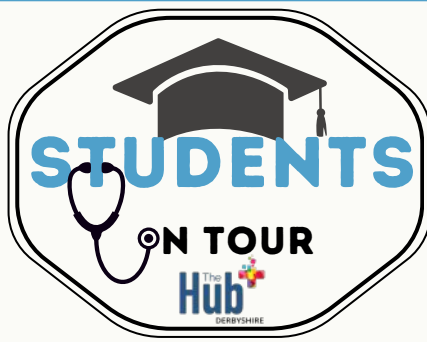
Performing spirometry in General Practice - Update

 **Date: 25/03/26**

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

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

 [Register now](#)



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

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 to book a place or find out more.

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.