



CARE Programme
National Association of Primary Care (NAPC)

CARE Programme FAQs

How long is the CARE Programme?

The CARE Programme consists of 8 x weekly sessions, each 2hrs in length, focusing on population health improvement and resilience and wellbeing.

Is the CARE Programme face-to-face or virtual?

Each module is run via the Microsoft Teams platform and we have included below some top tips for attending virtually.

- Please be prepared to share your video – it’s always great to see you.
- It is better to work in a private and quiet place for the sessions.
- The sessions are very interactive so please ensure your microphone is working.
 - Dialling in from a mobile phone with headphones is a great back-up if you do not have access to a device with a working microphone.

What topics does the CARE Programme include?

The CARE Programme consists of 4 x population health improvement sessions and 4 x resilience and wellbeing sessions. Below is an overview of the sessions from start to finish.

Module	Topic	Title
1	Population Health	Building my understanding of the context in which I work
2	Wellbeing	Building my understanding of self
3	Population Health	Building my purpose as a distributed leader
4	Wellbeing	Building my inner team
5	Population Health	Building my initiative or support team
6	Wellbeing	Building for effective engagement
7	Population Health	Building our leadership and influencing capability
8	Wellbeing	Building for impact

What is expected of me during the CARE Programme?

Our aim is to facilitate experiential learning, not to lecture you or bombard you with PowerPoint and theory! Our sessions are informal, highly interactive, and we ask that you immerse yourself in the experience and encourage you to actively contribute. As part of the CARE Programme, we encourage you to undertake a population health improvement initiative. These can be as big or small as participants feel able to manage and delivered at a time that works for you. This isn’t mandatory, though it is likely you are working on something already or know of an area of your population you’d like to focus on.



Connected



Authentic



Resilient



Empowered



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How do you apply to the CARE Programme?

Please complete a copy of the expression of interest form and return it to care@napc.co.uk by the deadline date listed.

What happens when the CARE Programme ends?

Following the end of the 8 modules, we will hold a Reconnecting event, bringing the cohort back together to share their experiences and successes since completing the course. We will then move into AfterCARE, which is a continuation of the support available to you for both your population health improvement initiative and/or wellbeing and resilience.

