



Monday 07 December 2020

Practice Nurse Engagement

What's in your Practice Nurse Engagement Bulletin?

This weekly bulletin provides details of training, guidance, access to past editions and lots more. There's also helpful information on the web pages dedicated to our practice nursing colleagues. [Please click here to bookmark these pages.](#)



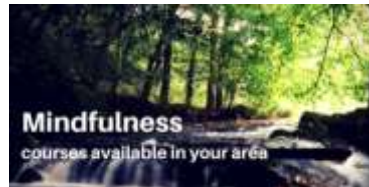
Spirometry Online Update Course (From 18 January)

Places are still available on this above course, which consists of 7.5 hours of education and includes expert instruction and guided activities, with a final assessment to check your understanding. There is also the option to ask your tutor any questions you may have at the end of your course. Please follow this [link](#) for further information on this course.

This course will start on Monday 18 January 2021. Log-in details will be sent on this date before 12 midday. You will have 14 days access to complete the course. On passing the course, your certificate of completion is available to download.

If you would like to complete this online course, please email

enquiries@rotherhamrespiratory.com with your name, work address, email address and job title before 18 December 2020. Please also mention you have one of the fully funded places reserved for the NHS Vale of York CCG.



Mindfulness Taster Sessions for Service Users

Tees, Esk and Wear Valleys NHS Foundation are offering Mindfulness Taster sessions for service-users with recurrent depression and stressed carers. These will be offered on the below dates:

- Monday 14 December, 6pm - 8pm
- Wednesday 16 December, 10am – 12noon
- Tuesday 5 January 2021, 10am – 12noon
- Thursday 7 January 2021, 10am – 12noon

They are encourage self-referral, so please ask your service-users/carers to book a place by emailing tewv.mindfulness@nhs.net stating the preferred date and giving telephone contact details. A link to the on-line taster (Microsoft Teams) will then be sent out.

More information including on courses and activities can be found through this [flyer](#), or by following this [link](#)

Mindfulness is a particular way of paying attention to the present moment. When we're tuned in to the present moment, the mind is less likely to get caught up in unhelpful patterns of thinking and feeling. Mindfulness helps us become more aware of our thoughts and emotions and relate to them in a different way. We learn skills that can help us to:

- become more focussed and steady
- feel less overwhelmed
- respond more wisely to difficulties and stress.

Mindfulness can also help us learn to be kinder to ourselves and more accepting of how things are.

This bulletin has been produced by NHS Vale of York Clinical Commissioning Group.

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