





# RCGP WHITE ROSE REGION







Royal College of  
General Practitioners

WHITE ROSE





## CPD Courses & Events 2020-21





Event	Date	Location	Description	Additional info
<a href="#">Best The Best You</a> 	25.02.2020	Waterton Park Hotel, Wakefield	Do you need help in unlocking your true potential and playing to your strengths? Are you struggling to achieve all that you are and can be? Do you want to raise your performance and confidence levels? Then this is the conference for you!	<ul style="list-style-type: none"> <li>- Full Day</li> <li>- 09:30 – 16:30</li> <li>- <b>Free to members</b></li> <li>- <b>£295 non-members</b></li> <li>- Refreshments included</li> </ul>
<a href="#">Mastering 6 to 8 Week Baby Check</a> 	25.02.2020	Midland Hotel, Bradford	Due to popular demand this course has been developed to help you with the skills for conducting 6 to 8 week baby checks efficiently and effectively and to manage problems that arise in the First Weeks of Life.	<ul style="list-style-type: none"> <li>- Full Day</li> <li>- 09:00 – 16:00</li> <li>- <b>£100 members</b></li> <li>- <b>£150 non-members</b></li> <li>- Refreshments, parking and WiFi included</li> </ul>
<a href="#">2 Day Minor Surgery</a> 	04.03.2020 & 05.03.2020	Tankersley Manor, Barnsley	A two-day intensive and practical course looking at minor surgery in primary care. You will look at local anaesthesia suturing skin lesions joint injections and much more.	<ul style="list-style-type: none"> <li>- 2 Full days</li> <li>- 09:00 – 16:00</li> <li>- <b>£475 members</b></li> <li>- <b>£500 non-members</b></li> <li>- Lunch, Refreshments, Wi-Fi and parking included</li> </ul>
<a href="#">AiT Induction 6 Months On...</a> 	05.03.2020	The Grand Hotel, York	Do you want to know how to make the most of your GP training? Join ST1s from across the White Rose region during this evening event to acquaint yourself with the College and what it can do for you; network with local peers and learn how best to look after your wellbeing during training and beyond.	<ul style="list-style-type: none"> <li>- Evening event</li> <li>- 18:00 – 21:00</li> <li>- <b>FREE to members</b></li> <li>- <b>£50 for non-members</b></li> <li>- Buffet, refreshments and Wi-Fi included</li> </ul>








<a href="#">Safeguarding (Yorkshire)</a> 	10.03.2020	The Met Hotel, Leeds	Led by Dr Joy Shacklock this full-day course focuses on a practical approach to safeguarding as a GP, taking into account the uniqueness and complexity of general practice. The course covers adult and child safeguarding and is Level 3.	<ul style="list-style-type: none"> <li>- Full Day</li> <li>- 09:00 – 16:00</li> <li>- <b>FREE to members</b></li> <li>- <b>£50 for non-members</b></li> <li>- Buffet, refreshments and Wi-Fi included</li> </ul>
<a href="#">Ophthalmology</a> 	12.03.2020	Park Inn by Radisson, York	This half day course is specifically designed to provide practical tips for GPs in dealing with patients presenting with red eye(s) or neuro-ophthalmological symptoms and signs. This session will teach you how to examine such patients without the use of sophisticated ophthalmic equipment and will provide an overview of referral criteria where appropriate.	<ul style="list-style-type: none"> <li>- Half Day (AM)</li> <li>- 09:00 – 12:45</li> <li>- <b>£90 Members</b></li> <li>- <b>£110 Non-members</b></li> <li>- Refreshments and Wi-Fi included</li> </ul>
<a href="#">Demystifying the Digital Transformation</a> 	12.03.2020	Weetwood Hall, Leeds	Become aware of tech on the horizon and how it ties in with GP Forward View. Learn about how this will impact practices, how best to prepare for change and how to become more involved. The evening will start with a light evening buffet, followed by a number of great speakers to help support you.	<ul style="list-style-type: none"> <li>- Evening event</li> <li>- 18:30 – 21:00</li> <li>- <b>FREE Members</b></li> <li>- <b>Ltd Student Tickets Available</b></li> <li>- <b>Not open to non-members</b></li> <li>- Refreshments and Wi-Fi included</li> </ul>
<a href="#">Joint Injections AM Workshop</a> 	17.03.2020	Village Hotel, Hull	Led by Dr Masood Balouch this half-day workshop will include an interactive presentation on common MSK conditions that require injections followed by a hands-on session where you will have the opportunity to practice the latest joint and soft tissue injection techniques.	<ul style="list-style-type: none"> <li>- Half Day</li> <li>- 08:30 – 12:15</li> <li>- <b>£90 Members</b></li> <li>- <b>£110 Non-members</b></li> <li>- Refreshments, parking and Wi-Fi included</li> </ul>







<a href="#">Joint Injections PM Workshop</a> 	17.03.2020	Village Hotel, Hull	Led by Dr Masood Balouch this half-day workshop will include an interactive presentation on common MSK conditions that require injections followed by a hands-on session where you will have the opportunity to practice the latest joint and soft tissue injection techniques.	<ul style="list-style-type: none"> <li>- Half Day</li> <li>- 12:45 – 16:00</li> <li>- <b>£90 Members</b></li> <li>- <b>£110 Non-members</b></li> <li>- Refreshments, parking and Wi-Fi included</li> </ul>
<a href="#">AKT Preparation Course</a> 	18.03.2020	Cedar Court, Wakefield	Led by a group of highly regarded expert GPs and TPDs, this course is designed for those planning to take the AKT component of the MRCGP within the next 12 months or so i.e. those in ST2 and ST3, perhaps some in ST1. Please note – the course is not designed for last minute cramming of factual medical knowledge.	<ul style="list-style-type: none"> <li>- Full Day</li> <li>- 08:30 – 17:00</li> <li>- <b>Fixed price £175</b></li> <li>- Breakfast, lunch and refreshments included</li> </ul>
<a href="#">Haematology Made Easy</a> 	19.03.2020	Cedar Court, Wakefield	This half-day course is packed with all the latest haematological updates, guidelines and useful tips to help GPs in their daily surgeries. The course will look at what a GP needs for daily practice; how to make better diagnosis; what to look for, what to refer, and when to refer it.	<ul style="list-style-type: none"> <li>- Half Day</li> <li>- 08:30 - 13:00</li> <li>- <b>£125 members</b></li> <li>- <b>£150 non-members</b></li> </ul>
<a href="#">Later Carer &amp; Retired Members - From general practice to retirement</a> 	19.03.2020	Yorkshire Sculpture Park, Wakefield	The Later Careers and Retired Members meeting this Spring will explore volunteering. This is something you may be considering as you move from General Practice to retirement.	<ul style="list-style-type: none"> <li>- Lunch event</li> <li>- 10:30 – 15:00</li> <li>- <b>Free to later carer &amp; retired RCGP members</b></li> <li>- Lunch provided</li> </ul>

<p><a href="#">SYNT Safeguarding Children &amp; Adults - 31 March 2020</a></p> 	31.03.2020	Tankersley Manor, Barnsley	Facilitated by Dr Joy Shacklock, this full-day course focuses on a practical approach to safeguarding as a GP, taking into account the uniqueness and complexity of general practice. The course covers adult and child safeguarding and is Level 3.	<ul style="list-style-type: none"> <li>- Full Day</li> <li>- 09:00 - 16:00</li> <li>- <b>FREE to members</b></li> <li>- <b>£50 non-members</b></li> <li>- Lunch &amp; refreshments included</li> </ul>
<p><a href="#">Dermatology</a></p> 	02.04.2020	Forest Pines Hotel, Brigg	Dermatology problems are common in primary care and can often be perplexing. This full day workshop for GPs will look at the assessment of the patient with skin problems. Using case-based discussions, delegates will explore the diagnosis and management of common skin conditions	<ul style="list-style-type: none"> <li>- Full Day</li> <li>- 08:30 - 17:00</li> <li>- <b>£150 members</b></li> <li>- <b>£175 non-members</b></li> <li>- Refreshments, parking and Wi-Fi included.</li> </ul>
<p><a href="#">SYNTillate Conference 2020</a></p> 	23.04.2020	Crowne Plaza Royal Victoria Sheffield	This is our first RCGP regional conference for the SYNT (South Yorkshire North Trent) faculty area. This is for the whole practice team and we will have national keynote speakers, short talks, practical workshops and much, much more.	<ul style="list-style-type: none"> <li>- Full Day</li> <li>- 08:30 - 16:30</li> <li>- <b>FREE to members</b></li> <li>- <b>£20 non-members</b></li> <li>- Lunch &amp; refreshments included.</li> </ul>
<p><a href="#">Cognitive Behavioural Therapy</a></p> 	13.05.2020	Principal Hotel, York	Led by Dr Paul Blenkiron, delegates will discover and discuss the wide and varying range of conditions that benefit from CBT and will give you a deeper understanding of just exactly what CBT is and how it can be applied in primary care.	<ul style="list-style-type: none"> <li>- Full Day</li> <li>- 08:45 - 16:30</li> <li>- <b>£150 members</b></li> <li>- <b>£175 non-members</b></li> <li>- Refreshments included.</li> </ul>










<a href="#">Culinary Medicine Cooking Workshop</a> 	04.06.2020	The Grand Hotel, York	Let us shake up your mid-week routine and show you how to put a hassle-free meal on the table in no time, by joining us again at the The Cookery School at The Grand, York on 4 June for another amazing Culinary Medicine cookery workshop!	<ul style="list-style-type: none"> <li>- Evening event</li> <li>- 18:30 – 20:30</li> <li>- <b>£40 Members</b></li> <li>- <b>£75 Non-Members</b></li> <li>- Refreshments and WiFi included</li> </ul>
<a href="#">Men's Health</a> 	11.06.2020	Tankersley Manor, Barnsley	Join us for this case-based course looking at Men's Health to develop effective strategies for diagnosing and managing men's health conditions. This course has been developed by GPs for GPs with focus on the importance of prevention and early diagnosis of men's health conditions.	<ul style="list-style-type: none"> <li>- Full Day</li> <li>- 09:00 - 17:00</li> <li>- <b>£30 AiT</b></li> <li>- <b>£45 members</b></li> <li>- <b>£75 non-members</b></li> <li>- Refreshments, parking and WiFi included.</li> </ul>
<a href="#">Dermatology</a> 	11.06.2020	Tankersley Manor, Barnsley	Dermatology problems are common in primary care and can often be perplexing. This full day workshop for GPs will look at the assessment of the patient with skin problems using case-based discussions.	<ul style="list-style-type: none"> <li>- Full Day</li> <li>- 09:00 - 17:00</li> <li>- <b>£150 members</b></li> <li>- <b>£175 non-members</b></li> <li>- Refreshments, parking and WiFi included.</li> </ul>
<a href="#">ENT</a> 	23.06.2020	Tankersley Manor, Barnsley	This half-day course aims to help GPs and GP Trainees to be competent to deal with ENT problems and to diagnose and treat common ENT symptoms that arise in patients. Facilitator for the day is Mr Carr.	<ul style="list-style-type: none"> <li>- Half Day</li> <li>- 12:30 - 16:00</li> <li>- <b>£90 members</b></li> <li>- <b>£110 non-members</b></li> <li>- Refreshments, parking and WiFi included.</li> </ul>
<a href="#">Neurology</a> 	24.06.2020	Park Inn by Radisson, York	Join us for this afternoon course on Neurology for an opportunity to learn and refresh your knowledge about headaches and migraines with expert Dr Bill Laughey a GP & Clinical Tutor at Hull York Medical School.	<ul style="list-style-type: none"> <li>- Half Day</li> <li>- 13:00 - 16:30</li> <li>- <b>£90 members</b></li> <li>- <b>£110 non-members</b></li> <li>- Refreshments and WiFi included.</li> </ul>



<p><a href="#">The Art of Increasing Resilience and Cultivating Wellbeing in General Practice</a></p> 	26.06.2020	Tankersley Manor, Barnsley	The aims of this workshop are to raise awareness of the importance of resilience in General Practice, to provide delegates with the opportunity to improve their self-awareness, to explore a wide range of practical skills, including mindfulness and meditation, from which delegates will create a bespoke resilience toolkit and to reduce the risk of burnout and encourage GPs to appreciate the joy of General Practice.	<ul style="list-style-type: none"> <li>- Full Day</li> <li>- 08:30 - 17:00</li> <li>- <b>£150 members</b></li> <li>- <b>£175 non-members</b></li> <li>- Refreshments, parking and WiFi included.</li> </ul>
<p><a href="#">6-8 Week Baby Check</a></p> 	10.07.2020	Midland Hotel, Bradford	Due to popular demand this course has been developed to help you with the skills for conducting 6 to 8 week baby checks efficiently and effectively and to manage problems that arise in the First Weeks of Life.	<ul style="list-style-type: none"> <li>- Full Day</li> <li>- 09:00 - 16:00</li> <li>- <b>£100 members</b></li> <li>- <b>£150 non-members</b></li> <li>- Refreshments and WiFi included.</li> </ul>
<p><a href="#">Dermoscopy with Benign and Malignant skin lesions diagnosis</a></p> 	16.07.2020	Tankersley Manor, Barnsley	Melanoma and squamous cell carcinoma outcome is significantly improved by early diagnosis however most skin lesions referred are benign. This workshop is an introduction to dermoscopy and how it can increase your confidence in diagnosing skin cancers and benign lesions.	<ul style="list-style-type: none"> <li>- Half Day</li> <li>- 09:30 - 13:30</li> <li>- <b>£90 members</b></li> <li>- <b>£110 non-members</b></li> <li>- Refreshments, parking and WiFi included.</li> </ul>
<p><a href="#">Later Career &amp; Retired Members Lunch</a></p> 	28.07.2020	The Ivy, York	We will be returning to the beautiful private dining room, overlooking St Helens Square in the centre of York. This year, Mona Aquilina will be our guest speaker and she will be giving a talk entitled 'Lifelong learning, lifelong connections' which was well-received previously at our RCGP Annual Conference this year.	<ul style="list-style-type: none"> <li>- Lunch event</li> <li>- 12:30 - 16:00</li> <li>- <b>FREE members</b></li> <li>- <b>£25 non-members</b></li> <li>- Refreshments and WiFi included.</li> </ul>



<a href="#">2 Day Minor Surgery</a> 	09.09.2020 & 10.09.2020	Tankersley Manor, Barnsley	A two-day intensive and practical course looking at minor surgery in primary care. You will look at local anaesthesia suturing skin lesions joint injections and much more. Throughout the two days you will use latex skin pads during the many practical sessions.	<ul style="list-style-type: none"> <li>- 2 Full Days</li> <li>- 09:00 – 16:00</li> <li>- <b>£475 members</b></li> <li>- <b>£500 non-members</b></li> <li>- Lunch, Refreshments, Wi-Fi and parking included</li> </ul>
<a href="#">AKT Preparation Course</a> 	16.09.2020	Cedar Court, Wakefield	Led by a group of highly regarded expert GPs and TPDs, this course is designed for those planning to take the AKT component of the MRCGP within the next 12 months or so i.e. those in ST2 and ST3, perhaps some in ST1. Please note – the course is not designed for last minute cramming of factual medical knowledge.	<ul style="list-style-type: none"> <li>- Full Day</li> <li>- 08:30 – 17:00</li> <li>- <b>Fixed price £175</b></li> <li>- Breakfast, lunch and refreshments included</li> </ul>
<a href="#">Joint Injections AM Workshop</a> 	24.09.2020	Cedar Court Hotel, Wakefield	Led by Dr Anil Khanna this half-day workshop will include an interactive presentation on common MSK conditions that require injections followed by a hands-on session where you will have the opportunity to practice the latest joint and soft tissue injection techniques. This is a very useful workshop for GPs at any stage of your career.	<ul style="list-style-type: none"> <li>- Half Day</li> <li>- 09:00 – 12:30</li> <li>- <b>£90 Members</b></li> <li>- <b>£110 Non-members</b></li> <li>- Refreshments, parking and Wi-Fi included</li> </ul>
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<a href="#">Addictions Update</a> 	06.10.2020	Village Hotel, Hull	Led by local expert in addictions, Dr Soraya Mayet, delegates attending this afternoon Addictions Update will gain a deeper insight to the complex nature of addictions, along with tips on diagnosing addiction and techniques for long term management and care.	<ul style="list-style-type: none"> <li>- Half Day</li> <li>- 13:30 – 16:30</li> <li>- <b>£90 members</b></li> <li>- <b>£110 non-members</b></li> <li>- Refreshments, parking and WiFi included.</li> </ul>
<a href="#">ENT</a> 	13.10.2020	Tankersley Manor, Barnsley	This half-day course aims to help GPs and GP Trainees to be competent to deal with ENT problems and to diagnose and treat common ENT symptoms that arise in patients. Facilitator for the day is Mr Carr.	<ul style="list-style-type: none"> <li>- Half Day</li> <li>- 12:30 - 16:00</li> <li>- <b>£90 members</b></li> <li>- <b>£110 non-members</b></li> <li>- Refreshments, parking and WiFi included.</li> </ul>
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All events are searchable at [www.rcgp.org.uk](http://www.rcgp.org.uk) and can be booked online.





# KEY DATES 2020-21

## Faculty Board Dates

Members are always welcome to attend their Faculty's Board meetings. Please contact the Faculty Administrator to arrange.

### 14 May 2020

South Yorkshire North Trent Board Meeting & AGM  
Sheffield  
Susan Griffiths [susan.griffiths@rcgp.org.uk](mailto:susan.griffiths@rcgp.org.uk)

### 11 June 2020

Yorkshire Faculty Board Meeting  
Leeds/Bradford  
Jasmin Zamir [jasmin.zamir@rcgp.org.uk](mailto:jasmin.zamir@rcgp.org.uk)

### 16 June 2020

Humber and the Ridings Faculty Board Meeting  
Scarborough  
samantha Self [Samantha.self@rcgp.org.uk](mailto:Samantha.self@rcgp.org.uk)

## Find out more

T: 020 3188 7788

E: [whiterose@rcgp.org.uk](mailto:whiterose@rcgp.org.uk) for all White Rose related enquiries



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