

## CLMC Bulletin 529 – 17/01/2023

### **Validium- vClub Wellbeing Portal**

Validium have updated the vClub Wellbeing Portal, Validium ask you to log in to the new vClub portal and create a new account (*For ease of account creation, the username and password needed to create an account will remain the same.*)- [please see flyer entitled 'Email Attachment'](#) with access instructions. Once logged in you will see some of the enhanced features, which include:

- **Monthly Engagement Comms:**
  - In 2023, our monthly newsletter will be called **HealthHero Pulse**
  - Newsletters are available via the new wellbeing portal – see the folders on the left side of the screen
- **Book a call with a counsellor:**
  - You and your colleagues can now schedule a call back from a counsellor at a date and time that suits them. No need to call the helpline, just visit vClub and select the date/time you would like to hear from a counsellor
  - The freephone helpline number continues to be available as usual (24/7) so this additional feature is simply an enhancement to enable another access option
- **Online CBT: “Living Life to the Full” (LLTTF)**
  - This award-winning resource is now available on a self-help basis. No need to call the helpline first, just log in to the new VClub portal and create an account then use the LLTTF resources whenever convenient. Resources include a range of e-books, short videos and worksheets which ensures this is an excellent opportunity for people to work on those issues that just need a little time and focus but do not need structured counselling
- **Live Chat**
  - For general service-related enquiries about, for instance, what the service offers or to confirm the time of their next appointment, the live chat is an additional route to access non-clinical information

### **GP Forum: Study Days North East: Gateshead, Middlesbrough & Sunderland 2023**

Invitation to: GPs, PRACTICE NURSES & ALL PRIMARY CARE MEDICS

Please see the [invitation to the next 3 GP Forum Primary Care study days](#) to be held within your region. Each meeting has 3 hours CPD approval and is free of charge to attend. **Registration is to be done through the gp forum e-mail address: [info@gpforum.com](mailto:info@gpforum.com).**

### **Best Practice London 2023: 8<sup>th</sup> and 9<sup>th</sup> March at Olympia London**

Best Practice will present a more diverse range of topics designed to improve both patient experience and clinical outcomes and, as with Best Practice Birmingham, Best Practice London is FREE TO ATTEND FOR HEALTHCARE PROFESSIONALS! <https://www.bestpracticelondon.co.uk/>

Attend Best Practice London 2023 and:

- Earn more than 20% of your annual CPD requirement, for FREE!
- Understand the latest policy developments in general practice and primary care, their impact, and how to implement them at a local level
- Benefit from a 2-day professional training programme with clinical content that follows the GP curriculum

- Discover the latest products designed to improve patient outcomes Experience a range of cutting-edge services and technologies aimed at delivering greater efficiencies across general practice and primary care

Attend both Best Practice London and Best Practice Birmingham in 2023 and you can earn half of your annual CPD requirement – FOR FREE!

**Register for FREE:** <https://rfg.circdata.com/publish/BPL23/?source=clevelandlmc>