



FEBRUARY 2025



INSIDE THIS ISSUE:

Here's what you can find in the latest Hub Plus newsletter.

[Universal Quest Timetable 2025](#)

[Free Training](#)

- Clinical Update Session: ECGs – common A&G queries Trauma Informed Cancer Care
- Introduction to travel health – 2 Day Course

Plus more...

[News](#)

- Long Service Cohort 2
- Reach Network 2025
- FREE Fitness for Health pilot programme

Plus more...

[The Hub's Hub](#)

- Training and E-Learning Portal

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



UNIVERSAL QUEST TIMETABLE 2025

Please Note: All sessions are online and FREE and run most from 13:30-15:30.

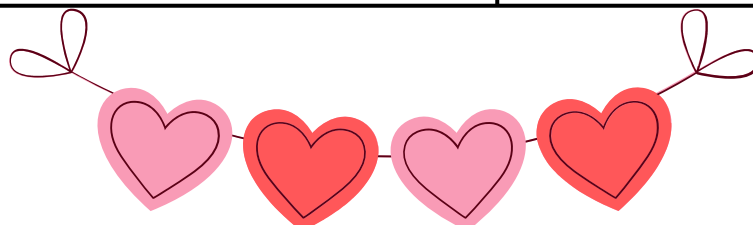
To book or find out more, please click on the session title.

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

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

June	Clinical Staff	All Staff
11/06/2025	<u>HRT & Menopause</u>	<u>Derbyshire Shared Care Record</u>
18/06/2025	<u>HRT & Menopause</u>	<u>Derbyshire Shared Care Record</u>

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



Explore our range of **FREE** training courses with available spots in February, March and April.

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](#)

East Midlands Breast Pain Pathway Webinar

Date: 04/03/25
Time: 13:00–14:00
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](#)

Clinical Update Session: Paediatric Update

Date: 18/03/25
Time: 12:30–13:30
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](#)

Contraception and Sexual Health Introduction

Date: 02/04/25
Time: 09:30–16:30
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](#)



Don't miss the chance to enhance your skills with our expert-led sessions. For more details and exclusive offers, click here:

<https://www.thehubplus.co.uk/events-calendar>

We are excited to announce the launch of our new 6-month **Team Development Programme**, designed to support you and your practice team in navigating the challenges of general practice while fostering collaboration, leadership, and team wellbeing.

Programme Objectives:

- Enhance individual and team development through facilitation and training to increase self-awareness, team dynamics and leadership insights to support the whole practice
- Support leadership goals through our 1:1 coaching and peer support programme
- Foster a positive organisational culture that enables meaningful change
- Address key areas such as emotional intelligence, conflict resolution, and team cohesion allowing practice flexibility and choice.

What will feel different from other training programmes:

- People and team-focused: The programme is about people and not the technical side of general practice.
- Inclusive: The programme is designed to be delivered to the WHOLE team, rather than just focusing on one or two key members of the practice.
- Bespoke content: As Practice Manager and Partner, you will collaborate with The Hub+ to shape the programme's content around your team's specific needs and priorities.
- Delivered on-site: The Hub Plus will bring the programme to your team, making it accessible.

Delivery timescales and programme outline:

- The first cohort will launch in May and run through to October, featuring different interventions throughout the period to ensure a comprehensive and progressive experience for you and your team.

If your practice is interested in this exciting opportunity, please read the additional information attached and respond by 28th February, confirming that you can commit to protecting the time for you and your team and are happy to proceed with the associated cost of £1,200 for practices with 50 staff or less. (Please get in touch for a bespoke quote for a practice with 50+ staff members).

If you require any further information or wish to discuss any of the elements of the programme, we will be hosting a drop in call on the following dates, please get in touch by emailing ddlmc.thehubplus@nhs.net if you wish to receive a link to attend one of the calls.

- Thursday 13th February 1 – 2pm
- Tuesday 18th February 1 – 2pm

The Hub Plus Derbyshire QI Awards recognise and reward excellence in Quality Improvement.

The awards are open to anyone in Derbyshire who is driving Quality Improvement initiatives in Primary Care. If you have completed a QI Project in the last 12 months, we ask that you use our QI Project template to send us a summary of your project.

Vouchers worth £250 for 1st Prize and £100 for 2nd Prize will be given in 5 categories:

- Health Outcomes
- Patient Experience
- Staff Experience
- Sustainability

QI by those in training – open to Student Nurses, GP SpRs, New to Practice GPs and Nurses, ACPs in training
Please submit your QI project summaries to ddlmc.thehubplus@nhs.net by 31st March 2025.

After review by a Multidisciplinary Panel winners will be announced in April 2025.

All QI project summaries will be available to view in our QI library: <https://www.thehubplus.co.uk/resources-library>

The Derbyshire General Practice Long Service Awards 2025

Join us as we celebrate the outstanding commitment and dedication of healthcare professionals who have devoted years of service to the NHS. These awards recognise the hard work, passion, and resilience of those who have made a lasting impact in Derbyshire's general practice community.

Applications close on **31st March 2025** – don't miss this opportunity to honour exceptional contributions to the NHS.

We are now accepting applications, [click here](#) to apply or for more information.

Spotlight on L4 Associate Project Manager Apprenticeship!

Apprenticeships can be vital in developing practice staff and helping them reach their potential whilst still supporting the organisation by learning new, essential skills.

The L4 Associate Project Manager apprenticeship is ideal for those who are required to manage project work and teams within practices and PCN's.

Remember – 100% of your course fees can be paid through Gifted Levy at no cost to your practice!
Get in touch to find out more.

Did you know that **wellbeing visits** are available to any practices within Derbyshire?

Wellbeing visits are designed to promote health and wellbeing within our general practice community and its staff working tirelessly within. Our wellbeing visits offer a safe and supportive space for all staff working in primary care to discuss their concerns, receive guidance, ask for support and enhance overall wellbeing.

Visit [The Hub Plus Wellbeing Visits](#) webpage to find out more.

Alternatively, [Click here](#) to Fill out the booking form: Complete the online form with your details and preferred appointment time.

The Hub Plus's Pharmacy Ambassador, Aimee Booth is interested in hearing from pharmacists and pharmacy technicians about any areas of training you may be interested in.

Please fill out the following survey, it will only take a couple of minutes!

<https://forms.gle/5PZAzpq6gFqGlien7>

Foundation Trainee Pharmacists in 2026/27

Please [click here](#) to find out more Information for General practice/PCNs.

NHS England has now ceased funding for The New to Practice scheme from 31 March 2024.

Although the New to Practice scheme is no longer funded by NHSE, we remain committed to supporting newly qualified GPs/ Nurses and New into general practice nurses. To do this, we have opened up our monthly educational sessions, where GPs/Nurses can connect with peers at a similar career stage and gain valuable knowledge and updates.

Additionally, we host a WhatsApp group for New to Practice GPs & Nurses and have created a [short form](#) if anyone in their early career stage would like to join our networking channels.

Call for Primary Care Placement Providers

We are reaching out to our valued practices with an urgent request for primary care placement offers. We have a significant number of placement requests from several cohorts and universities, and we need your support to provide valuable learning experiences for these students.

By offering placements, you will be contributing to the education and development of future healthcare professionals. If you are able to provide a placement or would like more information, please contact us at ddlmc.thehubplus@nhs.net.

Thank you for your continued support and dedication to nurturing the next generation of healthcare providers.

The Reach Network – Celebrating Diversity: The Power of Cultural Heritage

Throughout 2025, will be running a number of in-person and online sessions that will raise awareness, foster inclusion, and celebrate the diverse cultural heritage.

Each session will feature incredible speakers, create powerful conversations and generate meaningful insights.

Join us in celebrating diversity! Participate in our events, share your story, and help us amplify the power of cultural heritage. Visit [The Reach Network webpage](#) to learn more and get involved!

United in Diversity: Sharing Stories, Building Futures.



Funded by: **BREAST CANCER NOW**
The research & support charity

Delivered by: **HER SPIRIT**

Supported by: **Hub** **HEALTH COOPERATION**
Primary Healthcare Derby

Attention Women in Derby & Bolton! We're bringing the FREE Fitness for Health pilot programme to your area! Funded by Breast Cancer Now, this 12-week programme is designed to help you move more, feel stronger, and prioritise your health.

Derby & Bolton Residents, here's what you'll get:

- Expert coaching to guide and motivate you
- A mix of online and in-person sessions
- A supportive community of women like you
- Proven strategies to boost fitness, strength, and confidence

This is your chance to join a transformative, fully funded programme and take the first step toward a healthier you.

Sign up and learn more: Fitness for Health Programme – <https://www.herspirit.co.uk/fitness-for-health-breast-cancer>

FREE Senior Career Webinar Series

Join us for an insightful series covering essential topics like retirement planning, financial management, pensions made simple, and much more!

This webinar series is designed to support GPs as they navigate the unique challenges and opportunities of the later stages of their careers.

If you'd like to find out more or to book your place on webinar sessions, [please click here](#).

working in collaboration with...



We are committed to upholding the People Promises by ensuring that our amazing people across primary care know that their voices truly count. **Introducing The Hub Plus on the Move!**

We are coming to see YOU! – stay tuned for details!

Unlock Your Potential with The Hub Plus Training and E-Learning Portal!

Ready to enhance your skills and advance your career? Our **Training and E-Learning Portal** offers a wide range of courses designed to help you succeed. Whether you want to boost your knowledge in specific areas or develop new expertise, we've got you covered!

[Click here to sign up now!](#)


CONTACT US

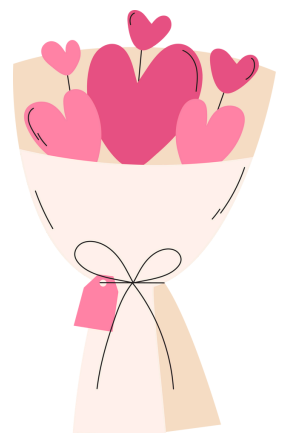
We'd love to hear from you – our Primary Care family. What can we do to help YOU on your #primarycarejourney?



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

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

 [**07883 328933**](tel:07883328933)



Find us on:     

We are always listening and we care.