



The CARE Programme



Connecting and empowering the workforce to radically improve care.

CARE is a learning and development programme that empowers primary and community staff to play a key role within their local practices, primary care networks and neighbourhoods, to shape services based on population health needs and to strengthen their leadership. Focusing on wellbeing and building and harnessing resilience, the programme connects staff working in primary and community care supporting joined-up, multi-professional working.

The programme focuses on:

- Building personal resilience and wellbeing
- Improving understanding of population health
- Developing leadership for system impact

CARE is available to primary care, social care and community teams, including pharmacists, GPs, physiotherapists, paramedics, practice managers, health and wellbeing coaches and all roles within community and social care.

It's been a positive force and helped me implement change that will improve lives.

CARE has enabled me to see problems as opportunities rather than threats and to think clearly about tackling challenges. I now feel I can influence, drive change, and that my voice is being heard. It's been a positive force and helped me implement change that will improve lives.

- Peter Roberts
Specialist Paramedic Practitioner

After nearly 40 years of working in the care sector, this is the very first time I have had supported leadership training towards innovation and integrated working.

Everyone should have access to this course, NHS or not, as it offers networking opportunities to share experiences and best practice, enabling better patient care. An excellent component of the course is the ongoing mentorship that is on offer – this is a gold standard that puts any other course in the shade.

- Dawn Osborn
Social Prescriber – GP Link Worker

The CARE programme helped develop me as a leader and increase my confidence to be able to develop my career in a way I hadn't envisaged.

I was very shy and lacked confidence before the course but through learning more about myself and how I perceive others, I felt more equipped to be able to really think about what I wanted and how to achieve it. I felt better able to connect with people and support the teams around me. This has led me to be able to be more creative with the ideas I have as I know I have the power to influence change by engaging people.

- Kirsty Shanley
GPN Lead





AfterCARE

We work with systems and participants up to a year after the CARE programme modules to provide ongoing support, coaching and facilitation at both system-level and to individuals. This enables the learning and development from the CARE programme to be developed further, to be tailored to the system and/or individual and to maximise the impact of projects.

This support is both face-to-face and virtual, group sessions and one-to-one, offering:

- Further help in designing, developing and evaluating the impact of population health initiatives, and building a business case for further investment.
- Webinars on specific topics relating to population health, wellbeing and leadership. Guest speakers are invited to present on the latest thinking and discussion. These are offered on a national basis and open to all participants. A full programme of webinars is available.
- 1:1 coaching and support on population health initiatives and resilience and wellbeing.
- A course of 6 x 30min sessions focusing on self-care, resilience and wellbeing.
- Webinars to learn and practice techniques to support wellbeing.
- System-wide webinars and national events connecting the community of practice from across the country.

To register your interest in the CARE Programme, or for more information,
contact us on care@napc.co.uk



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