

## Welcome to the CPPE East Midlands Spring 2026 newsletter

Spring is coming and the hope of some sunshine is on the way!

Whilst we will still have a comprehensive programme of online events, delivered via Zoom, additional face-to-face events will provide the opportunity to meet in person with colleagues and provide a mix of learning that can work best for you.

A calendar of local East Midlands events with click links are on page 2.

### Menopause: prescribing perspectives

Come and join our in-person workshops on Menopause and gain experience whilst learning with local peers on how to approach menopause consultation. Help develop your skills and confidence, while extending your networks and support locally. Click here to [Book a place](#)



This workshop is designed so you discuss with colleagues how to meet the needs of people in a consultation to individualise care and considering how to provide medicines safely.

An important part of the workshop is to connect with your peers to build support networks for your ongoing development.

You will have access to a comprehensive e-course to refer back to with details of the evidence base to support your shared and clinical decision making, monitoring and review requirements and how to assess and improve your service. The e-course also provides prescribing conundrums to work through and a portal for sharing information with your colleagues.

### Respiratory clinical assessment skills workshop

This all day workshop will introduce you to the essential clinical history taking and examination skills relating to respiratory symptoms. The workshop will be led by experienced GPs and includes clinical scenarios to help apply learning to practice. The workshop is supported by access to the Fundamentals of respiratory therapeutics e-course to support the overall learning.

This programme is available to pharmacists & foundation training pharmacists. For more information [click here](#).



**Calendar of face-to-face events: All events are available to book now!**

Event Title	Date	Location
Menopause: prescribing perspectives (7:00 – 9:00pm) <a href="#">Book a workshop</a>	Tue 14 April	Lincoln, LN6 7TS
	Tue 21 April	Leicester, LE18 1JW
	Tue 12 May	Kegworth, DE74 2DF
	Tue 19 May	Northamptonshire, NN4 0XN
	Tue 2 June	Leicester, LE3 9QE
Blood pressure assessment in community pharmacy: essential skills (7:00 - 9:30pm) <a href="#">Book a workshop</a>	Tue 15 Sept	Lincoln, LN6 7TS
Respiratory assessment skills (9:30am – 5:00pm) <a href="#">Book a workshop</a>	Sun 13 Sept	Kegworth, DE74 2DF
PGDs: Empowering pharmacy technicians to provide services (7:00 – 9:00pm) <a href="#">Book a workshop</a>	Tue 29 Sept	Northampton, NN4 0XN
NHS Pharmacy first: Clinical assessment and examination skills (9:30am- 5:00pm) <a href="#">Book a workshop</a>	Sun 5 July	Derbyshire (J28 of M1), DE55 2EH
Pharmacy contraception service (7:00pm-9:00pm) <a href="#">Book a workshop</a>	Tue 9 June	Hinckley, LE10 3HU
Optimising inhaler technique (7:00pm-9:00pm) <a href="#">Book a workshop</a>	Mon 27 April	Leicester, LE1 5WX
	Wed 1 July	Milton Keynes, MK7 6BZ

**What's near me?**

A range of face-to-face events are also being run by other neighbouring CPPE regions, and it could be that these may be closer to you geographically.

To check the event most local to you, follow the steps below:

- Log into your CPPE account
- At bottom of the homepage click on “Book a workshop”
- Enter the date range & distance you are happy to travel and apply the filters
- A map will then show the face-to -face workshops (W) which you can click on for further details and booking

