



25th March 2024

Dear Colleague

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

- Mental Health First Aider (MHFA) National Training Programme
- NELFT/LMC Interface Meeting highlights
- Manage Your Mind Workshops Final Virtual Session - 2nd 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 important announcements therein:

- 2024-25 GP contract referendum open – last chance to vote
- Missing your ballot voting link?
- Emergency motion at GPC UK on The Phoenix Partnership (TPP)
- GP Connect issue
- Rebuild General Practice patient engagement toolkit
- GP Registrars survey highlights increased levels of burnout and worries about future
- Last chance for NHSE New to Practice GP and Nurse Fellowship sign up: deadline 31st March
- Annual flu letter
- Very high-risk breast screening
- Guidance on conditions for which over-the-counter items should not routinely be prescribed
- GPC UK Regional Elections

Mental Health First Aider (MHFA) National Training Programme

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.

This offer is fully funded. To book a free place please see the attached flyer.

NELFT/LMC Interface Meeting highlights

NELFT and the LMC met last week at their regular interface meeting.

NELFT reported currently they are seeing patients for an initial assessment within 4 weeks. The inpatient unit and place of safety has reopened. NELFT continue to address the backlog of ADHD and ASC assessments which are waiting, and are currently assessing referrals made in 2020. We were assured there are transition arrangements in place with adult providers of assessment which mean patients do not lose their place. The increase in private providers was discussed, the process for patients who have a diagnosis of ADHD and require treatment is that they are placed on the Treatment Wait List and are booked in date

order according to need. If the diagnosis has been made privately NELFT assess that the diagnosis is robust enough to accept before they commence treatment if it is indicated. As a rule of thumb if a private provider is also commissioned to provide NHS services it will be acceptable.

NELFT confirm that referrals are being accepted via email, the SPOA online form remains the preferred mechanism of referral with parents being encouraged to complete this directly as they are in a position to provide the most information.

Manage Your Mind Workshops Final Virtual Session - 2nd 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, our final webinar with Dr Farnaaz Sharief to discuss the importance of positive self-care for healthcare professionals will be held on 2nd April 2024. Key factors that contribute to wellbeing and how you can 'manage your mind' at work and at home will be covered.

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.

The session will take place over lunch 1-2.30pm. Please click [HERE](#) to book a place.

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 **GPAS Red/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 **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.

Manage Your Mind - Virtual Session – Tuesday 2 April
Kent & Medway GP Board - In Person – Wednesday 17 April
Full LMC Committee – Thursday 18 April
LMC Sessional GP Sub-Committee – Thursday 18 April

Kind regards
Kent Local Medical Committee