

9/2015

Primary Health Care
<http://www.bristol.ac.uk/primaryhealthcare>



Teaching Newsletter

Canynge Hall, 39 Whatley Rd, BS8 2PS Tel 0117 33 14546
phc-teaching@bristol.ac.uk

Year 4 workshop 3rd Nov. 2015 Engineers' Hse, Clifton, Bristol

Nicola Taylor, consultant psychiatrist, **teaching psychiatry and personality disorder**
New cancer guidelines—What do we need to teach?, **New curriculum** development
Intro to **case based learning**

Year 5 workshop 3rd Dec. 2015 Engineers' Hse, Clifton, Bristol

Annie Noble (TLHP) on **Mini Cex** in Year 5, **Giving feedback**, **New curriculum**
Best practice in Year 5—Top tips
Frailty—teaching assessment of frail patients

To book your place email Phc-teaching@bristol.ac.uk



Welcome to Nick Halsey our new GP lead for the North Bristol Academy

I am a salaried GP at the Greenway Community Practice with a keen interest in medical education. Having recently completed my role as GP Educator Fellow for Cheltenham, I am very much looking forward to getting stuck into my new position as GP Lead for North Bristol Academy. I am a Fellow of the Higher Education Academy and enjoyed completing my post graduate certificate of medical education a few years ago. Outside of medicine I am currently lovingly restoring an old Victorian flat with my wife, whilst also keeping up with various hobbies such as mountain biking, photography and drumming. I look forward to meeting you all as GP Lead for North Bristol!



Healthy City Week 2015 from Trevor Thompson on page 2

Looking for a course on mindfulness?

An 8 week mindfulness course aimed for the needs of health professionals is being offered from **5th October**. It is an adapted version of the "Mindfulness... Finding Peace in a Frantic World" book that has been used in workplace settings and the NHS in different parts of the country. The course facilitators are Dr Julia Wallond (GP) and Miro Cansky.

The last course we ran in January went well, we had a mixed group of health practitioners from different settings (GPs, nurses, counsellors) who explored mindfulness together in a safe environment.

Here is the link for further information and booking:

<http://www.mindfulness4all.co.uk/mindfulness-for-healthcare-professionals-in-bristol/mindfulness-courses-for-healthcare-professionals>

Healthy City Week 2015 from Trevor Thompson

A motley crew of have been beavering away to create Bristol's first **Healthy City Week** - a week long exposition of ideas and practices for a healthier city. HCW is funded by **Bristol Health Partners** and organised by staffers from **UoB**, **UHBristol** and the **Bristol Green Capital Partnership**.

It's an eclectic mix of public facing events offered by Bristol's diverse health and wellbeing sector. For programme see below. If you are anything like me, the sight of so many events may lead to a sense of overwhelm. May I just pull out a few that may be of interest to our community?

1. On the AM of Thursday 15th the **SHINE HIT** (including our own Suzanne Audrey) are hosting an event centred on their "**Inclusive Neighbourhood Checklist**" at OpenSpace which is a cool venue underneath Triodos bank behind the Council Buildings - it sports Britain's biggest whiteboard.

2. At 6.30pm - 8.30pm on Tuesday 13th **Dr David Pencheon OBE**, Director of the NHS Sustainable Development Unit, is giving a talk with panel discussion on "**How do we deepen the links between the Health Sector and the Sustainability**". Also at OpenSpace.

3. 7-9pm on Thursday **Dr William Bird** (GP) is giving at talk on "**Creating a Natural Health Service**". William wrote the BMJ Learning module on exercise and health. He has done awesome work encouraging exercise in the community and is a great speaker. Also at OpenSpace

As well as these worthy things there are free **yoga** classes, an introduction to "**NetWalking**", "**How to create a Dementia-friendly Church**", and **Kitchen on Prescription** hosted by the new **Portland Centre for Integrative Medicine**. There is also some really interesting stuff (Qi Gong anyone?) at the Health HUB which is a venue 100m up Cotham Hill on the RHS.

For a Programme for 'Healthy City Week' please visit

<http://bristolgreencapital.org/wp-content/uploads/2015/09/Healthy-City-Week-Timetable.pdf>