



21<sup>st</sup> August 2023

Dear Colleague

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

- DDRB Report 2023/24 : Update for General Practice
- BMA welcomes NHS England's U-turn on vaccine programme delay 11<sup>th</sup> August 2023
- Long-Acting Reversible Contract (LARC) contract update
- Reminder: Workforce and Wellbeing Programmes
- Kent LMC Annual Conference: 5th October 2023
- General Practice Alert State (GPAS) National Reporting Dashboard
- GPN conference: 8<sup>th</sup> September 2023
- A Message from NHS Kent & Medway: Return to practice Events
- 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:

- Parliamentary activity
- 23/24 pay award guidance
- Cancer referrals
- Re-ballot for junior doctors strike action open for eligible GP trainees
- Reminder: For recently CCTed GP trainees to check that they get their back pay
- GPAS (General Practice Alert State) reporting
- Relaunch of Return to Practice Programme
- England Conference of LMCs
- Election for Chair of LMC UK Conference
- Safe working in general practice
- Preparing for balloting on industrial action
- Wellbeing resources

### **DDRB Report 2023/24 : Update for General Practice**

Kent LMC have not received any subsequent update from NHSE or the ICB concerning the necessary funding to accommodate the DDRB's recommended 6% pay increase for salaried GPs. However, we have been informed of the following by the BMA GPC

*GPC England continues to liaise with NHSE, the DHSC and HM Treasury to establish specific details about how this uplift will be calculated and funded to practices. As soon as we receive further information, we will share it with practices.*

*We suspect the devil is in the detail: attempting to provide a supplementary uplift, to a contract based on capitated payments to address a remuneration issue that is going to vary widely across individual practices, will be complex.*

*We need assurance from government over this, and we need to see the details. Until then, we advise practices to explain that the money is not yet in their accounts, but that we are in discussions with government as to getting this funded correctly nationally.*

## **BMA welcomes NHS England's U-turn on vaccine programme delay 11<sup>th</sup> August 2023**

We wanted to remind practices that there is no need to cancel any flu vaccination clinics you may have already booked in September. In line with GPC BMA advice our understanding is that clinics that are already set up in September can continue to have eligible patients booked into them and practices should expect to be remunerate for this, in line with the Seasonal Influenza service specifications and collaboration agreement 2023.

<https://www.bma.org.uk/bma-media-centre/bma-welcomes-nhs-england-s-u-turn-on-vaccine-programme-delay>

## **Long-Acting Reversible Contract (LARC) contract update**

The current contract is set to expire on 31st September 2023. In anticipation of this, the LMC met with members of the Public Health team from Kent County Council (KCC) who are responsible for commissioning LARC services for General Practices. During this meeting, the LMC presented an evidence-based financial model highlighting the need for a tariff increase. This model demonstrated that many practices incur costs exceeding the funding they receive for delivering the service. Regrettably, KCC indicated they were unable to fund an increase to the tariff, so it will remain the same, but they have agreed to review pricing as part of a Public Health transformation process in the coming year. We acknowledge the dedication of many GPs and their teams in providing LARC in General Practice, which greatly benefits the health of their communities. However, signing up to LARC contracts is optional and we urge you to consider the viability of participating going forwards.

New GP LARC contract sign up process: Historically, practices entered into a written service agreement to provide LARC. However, due to new procurement guidance the sign-up process will be different the LMC has made recommendations which KCC have accepted to minimise bureaucratic burden. KCC will be issuing comprehensive communications to practices in the coming week.

## **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](mailto: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 – 25<sup>th</sup> and 29<sup>th</sup> September, 16<sup>th</sup> and 23<sup>rd</sup> 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](mailto: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](mailto:info@kentlmc.org)**

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

### GPN conference: 8<sup>th</sup> September 2023

The Training Hub, supported by Invicta Staff Training Team and the LMC, is running a conference for General Practice Nurses on 8<sup>th</sup> 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](http://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](mailto:kmpcth@nhs.net)

## A Message from NHS Kent & Medway: Return to practice Events

Return to practice and make a difference to our population's health and wellbeing. Health professionals from across all disciplines will be on hand to offer advice and answer questions at a series of drop-in events this autumn. Colleagues who have recently returned to practice will also share their success stories.

Click [HERE](#) to find how to return to practice at one of four events across the county

## 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](mailto: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