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**L&D Network Bulletin 06.07.26**

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**Date** Fri 2026-07-03 13:04

**To** LANDDN (TYNEHEALTH LTD) <tynehealth.landdn@nhs.net>

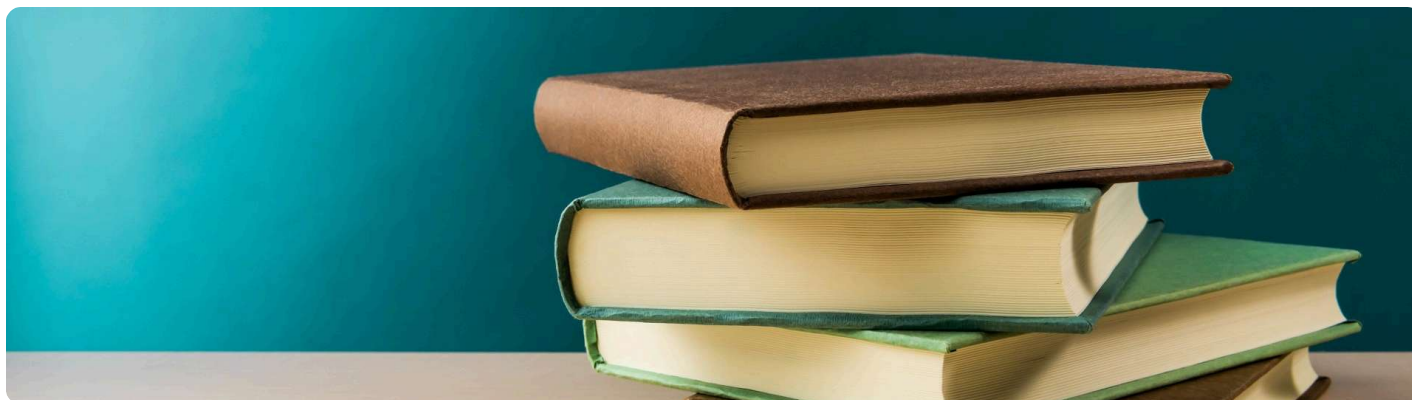


MARSHALL-NICHOLS, Emily (TYNEHEALTH LTD)

Friday, July 3, 2026 · 4 min read

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## L&D Network Bulletin 06.07.26



### Welcome to the TyneHealth Learning and Development Network Bulletin

I am emailing with our next L&D Network Bulletin with new opportunities available. Please do pass onto all your staff.

We would like to note that the majority of the training we share is not organised by the L&D Network, although we are happy to try to help when problems occur it would often be best to direct any queries to contact emails through booking links.

#### New Training Opportunities

##### CPR and Anaphylaxis (Cost Attached)

- 29<sup>th</sup> Jul, 1-3pm, NE29, [booking link](#)

##### LARC Update

- 6<sup>th</sup> Aug, 8-11am, NE29, [booking link](#)

##### NCPES - Learning from out patients

- 25th Aug, 12-1pm, online, [booking link](#)

##### Ardens SystemOne: Getting started with the LTC Recall

- 3rd Sep, 1-2pm, online, [booking link](#)

Pessaries

- 6<sup>th</sup> Aug, 11.30-1pm, NE29, [booking link](#)

Phlebotomy Theory

- 2<sup>nd</sup> Sep, 9.30-12.30pm, NE29, [booking link](#)

Increasing Referrals to the National Diabetes PreventionProgramme

- 14<sup>th</sup> Jul, 11-12pm, online, [booking link](#)

Oliver McGowan Tier 2 Part 2

- 14<sup>th</sup> Jul, 9.30-4.30pm, NE12, [booking link](#)
- 28<sup>th</sup> Jul, 9.30-4.30pm, NE12, [booking link](#)
- 4<sup>th</sup> Aug, 9.30-4.30pm, NE12, [booking link](#)
- 6<sup>th</sup> Aug, 9.30-4.30pm, NE1, [booking link](#)
- 12<sup>th</sup> Aug, 9.30-4.30pm, NE1, [booking link](#)
- 20<sup>th</sup> Aug, 9.30-4.30pm, NE1, [booking link](#)
- 27<sup>th</sup> Aug, 9.30-4.30pm, NE1, [booking link](#)

Oliver McGowan Tier 1 Part 2

- 16<sup>th</sup> Jul, 11-12pm, online, [booking link](#)
- 21<sup>st</sup> Jul, 11-12pm, online, [booking link](#)

Statins: Building Confidence in Prevention Conversations

- 17<sup>th</sup> Jul, 1-1.30pm, online, [booking link](#)

SMRs: Palliative Care Focus

- 4<sup>th</sup> Aug, 12.30-2pm, online, [booking link](#)

- 21st Oct, 1-2pm, online, [booking link](#)

Menopause - A Basic Introduction

- 3rd Sep, 6-7.30pm, online, [booking link](#)

Medical Emergencies in Eating Disorders (Cost)

- 4th Sep, 9-4.45pm, NE23, [email to book](#)

A Melange of Men's Health

- 12th Sep, 9.30-11.30am, online, [booking link](#)

Beyond Sleepless Nights

- Sleep apnoea and chronic insomnia, 17th Sep, 7-8pm, online, [booking link](#)
- Nocturia in sleep disorders: management options in patients at risk of falls, 6th Oct, 7-8pm, online, [booking link](#)
- 2026 series overview: truning learning into improved patient outcomes, 10th Nov, 7-8pm, online, [booking link](#)

HRT Annual Checks

- 7th Oct, 6-7.30pm, online, [booking link](#)

The Great North Neuropsychiatry Conference (Cost)

- 5th Nov, 9-4.30pm, NE3, [email to book](#)

## Workforce Development

### Menopause Virtual Drop in

The Menopause/Women's Health Team drop in sessions are held each Tuesday from 1.00pm to 1.30pm. Use the link below to join us on Tuesdays—same link each week:

[Teams link to attend the drop-in session](#)

We will provide a short session each week, sometimes covering a particular topic, while mainly encouraging group discussion, q and a and learning from each other. The topic of use of HRT with history of, or risk factors for Venous Thromboembolism (VTE) often crops up.



## Help shape the future of Protected Learning Time

General practice colleagues are invited to take part in a short survey to help shape the future of the Protected Learning Time (PLT) programme across North East and North Cumbria. The survey will inform the development of a refreshed programme designed with and for general practice.

The survey takes around five minutes to complete and **closes at 8.00pm on 7 July 2026**. A series of online drop-in sessions are also available for colleagues wishing to discuss the proposals and provide further feedback.

Please [complete the survey](#) and share it with colleagues across your practice and networks.



## NHS Pensions Member Hub

In the [member hub](#) you'll find everything you need to know about being a member of the NHS Pension Scheme. You can read the [1995-2008 Member Guide \(PDF: 5.13MB\)](#) and the [2015 Member Guide \(PDF: 2.64MB\)](#) for more information.

Changes in your circumstances can affect your pension.

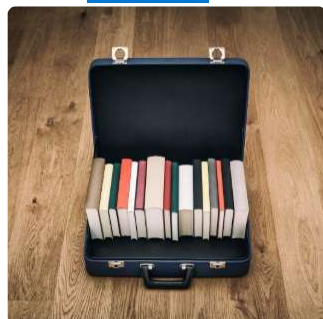
Find out what to do if you:

- [leave or take a break from the Scheme](#)
- are [going through a divorce or dissolving a civil partnership](#)
- [nominate someone to receive your pension benefits if you die](#)
- [apply to receive bereavement benefits](#)
- [change your personal details](#)

## NHS Pensions Employer Hub

In the employer hub, you can:

- update and amend member records via [Pensions Online \(POL\)](#)
- get the [forms you need](#)
- get [technical guidance](#)
- get information about [redundancy](#), including [getting individual and bulk estimates](#)
- apply for [access to the Scheme](#)
- find information on [NHS Pensions Finance](#)
- use the [Electronic Staff Record \(ESR\)](#) for pensions
- access [employer resources](#)
- meet our [Stakeholder Engagement Team](#) who can help you administer the Scheme and can help with any queries you may have
- view our [Employer's Charter \(PDF: 647KB\)](#)
- [contact us](#)



## MediConf Webinars

MediConf have a wide range of webinars available including:

- Diabetes: Just Cases
- Childhood Constipation: Recognising and Managing Resistant Cases
- Lv 3 Safeguarding: Everything you ever wanted to know about sharing
- Mastering Dizziness
- Rash Reasoning
- Anxiety Management in Primary Care
- And so much more. To view all that is available [click here](#)

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## Workforce Wellbeing



### Staff Wellbeing Hub

Working or volunteering in the NHS, social care or similar voluntary sector organisations can be demanding. If things feel tough, whether that is at work or home, you don't have to deal with it on your own.

The [North East and North Cumbria staff wellbeing hub](#) offers free, confidential support for anyone working in health or social care across our region.

The hub provides quick access to one-to-one support from an experienced mental health professional, along with up to three short follow-up sessions if needed. It can also help you find other services if you need longer-term support. You can talk about anything affecting your wellbeing, from stress and burnout to personal challenges. Using the hub is simple and flexible. You can refer yourself and your employer will not be informed. Most appointments are carried out by phone or video, making it easier to fit around work and home life and you will usually hear back within a working day.

To access support, you can complete the online form, email [hubstheword@cntw.nhs.uk](mailto:hubstheword@cntw.nhs.uk), or call 0191 223 2030. Appointments will be arranged at a time that suits you.

We care for the people who care.



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