



NAPC | National Association
of Primary Care

Connecting and empowering the workforce to radically improve care

CARE is a learning and development programme that empowers general practice nurses and other primary healthcare professionals to play a key role in their primary care network, to shape services based on population health needs and to strengthen their leadership. Focusing on wellbeing and building and harnessing resilience, the programme connects primary care professionals and supports joined-up, multi-professional working.

The programme focuses on:

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

The programme is funded by NHS England and NHS Improvement and delivered by the National Association of Primary Care (NAPC) in partnership with Bedford, Luton and Milton Keynes (BLMK) ICS.

Originally designed for general practice nurses, CARE is now available to the wider primary care team, including pharmacists, physiotherapists, paramedics, practice managers, health and wellbeing coaches, GPs and other healthcare professionals.

Expert-led learning and practical support

The programme is tailored to local system priorities and delivered by a core team of facilitators and coaches. It consists of eight two-hour modules, delivered on a weekly or bi-weekly basis focusing on system leadership, population health, resilience and wellbeing.

Participants put their learning into practice by working on a population health improvement initiative, based on local need and their own interests. These projects cover a broad range of needs and have already demonstrated measurable improvements in patient health and wellbeing, predicted to reduce demand on GPs.



Connected, Authentic
Resilient & Empowered

“

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

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AfterCARE

Support continues in the form of a tailored 'AfterCARE' programme, 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
- 1:1 coaching and support on population health initiatives and wellbeing
- A course of six 30-minute sessions focusing on self-care, wellbeing and resilience
- Webinars to learn and practise techniques to support wellbeing
- System-wide webinars and national events connecting the community of practice from across the country.

Building on success

Evaluation of CARE has shown exceptional impacts on participants:

- **95%** saw their **leadership skills improve**
- **94%** saw their **influencing skills improve**
- **93%** saw their **emotional wellbeing improve**
- **82%** saw their **job satisfaction improve**

Interested in taking part?

If you're interested in taking part in CARE please contact us:

Email: care@napc.co.uk

Visit: www.napc.co.uk/gpncare



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CARE has had a very positive impact on me and improved my confidence. The sessions are very thought provoking. My project is very exciting and will help to improve the health of our population.

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Connected



Authentic



Resilient



Empowered