



4<sup>th</sup> December 2023

Dear Colleague

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

- Reminder: Workforce and Wellbeing Programmes: Mental Health First Aid (MHFA)
- GP Appointments in Kent & Medway October 2023
- General Practice Alert State (GPAS) National Reporting Dashboard
- Paediatric Winter Emergencies in Practice – Best Practice Forum Webinar 12th December 2023
- Useful Links
- Upcoming LMC Interface Meetings

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

- Have your say on the future of general practice
- Preparation for any future ballot
- Locum GPs reporting reduced opportunities
- LMC England conference 2023 update and resolutions
- eDec Submission deadline – Friday 1st December
- Oliver McGowan Mandatory Training on Learning Disability and Autism
- GP pressures and workforce data
- Shingles technical guidance
- MMR Catch-up campaign
- What can we learn from innovation in general practice
- UHUK Awareness Campaign – Winter 2023-24
- Wellbeing resources
- Survey on how to prevent and reduce violence towards NHS staff
- Undergraduate GP Placement Survey

### **Reminder: Workforce and Wellbeing Programmes: Mental Health First Aid (MHFA)**

This 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 – 11 December and 18<sup>th</sup> December, 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.

## GP Appointments in Kent & Medway October 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.

## General Practice Alert State (GPAS) National Reporting Dashboard

The national GPAS reporting dashboard has been published and shows the pressure general practice is under. Last week Kent & Medway practices reported Opel 4.

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. Furthermore, if you are experiencing acute operational pressures please do get in touch with either the LMC or the ICB to seek support

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) **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](#)

The LMC is currently working the ICB to explore the support that can be offered to practices when declaring any state beyond Green. For example this could be additional resources, changes to operations with a practice or the wider healthcare system, assistance with communications. We would welcome any ideas from practices as to the help or support that could be offered to a practice when challenged by increased operational pressures and so declaring, a state of amber, red or black: please send them to the LMC at [info@kentlmc.org](mailto:info@kentlmc.org)

## Paediatric Winter Emergencies in Practice – Best Practice Forum Webinar 12th December 2023

Following the successful webinars, we are delighted to share with you an opportunity to join our next Webinar. Please join our expert panel to review, reflect and rejuvenate our skills and knowledge from the comfort of your surgery or home.

For further information on the event and to register for a place please use this link:

<https://www.eventbrite.co.uk/e/best-practice-forum-paediatric-respiratory-and-winter-challenges-tickets-771107251547>

You will receive joining link details once you have registered on the day of the event.

### 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](#)  
[Kent and Medway Primary Care Training Hub](#)  
[Sign up to Primary Care News](#)

### 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.

**Kent & Medway General Practice Board – Wednesday 13 December**  
**East Kent GP Board – Thursday 14 December**  
**EKHUFT/ICB/LMC Interface Mtg – Thursday 21 December**

Kind regards  
Kent Local Medical Committee