



# Training Hubs Newsletter

Thursday 23rd April 2020

Welcome back to the Wessex Primary Care Training Hub (PCTH) newsletter from the Covid-19 period! We hope that you have been enjoying the sunshine and are looking after yourselves. Although this is somewhat beginning to feel like the 'new normal', we know that there is a lot of information to process and come to terms with during this time. Our plan is to keep you informed of resources that can help you to do this.

## Covid-19: Time for Care Support for General Practice

Fully-funded support is available through NHS England and NHS Improvement's Releasing Time for Care Programme to help practices/PCNs implement the rapid changes needed in response to Covid-19, smoothly, safely and sustainably. From remote consulting through to hub solutions, flexible workforce and other emerging needs. As well

as the 'human' side of these rapid changes, leading teams through this challenging time. The flyer gives more information and a link to the Expression of Interest - which is super-fast to complete - 5mins max. The Releasing Time for Care team can mobilise fast to understand the particular need and design rapid, remote support to meet that. For more information, please visit this link: <https://www.england.nhs.uk/gp/gpfv/redesign/gpdp/releasing-time/>

## PGDip Advanced Clinical Practice

Are you an Allied Health Professional working in Primary Care in the Wessex Region and would like to develop your career in Advanced Clinical Practice? HEE Wessex Primary Care Training Hubs are delighted to be able to offer funded places on our 3rd Cohort of the PGDip Advanced Clinical Practice at

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## Health Education England

Bournemouth University commencing in September 2020 (postponed from June 2020). For more information, you can access the flyer [here](#).

### #OurNHSPeople Wellbeing Support

In the current climate of increasing pressures on our healthcare system, our NHS people potentially face significant stresses. This is why the NHS nationally and locally has developed a range of support through #OurNHSPeople, who continue to work tirelessly, whether at the front line or in supporting services.

Staff will immediately be able to access help through a helpline, and text service at all times of the day from trained professionals in a number of areas, from coaching and bereavement care to mental health and welfare support. For more details, please visit the website:

<https://people.nhs.uk/help/>

### Mental Health and Wellbeing Apps—free access to staff

Following on from #OurNHSPeople, NHS staff have also been given free access to a number of wellbeing apps from now until the end of December 2020 to support mental health and wellbeing.

*The four apps are:*

**Unmind** - Unmind is a mental health platform that empowers staff to proactively improve their mental wellbeing. Using scientifically-backed assessments, tools and training you can measure and manage your personal mental health needs, including digital programmes designed to help with stress, sleep, coping, connection, fulfillment and nutrition.

**Headspace** - Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.

**Sleepio** - A clinically-evidenced sleep improvement programme

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that is fully automated and highly personalised, using cognitive behavioural techniques to help improve poor sleep.

**Daylight** - A smartphone-based app that provides help to people experiencing symptoms of worry and anxiety, using evidence-based cognitive behavioural techniques, voice and animation.

These apps can be accessed through the following link:  
<https://www.nhsemployers.org/news/2020/03/free-access-to-wellbeing-apps-for-all-nhs-staff>

## Last but not least...

*To end on a positive note, we wanted to share the wonderful piece of work below by a visual storyteller called Emma. She has created a colourful caption of seeing the positives in these difficult, sometimes dark times.*

*We hope you are all feeling well supported and continue to look after yourselves. If you need to contact a member of the PCTH team, you can do so by visiting our page [here](#).*



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