



CAMDEN CEPN NEWSLETTER

September 2018 | Issue 5

www.camdencepn.org

CAMDEN SELF-CARE WORKSHOPS

Following the self-care workshop delivered last year, Camden CEPN decided to put on additional sessions in October and November 2018. The sessions aim to improve patients' understanding of when they should seek GP appointments, when and how to self-manage some conditions, the role of pharmacists in supporting self-management, and minor ailments.

The sessions will be delivered in each neighbourhood to ensure they are accessible to all patients, and led by a GP, Dr. Bhavni Patel, and a Pharmacist, Simon Harris. Promotional packs have been sent to all practices in Camden including:

- Self-Care packs to be placed in the waiting area for patients' reference
- A5 flyers for GPs in the practices; so that they can give them out to patients as they feel appropriate
- A3 Flyers for the information boards
- A promotional video and a slidedeck to be showed in the waiting room TV screens

A3 and A5 flyers were also sent to all pharmacies in Camden for promotion.

Please click [HERE](#) or on the picture on the right for an electronic copy of the flyer.



Also, please click [HERE](#) or on the picture on the right for the promotional video.



For more information please contact:
info@communitymatters.co.uk

INVESTMENT AND ACTIVITY PLAN 18/19

Camden CEPN Investment and Activity Plan 2018-19 has been approved by Health Education England (HEE).

Key activities to be delivered are:

- QI Capability and Capacity
- Improving recruitment and retention of newly qualified and trainees
- Group Consultations
- Improving knowledge and understanding of health and social care apprenticeships and work experience/tasters activities amongst key frontline staff
- Apprenticeship model feasibility for Medical Assistant training
- Clinical Pharmacists Network
- LTCs and Admission Avoidance Training for Paramedics
- Multi-Professional Learning Groups
- Development of Practice Manager Apprenticeship Career Pathway
- Non-Medical prescribing for Rapid Response Nurses
- Networking Event
- Education and Training of Informal Carers
- Advanced Physiotherapy Practitioners

Click [HERE](#) for a copy of the plan.

For more information please contact:
info@communitymatters.co.uk

AVAILABLE COURSES funded by Camden CEPN

New training opportunities have been created based on the key priorities agreed by the Trainee and Newly Qualified Professionals network. These sessions are open to all health and social care professionals, including trainee and newly qualified professionals.

Click pictures of the leaflets for details and registration.

PLACES ARE LIMITED. For more information please contact: info@communitymatters.co.uk

COACHING FOR HEALTH



NHS
Coaching for Health

- Support patient self-care
- Increase health professional well-being
- Reduce pressure on NHS resources

FREE Popular 2 day course
New course dates available from September to November 2018

What is Coaching for Health?
A coaching approach enables healthcare professionals to empower their patients to take ownership of their health goals and, by working together, develop the patient's confidence in achieving them. Studies have shown that this collaborative approach increases the likelihood of positive behaviour and lifestyle changes, producing more effective patient self-management, particularly in long-term conditions.


Who can attend?
• Practice Nurses
• Healthcare Assistants
• Health Professionals
• Others in supervisory or advisory roles

This course has been run for over a 1,500 healthcare professionals over the last seven years. Three months after the training, well over 50% of those evaluated indicated that they were regularly using the skills with patients, and under 1% stated that they never used them. 97% indicated they would recommend the course to a colleague.

"I attended coaching for health training in 2012, and have found it to be an invaluable tool in my every day consulting. It empowers patients, and helps the patient take responsibility for their health."
Dr. Manjiv Dhillon, Sessional GP and NHS Coaching Champion

Provided FREE by Camden, Islington and Haringey CEPN
Delivered by Cope
www.coachingforhealth.org

MENTAL HEALTH SERVICES AVAILABLE AND SIGNPOSTING



NHS
Camden and Islington
Mental Health Services Signposting Session **FREE**

Camden & Islington NHS Foundation Trust will offer a free signposting session for the range of mental health services that are available across Camden, Islington and Haringey, as well as all of borough specialist services that are available across the borough. You will also be informed of how to access these services, including those that accept self-referrals.

Signposting available for:
• People who are referred to mental health services, including those that accept self-referrals.
• People who are referred to mental health services, including those that accept self-referrals.

Please click available to reserve your place on your favoured dates.

Monday, 18 September 2018, 10:30am
Levy Centre, 111 St Paul Street, Islington (near Highbury & Islington station)
<https://www.eventbrite.com/#!/event/429203703>

Wednesday, 20 September 2018, 2:45pm
Levy Centre, 111 St Paul Street, Islington (near Highbury & Islington station)
<https://www.eventbrite.com/#!/event/429203703>

Thursday, 27 September 2018, 10:30am
Levy Centre, 111 St Paul Street, Islington (near Highbury & Islington station)
<https://www.eventbrite.com/#!/event/429203703>

Thursday, 27 September 2018, 2:45pm
Levy Centre, 111 St Paul Street, Islington (near Highbury & Islington station)
<https://www.eventbrite.com/#!/event/429203703>

Friday, 28 September 2018, 10:30am
Levy Centre, 111 St Paul Street, Islington (near Highbury & Islington station)
<https://www.eventbrite.com/#!/event/429203703>

Friday, 28 September 2018, 2:45pm
Levy Centre, 111 St Paul Street, Islington (near Highbury & Islington station)
<https://www.eventbrite.com/#!/event/429203703>

For more information, please email: services_fm@nhs.uk

DERMATOLOGY



annie barr international
In partnership with
CAMDEN **COMMUNITY EDUCATION PROVIDER NETWORK** **cepn**

DERMATOLOGY TRAINING

Annie Barr International is a leading provider of high quality, accredited healthcare training and consultancy services.

DATES
12 September 2018
17 October 2018
24 November 2018
1 December 2018

Limited space available

Register Online
<https://cepn-dermatology.eventbrite.co.uk>

VENUE
10 Fitzroy Square, Fitzrovia, London W1T 5HP

COPD



annie barr international
In partnership with
CAMDEN **COMMUNITY EDUCATION PROVIDER NETWORK** **cepn**

COPD TRAINING

Annie Barr International is a leading provider of high quality, accredited healthcare training and consultancy services.

DATES
25 September 2018
2 October 2018
26 November 2018

Limited space available

Register Online
<https://cepn-copd.eventbrite.co.uk>

VENUE
10 Fitzroy Square, Fitzrovia, London W1T 5HP

DIABETES



annie barr international
In partnership with
CAMDEN **COMMUNITY EDUCATION PROVIDER NETWORK** **cepn**

DIABETES TRAINING

Annie Barr International is a leading provider of high quality, accredited healthcare training and consultancy services.

DATES
18 September 2018
19 October 2018
22 November 2018
29 January 2019
26 February 2019
12 March 2019

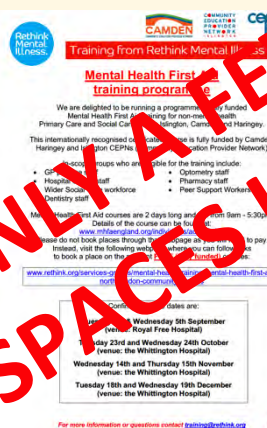
Limited space available

Register Online
<https://cepn-diabetes.eventbrite.co.uk>

VENUE
10 Fitzroy Square, Fitzrovia, London W1T 5HP

Two new training programmes have been organised based on the key priorities agreed by the Transformation Delivery Board. These courses are also open to all health and social care professionals.

MENTAL HEALTH FIRST AID



Rethink Mental Health
Training from Rethink Mental Illness

Mental Health First Aid training programme

We are delighted to be running a programme of funded Mental Health First Aid training for non-medical Primary Care and Social Care staff across Camden, Islington and Haringey.

This internationally recognised course is fully funded by Camden, Islington and Haringey (Camden and Islington Provider Network).

Participants who enrol for the training include:
• GP Practice staff
• Health care staff
• Wider Social Care staff
• Community staff

Mental Health First Aid courses are 2 days long and can be delivered in a number of ways. Details of the course can be found on the Rethink website: www.rethink.org

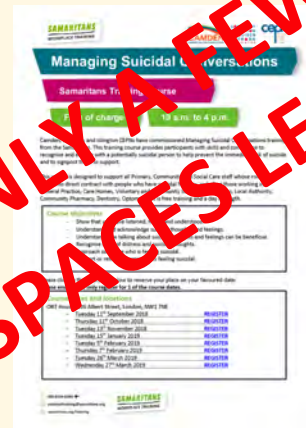
Places are limited and do not book places through the website as you will need to pay. Please email the following email address if you can confirm to book a place on the course: training@rethink.org

www.rethink.org/services/primary-care-social-care-mental-health-first-aid/

DATES
Wednesday 5th September (venue: Royal Free Hospital)
Tuesday 10th and Wednesday 24th October (venue: the Whittington Hospital)
Wednesday 14th and Thursday 15th November (venue: the Whittington Hospital)
Tuesday 18th and Wednesday 19th December (venue: the Whittington Hospital)

For more information or questions contact: training@rethink.org

SUICIDE PREVENTION



SAMARITANS
Managing Suicidal Conversations

Samaritans Training

Free of charge 10 am to 4 pm

Camden and Islington CEPN have commissioned Samaritans to deliver a training course for staff who work in Primary Care, Social Care, and other services. The course is designed to support staff who are involved in managing suicidal conversations. The course will cover the following topics:

- How to identify suicidal conversations
- How to respond to suicidal conversations
- How to refer to specialist services
- How to support the person who is suicidal
- How to support the person who is suicidal

DATES
• Tuesday 12 September 2018
• Thursday 14 October 2018
• Thursday 27 November 2018
• Thursday 27 November 2018
• Thursday 27 November 2018
• Thursday 27 November 2018
• Thursday 27 November 2018

For more information, please email: training@rethink.org

Have you done your Making Every Contact Count (MECC) training?



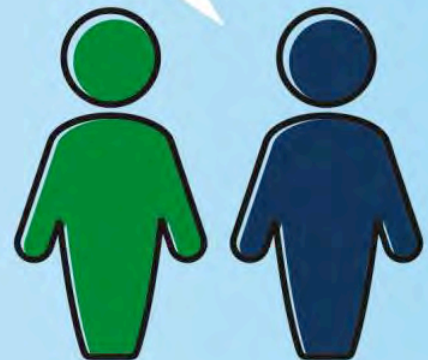
Over 70% of your colleagues have completed the training

Making Every Contact Count training:

- Supports you to make the most of every conversation with residents
- Helps you open up conversations around issues such as housing, finding work, health and wellbeing
- Provides you with resources so that you are able to signpost residents to the right service



"It was very informative, engaging and interactive. It has given me the confidence to initiate conversations."



... ► **Book on a FREE accredited training today, please go to:**
camdenmecc.org.uk | Islingtonmecc.org.uk

It's easy as...

1

Log on to the website and book your face-to-face training



2

Complete your 30-minute e-learning before you attend the training course



3

Use your skills in your everyday conversations, and champion MECC in your organisation.



Course details

Length of face-to-face training: **3 hours**

Light refreshments will be provided

Upcoming dates

Bespoke training

We offer bespoke training for groups at your organisation at a time that is convenient for you.

Get in touch if you would like to book a bespoke session for your team, find more training dates or would like more information:

mecc@islington.gov.uk

Book now at:

www.islingtonmecc.org.uk

www.camdenmecc.org.uk