



29th January 2024

Dear Colleague

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

- 2022/23 End of Year Pensions process
- Kent & Medway Diabetic Eye Screening Programme
- Manage Your Mind Workshops Virtual Sessions, February - April 2024
- General Practice Alert State (GPAS) National Reporting Dashboard
- 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:

- Referendum of the GP 2024/25 Contract – Join the BMA today and have your say
- Medical Examiners' arrangements and changes in the Medical Certificate of Cause of Death
- EMIS and coding problems for QOF
- Access to Records – ICO response to DPIAs
- GP end of year forms: submission deadline extended to 31 March
- BMA divisional elections
- NHSE GP Fellowship Scheme cessation
- Rebuild General Practice – template letter to MPs
- Extension of services for GP partners

2022/23 End of Year Pensions process

NHS Pensions will shortly be publishing the 2022/23 Type 1 Annual Assessment of Pensionable Profit and Type 2 Medical Practitioner Self- Assessment forms, along with guidance notes [here](#).

NHS Pensions have extended the deadline for Pension Scheme Members to submit their 2022/23 end of year pension forms. The new deadline for submission of the 2022/23 Type 1 and Type 2 certificates is now **31 March 2024**.

PCSE has advised they are working on system updates to allow 2022/23 Type 1 and Type 2 certificates to be submitted on PCSE Online. The 2022/23 forms will be available for completion on PCSE Online from **Monday 12 February 2024**

To support Pension Scheme Members and their advisors in using PCSE Online, PCSE are hosting a number of webinars, in collaboration with NHS Pensions and the BMA. These sessions will cover how to submit Type 1 Annual Certificates and Type 2 Self Assessments.

- Type 1 Annual Certificates - Tuesday 30 January 6.00 - 7.30pm
- Type 2 Self Assessment forms - Wednesday 31 January 6.00 - 7.30pm
- Type 1 Annual Certificates - Tuesday 20 February 6.00 - 7.30pm
- Type 2 Self Assessment forms - Wednesday 21 February 6.00 - 7.30pm
- Type 2 Self Assessment forms - Tuesday 19 March 6.00 - 7.30pm

If you are using an accountant or advisor to prepare your certificate, download a copy of your 2022/23 Employee Contributions Statement from [PCSE Online](#) and share it with them as soon as possible.

To register for a webinar, click [HERE](#), enter your email address and select a webinar

Kent & Medway Diabetic Eye Screening Programme

The Kent & Medway Diabetic Eye Screening Programme have asked us to share the attached posters, which may be useful for Practices to print off and put up on their notice boards to help increase patient attendances through improving communications.

Manage Your Mind Workshops Virtual Sessions, February - April 2024

For all GP Practices, including those who may wish to use this as a resource to help complete the QOF well-being module, we are arranging a webinar with Dr Farnaaz Sharief to discuss the importance of positive self-care for healthcare professionals, key factors that contribute to wellbeing, and how you can 'manage your mind' at work and at home.

After the session staff should be better able to:

- Understand why positive self-care amongst health and social professionals is important.
- Recall key factors that contribute to wellbeing.
- Grasp principles that help maintain wellbeing whilst juggling many responsibilities.
- Use practical techniques at work or at home to 'manage your mind'
- Appreciate the role of breathwork in releasing stress, improving energy and creating a subjective feeling of wellbeing.

We are running a number of dates for the webinars, all sessions will take place over lunch 1-2.30pm. Please click on the date below to book a place:

- [13th February 2024](#)
- [27th February 2024](#)
- [12th March 2024](#)
- [2nd April 2024](#)

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 3.

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 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](#)

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

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 few 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.

KCHFT Interface Meeting – Monday 5 February
East Kent GP Board – Thursday 8 February
Manage Your Mind - Virtual Session – Tuesday 13 February
Manage Your Mind - Virtual Session – Tuesday 27 February

Kind regards
Kent Local Medical Committee