

**FEBRUARY 2025**  
**THE HUB PLUS TRAINING**  
**NEWSLETTER**



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**Welcome to The Hub Plus  
Training Newsletter!**

Your go-to source for all things training and development. This newsletter is designed to keep you updated on the latest learning opportunities available to help you grow your skills and achieve your goals.

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

*People Promise*



# INTRODUCTION



**Welcome to Hub Plus Training newsletter  
— your go to platform for learning, growth,  
and unlocking potential.**

Designed to support every team member, from beginners to experts, our training and e-learning is packed with courses and resources tailored to help you excel in your role and beyond. Best of all, much of the **training is free**, so you can dive into professional development at no cost.

Whether you're looking to expand your skills, explore new areas, or simply stay up to date our training and e-learning accessible, engaging, and enjoyable. Start exploring today and take the next step in your **Primary Care journey!**

**[Begin your Training Journey Here](#)**

If you have a question, need further support or just need someone to listen to your thoughts and concerns, please get in touch - **email:** **[ddlmc.thehubplus@nhs.net](mailto:ddlmc.thehubplus@nhs.net)** or by phone: **07883 328933**.

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



Our comprehensive **Events Calendar** allows you to see all the upcoming training sessions and events.

For more details and exclusive offers, please click here:  
**[https://www.thehubplus.co.uk/  
events-calendar](https://www.thehubplus.co.uk/events-calendar)**

# UNIVERSAL QUEST TIMETABLE 2025

Please Note: All sessions are FREE and run most from 13:30-15:30.  
To book or find out more, please click on the session title.

April	Clinical Staff	All Staff
09/04/2025	<u><a href="#">Chronic Kidney Disease</a></u>	<u><a href="#">Perinatal Mental Health</a></u>
16/04/2025	<u><a href="#">Chronic Kidney Disease</a></u>	<u><a href="#">Conflict Resolution</a></u>

May	Clinical Staff	All Staff
14/05/2025	<u><a href="#">Serious Mental Illness</a></u>	<u><a href="#">Self Care and Stress Management</a></u>
21/05/2025	<u><a href="#">Serious Mental Illness</a></u>	<u><a href="#">Self Care and Stress Management</a></u>

June	Clinical Staff	All Staff
11/06/2025	<u><a href="#">HRT &amp; Menopause</a></u>	<u><a href="#">Derbyshire Shared Care Record</a></u>
18/06/2025	<u><a href="#">HRT &amp; Menopause</a></u>	<u><a href="#">Derbyshire Shared Care Record</a></u>

July	Clinical Staff	All Staff
09/07/2025	<u><a href="#">Men's Mental Health</a></u>	<u><a href="#">Customer Care in Healthcare</a></u>
16/07/2025	<u><a href="#">Men's Mental Health</a></u>	<u><a href="#">Customer Care in Healthcare</a></u>

The Hub Plus: Supporting  
Learning Together



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## **Looking After Our Locum Listening Group**

Date: **10/2/25** Time: **14:00-15:00** Location: **Online**

**[Click here to book your place.](#)**

## **REACH Network: Matters of Intersectionality – BAME voices in the LGBTQ+ space**

Date: **12/02/25** Time: **19:00-20:00** Location: **Online**

**[Click here to book your place.](#)**

## **Civil Leadership: Guiding Teams with Respect and Kindness**

Date: **21/02/25** Time: **13:00-14:00** Location: **Online**

**[Click here to book your place.](#)**

## **Clinical Update Session: ECGs – common A&G queries**

Date: **24/02/25** Time: **19:30-20:45** Location: **Online**

**[Click here to book your place.](#)**

## **Assertiveness – handling difficult conversations with patients**

Date: **26/02/25** Time: **13:15-15:30** Location: **Online**

**[Click here to book your place.](#)**

## **Senior Career webinar series: Finance and Pensions Demystified**

Date: **26/02/25** Time: **19:00-21:00** Location: **Online**

**[Click here to book your place.](#)**

## East Midlands Breast Pain Pathway Webinar

Date: **04/03/25** Time: **13:00-14:00** Location: **Online**

[Click here to book your place.](#)

Clinical Update Session: MSK conditions – when to lx/when to refer

Date: **05/03/25** Time: **19:30-20:45** Location: **online**

[Click here to book your place.](#)

## Project Management Bitesize: Leadership and Conflict in Project Management

Date: **05/03/25** Time: **14:00-15:00** Location: **Online**

[Click here to book your place.](#)

## Trauma Informed Cancer Care

Date: **06/03/25** Time: **19:00-21:00** Location: **Online**

[Click here to book your place.](#)

## Derbyshire Shared Care Record

Date: **12/03/25** Time: **13:30-14:15** Location: **Online**

[Click here to book your place.](#)

## Clinical Update Session: Paediatric Update

Date: **18/03/25** Time: **12:30-13:30** Location: **Online**

[Click here to book your place.](#)

## Senior Career webinar series: Exploring opportunities for senior GPs

Date: **19/03/25** Time: **19:00-21:00** Location: **Online**

[Click here to book your place.](#)

## Introduction to travel health – 2 Day Course

Date: **25 & 26/03/25** Time: **09:00-17:00** Location: **Online**

[Click here to book your place.](#)

[\*\*Sign Up Here\*\*](#)

## Contraception and Sexual Health Introduction

Date: **02/04/25** Time: **09:30-16:30** Location: **Online**

[Click here to book your place.](#)

## Reach Network: Lunch & Learn - Cultural Competence in Patient Care

Date: **02/04/25** Time: **13:00-14:00** Location: **Online**

[Click here to book your place.](#)

## Ear Irrigation Update

Date: **08/04/25** Time: **12:00-16:00** Location: **Online**

[Click here to book your place.](#)

## Clinical Update Session: Management of Dizziness

Date: **08/04/25** Time: **12:30-13:30** Location: **Online**

[Click here to book your place.](#)

## Perinatal Mental Health in Primary Care

Date: **09/04/25** Time: **13:30-14:30** Location: **Online**

[Click here to book your place.](#)

## REACH Network - Listening & Empowerment Exercise

Date: **09/04/25** Time: **19:00-20:00** Location: **Online**

[Click here to book your place.](#)

## Conflict Resolution

Date: **16/04/25** Time: **13:30-17:00** Location: **Online**

[Click here to book your place.](#)

## Inhaler Technique and Formulary Choices

Date: **24/04/25** Time: **12:00-13:00** Location: **Online**

[Click here to book your place.](#)

[\*\*Sign Up Here\*\*](#)

## L2 Infant Feeding Training

Date: **06/05/25** Time: **17:30-18:30** Location:  
**Online**

[Click here to book your place.](#)

## Your Mind Matters Primary Care Learning Event

Date: **08/05/25** Time: **12:30-14:30** Location:  
**Online**

[Click here to book your place.](#)

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

Date: **14/05/25** Time: **13:00-16:00**  
Location: **Online**

[Click here to book your place.](#)

## REACH Network- Communication Skills- Breaking barriers in the workplace

Date: **14/05/25** Time: **19:00-20:00**  
Location: **Online**

[Click here to book your place.](#)

## Performing spirometry in General Practice - update

Date: **15/05/25** Time: **09:30-12:30**  
Location: **RTC Business Park, London Rd, Derby DE1 2SX**

[Click here to book your place.](#)

## Diabetes Clinical engagement meetings - Lipids

Date: **15/05/25** Time: **13:00-14:00**  
Location: **Online**

[Click here to book your place.](#)

## Interpreting spirometry - Update

Date: **15/05/25** Time: **13:30-16:30**  
Location: **RTC Business Park, London Rd, Derby DE1 2SX**

[Click here to book your place.](#)

## Diabetes Clinical engagement meetings-Renal

Date: **20/05/25** Time: **13:00-14:00** Location:  
**Online**

[Click here to book your place.](#)

## Non-Medical Prescribing Update

Date: **30/05/25** Time: **09:00-16:00**  
Location: **Online**

[Click here to book your place.](#)

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# E-LEARNING MODULES

**Explore Our Comprehensive Training Modules –  
Tailored for Every Need and E-Learning Style!**

Our diverse range of training modules is designed to cater to a variety of goals and preferences, ensuring there's something for everyone at a time that suits you!

With topics ranging from foundational skills to advanced techniques, our modules are perfect for beginners and seasoned learners alike.

Dive into our user-friendly resources, and start building skills in a way and pace that works best for you!

**check out some of the learning modules below:**



## Level 1 Infant Feeding Training

Training video series provides a foundation of knowledge suitable for all general practice staff including non-clinical staff.



## Derbyshire Quality Improvement Portal

a comprehensive platform designed to be your go-to resource for all things related to Quality Improvement in Primary Care in Derbyshire.

## INDUCTION PROGRAMME

Suitable for all new and existing staff in GP practices within Derby and Derbyshire.

- How General Practice works and where it fits in a health and social care system
- Introduction to the training hub
- Multi-Disciplinary Team
- Resources for primary care clinicians

**[Explore our full range by signing up here](#)**



Thank you for joining us for this edition of the  
**Hub Plus Training Newsletter!**

We hope these updates inspire your learning journey and empower you to make the most of the resources and opportunities available.


Keep exploring, keep learning, and keep growing with **The Hub Plus!**

## CONTACT US

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

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 [07883 328933](tel:07883328933)

Find us on:     

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