



14th August 2023

Dear Colleague

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

- Influenza Vaccination Update
- IT Failures
- Reminder: Workforce and Wellbeing Programmes
- Kent LMC Annual Conference: 5th October 2023
- General Practice Alert State (GPAS) National Reporting Dashboard
- A Message from NHS Kent & Medway Training Hub: Financial Support Available to NHS Staff - Interactive Guide
- A message from the East Kent Medical Examiner Service
- A message from NHS Kent & Medway: Primary Care listening events
- GPN conference: 8th September 2023
- Useful Links
- Upcoming LMC Interface Meetings

This week we have also attached the national update from the BMA, and we draw your attention to the following important announcements therein:

- GPC England advice re: influenza and covid vaccination programmes
- GPC England officer team elections
- Sessional GPs committee officer and executive elections
- Sessional GPs Conference
- LMC England rep to GPC England
- DHSC delays permanent introduction of primary care doctors
- NHS Long Term Workforce Plan Summary
- GP Patient Survey 2023
- Health and Social Care Committee recommendations
- Changes to the NHS pension from April 2023 – Do they affect GP Federations?
- Partial retirement
- Access to healthcare for people seeking asylum in initial and contingency accommodation toolkit
- Safe working in general practice
- Preparing for balloting on industrial action
- Wellbeing resources

Influenza Vaccination Update

On Thursday 10th August, after rumours and confusion reported by the tabloids NHSE released a system letter which 'asks' for delay of the planned rollout of Influenza vaccine to align with COVID in October. For those who may have missed it, please find attached an email sent by the LMC to practices and GPs on Friday 11th August which includes GPCE Guidance (linked below).

Following this Kent LMC met with the ICB vaccination team to discuss the current changes and confusion regarding Covid and Flu vaccination from NHSE. They are meeting with NHSE for clarification but the current plan A is to see how many practices/PCNs express interest by Friday the 18th of August. The sign up deadline is the end of the month and practices will be able to opt

back in, or out, till this date. If, due to the reduction in item of service funding, it looks like coverage will not be possible plan B is to see if community pharmacies can provide the service. Currently pharmacy expressions of interest are incredibly low for the whole of the South East. Possible plan C is looking for an alternative provider for the service. Please also see current [GPCE guidance on the Seasonal Influenza and Covid-19 Vaccination Programme changes](#).

IT Failures

The LMC has had lengthy discussions and negotiations on your behalf following the IT failures a few months ago. The ICB have recognised the additional workload the failures have caused and have agreed to a one-off payment of 21p per patient to be paid automatically this month.

We hope this will go some way to help support you with what was an extremely challenging time. Read the full message from Paul Bentley in the ICB Bulletin on 10th August 2023.

Reminder: Workforce and Wellbeing Programmes

We would like to outline 2 separate offers the LMC working with the training hub have released this week for practices. The intention is that the offers enable practices to achieve the 'Workforce and Wellbeing Points Thresholds' in QOF: The contractor can demonstrate continuous quality improvement activity focused upon workforce and wellbeing as specified in the QOF guidance. The overarching aim of this QI module is to evidence support for improvements in wellbeing, resilience, and minimising the risk of workforce burnout.

The 2 programmes we are offering to practices are:

Manage Your Mind programme: these are in person, 1 day events, on the dates and locations found below. These are available to **GPs and all practice and PCN staff**. Sessions will focus on improving mental and emotional health 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**, this includes a delicious lunch at the venue and refreshments throughout the day.

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 is a great opportunity to connect with colleagues. There are no limits to numbers of staff registering per practice, but please be aware each event has a limit of 45 participants, and you can register to attend at the most convenient location to you.

Click on the required date to take you to the booking page:

[Friday 22 September. Commissioners House, The Historic Dockyard, Chatham](#)

[Friday 20 October. Riverside Church, Thanet Way, Whitstable](#)

[Friday 10 November. Eastgate, 141 Springhead Parkway, Northfleet](#)

[Friday 17 November. Aylesford Priory, The Friars, Aylesford](#)

Please note you can attend an event in area and not restricted to the event in your HCP area. If you have any questions about the programme then please email: Manage.yourmind@nhs.net If you would like to know more about the programme before booking a place we are holding free virtual introductory sessions 1-2pm on [Thursday 7 September](#) and [Thursday 14 September](#). To book a place on the introductory session please click on your preferred date.

Mental Health First Aid (MHFA) – is a national training programme, which teaches people how to identify, understand and help someone who may be experiencing a mental health issue. MHFA won't teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis – and even potentially stop a crisis from happening.

You'll learn to recognise warning signs of mental ill health and develop the skills and confidence to approach and support someone while keeping yourself safe. You'll also learn how to empower someone to access the support they might need for recovery or successful management of symptoms. This could include self-help books or websites, accessing therapy services through routes such as their school or place of work, online self-referral, support groups, and more. By becoming an MHFAider® you'll have access to continuous support – well beyond your initial certification – so you are confident, empowered and motivated to carry out your role. You will get three years' access to MHFAider® support and benefits which includes 24/7 digital support through the MHFAider Support App®. From there, you will find exclusive resources, ongoing learning opportunities and the benefit of joining England's largest community of trained MHFAiders®. The qualification is endorsed by the Royal Society For Public Health.

Our ambition is to have one Mental Health First Aider per practice, ideally this would not be a GP or staff member who has a HR role, but another approachable member of the team (clinical or non clinical) who is interested. We can then form a local peer network to share learning.

This offer is fully funded. To book a free place please follow the link:

<https://invictahealth.learningpool.com/course/view.php?id=1074>

Course dates – 25th and 29th September, 16th and 23rd October, whole days 9-5pm, virtually delivered. A course manual will be sent to participants prior. Each cohort has 8-16 participants, further dates will be rolled out as we fill up the course.

As you can see the courses offer separate benefits and we hope that you find them useful.

Kent LMC Annual Conference: 5th October 2023

We would like to invite you to join us on the afternoon of Thursday 5th October for our Annual Conference, which is FREE to attend and open to all GPs and Practice Managers across Kent & Medway. We are delighted to announce Dr Rachel Morris, Executive and Team Coach, Specialist in Resilience at Work, GP, and Host of the You Are Not A Frog podcast will be joining us as a Keynote speaker, and we will also be covering topics on Digital Innovation, Next Generation GP & Mid Career GP Opportunities, KMMS Medical Students, Wellbeing and Primary to Secondary Care interface.

For more information and to book a place click [HERE](#)

General Practice Alert State (GPAS) National Reporting Dashboard

The national GPAS reporting dashboard has been published and shows the pressure general practice is under. Kent & Medway practices continue to report the highest alert level, Opel 4, consistent with the county having the lowest level of GPs per head of population in England. Currently, 40 LMCs are collecting GPAS data from their practices and 20 more are rolling out the system. 60% are reporting red or black alerts indicating unsustainable pressure and 80% are reporting levels of patient contacts roughly double or more the level general practice is funded to deliver.

Thank you to practices that continue to provide input into GPAS on a weekly basis. The information you provide is invaluable in evidencing the pressure general practice is operating under. The GPAS information from the national dashboard will be used by the BMA and feed into contract negotiations.

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 also 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](#)

A Message from NHS Kent & Medway Training Hub: Financial Support Available to NHS Staff - Interactive Guide

Please find attached an interactive guide to the support available with the key information about eligibility. The purpose is to save time clicking through to web pages and reading about schemes which are restricted to particular groups, unless you are a member of the group in question. Further information for employers can be found in the [NHS Employers Financial Wellbeing Guide 2023: Updated Strategies to Support Employees During the Cost of Living Crisis](#)

A message from the East Kent Medical Examiner Service

The Medical Examiners are an independent team of Doctors who review every death in East Kent to ensure greater accuracy of death certification. A practising medical practitioner who has been on the general medical council register for a minimum of five years post registration can apply to be a medical examiner. For more information on this exciting opportunity to join a team of 14 other Medical Examiners within one of the leading services in the Region please click on the link below:

<https://www.jobs.nhs.uk/candidate/jobadvert/C9344-23-0771?keyword=medical%20examiner&language=en>

A message from NHS Kent & Medway: Primary Care listening events

NHS Kent and Medway Integrated Care Board (ICB) is hosting a series of listening events in August to discuss plans for recovering access to primary care.

Clinical directors, GPs and practice staff across Kent and Medway are being invited to join the sessions and share their views about the primary care strategy.

Food and drink will be provided at each event. Register for your local session below:

[Brands Hatch, Longfield](#) – Wednesday, 16 August

[Ashford International Hotel](#) - Thursday, 17 August

[Hempstead House, Sittingbourne](#) – Wednesday, 23 August

Dr Ash Peshen, Deputy Chief Medical Officer for Kent and Medway ICB, said: "We want to hear from general practice colleagues around what we can do in Kent and Medway to support you and our patients. It will also be helpful to discuss how best we continue our engagement and dialogue in the future. I hope this can be a really useful session where we can come together and have open and productive conversations. Please do come to give us your thoughts, comments, input and knowledge."

GPN conference: 8th September 2023

The Training Hub, supported by Invicta Staff Training Team and the LMC, is running a conference for General Practice Nurses on 8th September at the Mercure Hotel, Maidstone. Spaces are open to Nurse, Nursing Associate and Health Care Support Worker teams in Kent

and Medway and bookings can be made at [Register your place for the Kent & Medway GPN Conference 2023 | Kent & Medway Primary Care Training Hub \(kmpctraininghub.nhs.uk\)](#).

To celebrate the hard work and dedication of General Practice Nurses (GPNs) you are invited to nominate either yourself or a colleague who you feel has demonstrated above and beyond in one of the following categories:

- Leadership and Innovation
- Making a Difference
- Education and Development

Download the nomination form at [GPN-Conference-Award-Nominations-Form.docx \(live.com\)](#) and send to: kmpcth@nhs.net

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 7 September](#)
[Manage Your Mind - Introductory Session \(Virtual\) – Thursday 7 September](#)
[West Kent Primary Care Transformation Board – Tuesday 12 September](#)
[EKHUFT/ICB/LMC Interface Mtg – Thursday 14 September](#)
[Kent & Medway GP Board – Thursday 14 September](#)
[Manage Your Mind - Introductory Session \(Virtual\) – Thursday 14 September](#)
[Full LMC Committee – Thursday 21 September](#)

Kind regards
Kent Local Medical Committee