



3rd July 2023

Dear Colleague

Welcome to this week's edition of the LMC Express. The local updates for this week include:

- 75th Anniversary of the NHS
- We are recruiting a Practice Management Executive to join our team
- A Pension and Tax update for new to practice General Practitioners: Drop In Session 12th July 2023
- Manage your Mind Workshops - Introductory Sessions (Virtual)
- 2023 Kent LMC General Practice Survey
- GP Appointments in Kent & Medway: May 2023
- Reminder: Removal of the panic button in EMIS Web
- Supportive learning from risks and claims in general practice webinar – NHS Resolution: 7th July 2023
- General Practice Alert State (GPAS)
- Useful Links
- Upcoming LMC Interface Meetings

75th Anniversary of the NHS

As we approach the 75th anniversary of the NHS (Wednesday 5th July), the NHS long term workforce plan has arrived. [NHS Long Term Workforce Plan \(england.nhs.uk\)](https://www.england.nhs.uk/longterm/)

Clearly any support is welcome to help address the workforce crisis. Local implementation and clearer details on funding support awaited.

Kent LMC are recruiting a Practice Management Executive to join our team

Have you ever thought about working for Kent Local Medical Committee?

If the answer is a resounding YES, or you are intrigued to find out more, then click the link below to our vacancy on our website.

Kent LMC Practice Management Executive

Representing General Practice, negotiating and supporting GP's, PM's and the practice team is what we do. It is a rewarding job, and an enjoyable and supportive environment with like-minded people to work with.

Closing date for applications: Friday 7th July 2023 (mid-day) (First Interviews: 14th July 2023, second Interviews: 21st July 2023)

Please contact the office on 01622 851197 for a confidential chat if you would prefer in the first instance.

A Pension and Tax update for new to practice General Practitioners: Drop In Session 12th July 2023

Following our webinar for Life after CCT on the 28th June, Andrew Leal, a partner at MacIntyre Hudson, and Paul Gordon, Head of Medical Specialist Wealth Planning at Atomos, will be holding a drop in Q&A session 1-2pm on Wednesday 12th July, on the NHS pension scheme and tax / accountancy working independently as a GP.

Andrew will be able to answer questions on tax issues relating to working as either a salaried GP, a locum or a partner and whether a limited company may be beneficial, and can advise on what GPs need to do via PCSE online to ensure superannuation contributions are correctly collected and some of the key issues to consider if contemplation becoming a partner in a practice. You will be able to ask Paul questions on the current NHS Pension arrangements and implications as you move from a trainee into general practice, general financial planning including the likes of mortgages, protection and even wills, and all areas of finances.

This event will be held virtually via Microsoft Teams [Click here to join the meeting](#)

Andrew and Paul have requested if possible questions be sent to info@kentlmc.org ahead of the meeting to aide discussions. Please title the email 'Questions for Andrew & Paul'. The deadline for questions is close of play on Friday 7th July.

Manage Your Mind Workshops - Introductory Sessions (Virtual)

Kent Local Medical Committee have teamed up with [Manage Your Mind](#) to offer practices an exciting opportunity. We are holding free virtual introductory sessions open to any practice member wishing to learn more about the planned face to face events. The introductory sessions are being held 1-2pm on Thursday 20 July, Thursday 7 September and Thursday 14 September. These will give individuals an opportunity to understand more about the programme and experience some of the techniques first hand. To book your place on one of the introductory 1 hour sessions please click on the date below that you would like to attend.

[Thursday 20 July](#)

[Thursday 7 September](#)

[Thursday 14 September](#)

The exclusive 1 day programme events will be held in person across Kent and Medway and are available to all practice staff. They will start in September through to November 2023 and will be a multi-professional programme. Sessions will focus on improving mental and emotional well being using powerful breathing exercises and mindfulness techniques. The cost of attendance is £80 but the LMC will share the costs with practices, reducing the cost per participant to £40. We will roll out with four one day sessions this year and we will aim to provide further sessions in 2024 according to demand.

Manage Your Mind offers individuals an opportunity to invest in themselves, to rest, to re-centre, to re-focus and to re-energise. Participants are likely to benefit from learning new skills, breathing techniques, guided meditations and processes that help calm the mind. Studies have shown that when practiced regularly, they help improve sleep, reduce stress, depression and anxiety and improve the quality of life.

This two minute video highlights feedback from participants who have been on the extended length programme: <https://www.youtube.com/watch?v=nOmKYahRAVs>

Booking details for the 1 day event will follow shortly via the LMC. For any questions about the programme, please email: Manage.yourmind@nhs.net

2023 Kent LMC General Practice Survey

Kent's Local Medical Committee (LMC) invites you to participate in our 2023 survey, designed to capture the current sentiment in general practice. Your active involvement will inform the work of the LMC.

We aim for inclusivity in this survey and encourage all managers and clinicians, whether they are aligned to a practice or a Primary Care Network. Each perspective offers unique insights that can help shape the vision of general practice in Kent and Medway.

Please rest assured that the survey will take approximately 10 minutes to complete. All your responses are anonymous to ensure your confidentiality.

To take part in the survey please [click here](#). The survey will remain open until 31 July 2023, and we urge you to seize this opportunity to express your views.

Your voice is vital and your feedback pivotal in steering the future direction of general practice in Kent and Medway. By working together, we can enhance the general practice experience for colleagues and patients alike.

Thank you for your time and consideration. We look forward to your valuable input.

GP Appointments in Kent & Medway: May 2023

The LMC has updated the ' [GP Appointments in Kent & Medway](#) ' poster to help practices evidence to patients the amount of work being carried out, and the pressures faced, by general practice, and the steps patients can take to help themselves manage their care. Practices may wish to display this in their waiting rooms or add to their websites and social media sites. The data is sourced from NHS digital. The next update will be published soon after the next release of GP appointments data.

Reminder: Removal of the panic button in EMIS Web

EMIS has confirmed that practices can request that the Panic button remains available for their organisation beyond Friday 29th September 2023 And have published the link to the opt in form which is now available on EMIS Now [here](#) Requests must be received by Friday 15th September 2023 to avoid the Panic Button being removed on Friday 29th September 2023. A confirmation email will be sent once the request is received

Organisations who request the Panic Button to remain available, will be able to request that it is subsequently disabled at any time. EMIS will not accept requests for the functionality to be reactivated once it has been disabled.

Supportive learning from risks and claims in general practice webinar – NHS Resolution: 7th July 2023

Kent LMC is hosting a webinar led by NHS Resolution Safety and Learning Team which is open to all members of the practice team so please do share with your colleagues. Please click [here](#) to register for the webinar.

General Practice Alert State (GPAS)

Thank you to all practices that continue to provide a weekly a submission. The information you provide is invaluable in evidencing the pressure general practice is operating under.

The Kent GPAS report is now included in a National GPAS reporting dashboard and we will need to submit our Opel Status (GPAS state) into the national dashboard by 2pm every

Thursday so we would ask that all practices complete their GPAS submission by noon on Thursday of each week.

Submissions continue to be completely anonymised. The LMC is not able to identify individual practices from the submissions. The only data that is shared with either the ICB or other stakeholders is aggregated at HCP or Kent and Medway level. The more practices that take part in GPAS, the more robust the evidence will be. **Collecting this data is assisting the LMC in illustrating operational pressures in general practice. The report takes less than 5 minutes to complete each week.**

We would encourage every practice to submit a report on weekly basis and to provide comments and feedback.

The LMC is able to assist with getting practices started on reporting. Information can be found on our website at [Kent LMC - General Practice Alert State \(GPAS\)](#) or please email the LMC at info@kentlmc.org

Furthermore, if you are experiencing acute operational pressures please do get in touch. **If your GPAS contact person changes or leaves the practice, please update us with the new contact person at info@kentlmc.org**

To view the latest GPAS SitRep please click [here](#)

Useful Links

[Subscribe to Kent & Medway ICB General Practice Updates](#)
[Previous issues of the General Practice Update available online](#)
[Subscribe to NHSE Primary Care Bulletin](#)
[Email Newsletters from CQC](#)

Upcoming LMC Interface Meetings

The following meetings are taking place over the next couple of weeks. If you have any issues that you would like us to raise please email info@kentlmc.org with the title of the meeting and details of your request.

East Kent GP Board – Thursday 6 July
KCHFT Interface Meeting – Monday 10 July
Kent & Medway ICB/LMC Liaison Meeting – Thursday 20 July
Medway NHS Foundation Trust Interface Mtg – Thursday 20 July

Kind regards
Kent Local Medical Committee