

**MAY 2025**



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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.

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

**Explore the Hub Plus website**

*People Promise*



**The Hub Plus on the Move** is a dedicated initiative to visit every general practice across Derby and Derbyshire. Our goal? To connect directly with primary care professionals, listen to your needs, and showcase how we can support you with training, development, and more.

This initiative is designed with you in mind. We're here to offer support, provide access to essential tools, training, and resources, and ensure you have what you need to thrive in your role.

Most importantly, we want to hear from you. These visits are your opportunity to share your experiences, raise challenges, and shape how we can better support you now and in the future.



**The Hub Plus team has officially hit the road!** we recently had the pleasure of visiting our fantastic colleagues in the Glossop PCN and at Lister House.

During our two visits we spoke with 85 dedicated members of staff working across a variety of roles. It was a great opportunity to listen and understand more about the challenges and successes happening on the ground and how we can help and support.

These visits are all about making sure primary care staff feel heard, supported, and equipped with the tools they need. And it's just the beginning—we're on the road again shortly with 7 further practices already booked in!

**If you'd like to arrange a visit from the Hub Plus team, we'd love to hear from you. Simply drop us an email at [ddlmc.thehubplus@nhs.net](mailto:ddlmc.thehubplus@nhs.net).**



## Protected Learning Time QUEST – Updated Timetable

Thanks to everyone who joined our first QUEST – Protected Learning Time sessions! We've had fantastic feedback and have now updated the timetable with more FREE focused learning to support your Wednesday afternoons.

Updated timetable (May–Nov 2025) now available [online](#)

Upcoming May Sessions:

- Wed 14 May, 13:30–15:30: [Self Care to Avoid Burnout \(All Staff\)](#)
- Wed 14 May, 13:30–15:30: [Serious Mental Illness \(Clinical Staff\)](#)
- Wed 21 May, 13:30–15:30: [Self Care to Avoid Burnout \(All Staff\)](#)
- Wed 21 May, 13:30–15:30: [Serious Mental Illness \(Clinical Staff\)](#)

We're excited to welcome **five new fellows starting in June 2025**, each focusing on unique local initiatives over 12 months.

Their fellowship areas include:

- General Practice Retention
- Frailty
- Falls Prevention and Management

As we celebrate our new fellows, we also acknowledge the achievements of our 2024 fellows who are now reaching the end of their projects or have recently completed them.

Their work has focused on areas including; Severe Mental Illness, MSK, GPN Project Lead working on Imms and Vacs training, Lifestyle Medicine, Dermatology & Quality Improvement Projects.

You can explore more about each fellowship, their outcomes and achievements through our resource page on our website:  
[thehubplus.co.uk/resources-library](https://thehubplus.co.uk/resources-library)

## Mandatory Training

All primary care staff are expected to complete a minimum level of ensure they can carry out their role safely and effectively. There is an expectation training is updated and refreshed at appropriate intervals.

At the Hub Plus, we cover a range of mandatory and CPD topics through live webinars. Event information can be found on our [Events Calendar](#). Most courses are free of charge and you will need to sign up to our [Learning Management System](#) to book on to courses.

[Click here](#) to discover How can The Hub Plus help you and your team?

## Join Our Informal MS Teams Group for LD Leads in Primary Care

Are you a Learning Disability lead in primary care? We're setting up an informal MS Teams group to help share learning, promote events, and access easy-read resources across services. This group is a flexible, low-pressure space to upload useful documents, ask questions, and stay connected with others in primary care, LD teams, and local council services. If you'd like to join or learn more, **contact Amy Armiger, Advanced Clinical Practitioner / Lead Nurse, Trailblazer Fellow:**  
[amy.armiger1@nhs.net](mailto:amy.armiger1@nhs.net)

## New Quarterly Study Days - Online Learning for Personalised Care Roles

We are pleased to announce the launch of new quarterly study days online, specifically for personalised care roles. These sessions are aimed at enhancing your knowledge and supporting your continuous development.

Further details about sessions will be shared soon. Topics will include areas such as compassion fatigue, bereavement, support for carers of individuals with learning disabilities, asylum seekers and immigration, domestic violence, lifestyle medicine, and cancer care reviews.

## Vacancy - Primary Care Trainers

Calling Clinical, Non-Clinical, ARRS, and Practice Management Trainers, are you passionate about helping people? Do you want to make an impact? Do you want to make a difference?.....

This is an exciting opportunity to shape the future of primary care by delivering high-quality training and creating an inclusive learning.

Interested? [Click here](#) to find out more about the role and apply.



## Incentivising Placements in General Practice

We are excited to announce our new initiative aimed at incentivising placements in General Practice. This programme offers financial incentives to practices for hosting student placements, providing a unique opportunity to enhance practice capabilities and contribute to workforce development.

[Click here](#) to find out more.

We're pleased to announce a further 188 funded **GPA places** across the Midlands for the upcoming cohorts, the first of which is starting at the end of May. Please find attached a link to all the relevant information and the EOI submission form:

<https://www.lincolnshiretraininghub.nhs.uk/midlands-gpa-programme/>

## Additional Offers

We provide one-on-one coaching sessions that focus on individual growth and development, helping you to overcome challenges and achieve your personal and professional goals. For those who prefer a collaborative approach, we offer group coaching sessions that foster teamwork, enhance communication, and build collective problem-solving skills.

[Click here](#) to find out more.

## The Hub Plus Bespoke Offers

Our expert team want to make sure we meet all your training, education and development needs. Where these needs sit outside our current delivery, or need adaptations, we would love to explore this and work with you.

[Click here](#) to find out more.

## Freedom to Speak Up

We are delighted to announce that Linda Cross, our Freedom to Speak Up Guardian has returned to work (in a phased way initially) for any Freedom to Speak Up enquires, please contact [linda.cross@nhs.net](mailto:linda.cross@nhs.net)

If you'd like more information about Freedom to Speak Up, please [click here](#).

## Derbyshire General Practice Long Service Awards

There is less than a week to go until the second cohort of the Derbyshire General Practice Long Service Awards. We are super excited to welcome our incredible colleagues who have dedicated over 25 years service to Derbyshire primary care and the NHS.

We'll share photos and a rundown of the day in the June Hub Plus newsletter - stay tuned.

## Introducing the New Look of Career Conversations – Tailored for All Primary Care Staff in Derby and Derbyshire

This is a newly redesigned way of our 'career conversations' tailored for all primary care staff in Derby and Derbyshire.

No matter where you are in your career—just starting out, growing in your current role, or planning your next big move—our newly redesigned approach makes it easier to explore your options and get the support you need.

### What's New?

- ✓ A clear, structured approach to career conversations
- ✓ Brand-new self-reflection toolkits and career pathway resources
- ✓ A faster, simpler booking process
- ✓ A refreshed website with interactive guides and tools

### Why Now?

Career progression in primary care can be confusing, and knowing where to begin isn't always easy. That's why we've redesigned our offer—to help you take control of your career, boost job satisfaction, and feel confident about your next steps.

### Coming Soon:

Our new Expression of Interest (EOI) form and booking system will be launching shortly. In the meantime, if you'd like support or more information, please contact us at [ddlmc.gptf@nhs.net](mailto:ddlmc.gptf@nhs.net).

Stay tuned for launch updates—or reach out now to discover how PathwayPlus can help you achieve your career goals.

## Menopause Introduction



**12/05/25**



**13:00–17:00**



[thehubplus.co.uk  
/course/478](https://thehubplus.co.uk/course/478)

## Clinical Update Session: Common ENT Conditions and Red Flags



**14/05/25**



**19:30–20:45**



[thehubplus.co.uk  
/course/494](https://thehubplus.co.uk/course/494)

## Activism, Advocacy & Allyship: A Practical Guide – REACH Network



**14/05/25**



**19:00–20:00**



[thehubplus.co.uk  
/course/488](https://thehubplus.co.uk/course/488)

## Data Security



**15/05/25**



**13:30–16:30**



[thehubplus.co.uk  
/course/403](https://thehubplus.co.uk/course/403)

## EDEN GLP1 – Initiation Session



**21/05/25**



**14:00–16:30**



[thehubplus.co.uk/  
course/537](https://thehubplus.co.uk/course/537)

## Clinical Update Session: Biochemistry common conundrums



**28/05/2025**



**12:30–13:30**



[thehubplus.co.uk  
/course/476](https://thehubplus.co.uk/course/476)

# Early Career GP Conference East Midlands 2025

Thursday 26 June

Holywell Park Conference Centre, Loughborough



Network, Thrive, Be Inspired



VALE OF TRENT



LEICESTER



Phoenix  
PROGRAMME



Northamptonshire  
Primary Care Training Hub  
Collaborate Educate Elevate



Training & support for  
primary care



LINCOLNSHIRE  
TRAINING HUB  
Primary Care Education

## Early Career GP Conference 2025

### Registration now open!

We're thrilled to unveil plans for our fourth **East Midlands Early Career GP Conference!** The date is set for **Thursday 26 June 2025** at Holywell Park Conference Centre, Loughborough.

#### What to expect:

The programme will treat delegates to a wealth of inspirational speakers which include:

Professor Margaret Ikpoh, Vice-chair of RCGP,

Professor Jeremy Howick, Professor of Empathic Healthcare

Dr Saqib Anwar, Medical Director & Responsible Officer, NHS England - Midlands

**Plus interactive workshops on the four streams chosen for 2025:**

Creating a Successful Portfolio Life

Employability Optimisation

Financial Matters

The Future of General Practice

#### How to register:

This event is aimed at **Early Career GPs** in the **East Midlands** and registration is initially open for GPs in their **first 5 years post qualification**. Any remaining tickets will be released at a later date, for GPs outside of this criteria.

\*\*\* **PLEASE REGISTER HERE** \*\*\*

or scan the QR Code

Please complete the registration form and **select your workshop choices** at the time of booking. If you do not meet the initial criteria, you will be placed on a waitlist.

This event is **fully funded** by **East Midlands Training Hubs** and our **valued sponsors**. Please be advised that whilst you can register for free, **non-attendance** without prior cancellation will incur a charge of up to £100.

Contact us: [llrtraining.hub@nhs.net](mailto:llrtraining.hub@nhs.net)



↑ If you'd like to attend the Early Career GP Conference, please [click here](#) to reserve your spot. ↑

## International Nurses Day

Monday 12<sup>th</sup> May 2025

International Nurses Day recognises the incredible contribution of nurses working across general practice.

Nurses play a vital role in delivering high-quality, patient-centred care—supporting prevention, managing long-term conditions, and helping patients navigate their health journeys every day.

Let's take a moment next week to celebrate and thank our nursing colleagues for all they do.



## National Receptionists Day

Wednesday 14<sup>th</sup> May 2025

Behind every smooth-running practice is a team of dedicated receptionists who are the first point of contact, the calm in the chaos, and the friendly voice patients rely on.

This 14th May, join us in recognising the incredible contribution of our reception staff.

They juggle phone calls, appointments, admin, and patient concerns with professionalism, empathy, and skill—often all at once!



## CONTACT US

We'd love to hear from you – our Primary Care family. What can we do to help YOU on your #primarycarejourney?

✉ [ddlmc.thehubplus@nhs.net](mailto:ddlmc.thehubplus@nhs.net)

🌐 [www.thehubplus.co.uk](http://www.thehubplus.co.uk)

📞 07883 328933

Find us on:     

**We are always listening and we care.**