

CLMC Bulletin 509 – 31/05/22

BMA launches pensions tool for GPs to help navigate unfair inflation calculations

It has come to our attention that there is potentially significant issue regarding pensions developing. The increase in inflation may affect the way in which pensions are calculated, which will have tax implications.

The BMA has published a tool to help you work out the implications, and we encourage you to read:

[BMA launches pensions tool for GPs to help navigate unfair inflation calculations](#)

and

[CPI modeller for GP pension scheme](#)

Important ICB Opportunity - ICB Partner Member Positions for Primary Care Application Information - deadline 7 June

The Integrated Care Board in North East and North Cumbria are recruiting to 2 primary care partner member positions. [You can view all the information and how to apply by the 7 June.](#)

This is a fantastic opportunity to ensure that valuable general practice and primary care input is included on the Board. Whilst the roles will not represent general practice nor primary care, they will bring with them valuable knowledge on the primary care sector and how this works alongside the wider health and social care agenda.

Rebuild General Practice: Parliamentary Drop in Event – get involved in the promotion!

The event is taking place on the 15th June from 10:15am-12:00pm and will provide an opportunity for MPs to come and meet a small number of GP representatives.

Dr Rachel Ward, Dr Kieran Sharrock, Dr Rob Barnett and Dr Katie Bramall-Stainer will speak to MPs who attend to explain the crisis in general practice and the potential risks to their constituents.

In order to ensure that as many MPs as possible ‘drop-in’ to the event, you are encouraged to write to your local MPs and invite them to the event. Simply follow [this link](#) and a template letter will be produced on your behalf. There is also lots of guidance for all the ways you can share [here](#).

UK LMC Conference - Resolution and election results

You can view all the [resolution and election results](#) from the Annual UK LMC Conference held May 22, including the safe workload limit motion which was proposed by CLMC Secretary, Dr Rachel McMahon.

Validium and supportive documents June 2022

The sixth month of resources for employees (and potentially useful for patients) has been released by Validium, the NENC Regional LMC commissioned provider of mental health and wellbeing services.

Pride celebrations get underway this month – a powerful, and joyful, reminder that diversity, kindness and empathy make us all stronger.

Infographics

- [3 Scientifically grounded ways to be more empathetic](#)
- [Why menopause is an opportunity, not a hindrance](#)
- [9 Tips for handling negative feedback](#)

Guides

- [Men's Health Week 2022](#)
- [Celebrating diversity: 7 Actions you can take](#)
- [18% of working-age people are disabled: let's talk about it](#)

Tell NHSE how you are – primary care wellbeing survey

The 5th NHSE [wellbeing survey](#) is now open for all staff working across primary care. We have been advised the survey takes 10 minutes to complete - please let NHSE know how you are and how they can further support you and your teams.

Thank you to everyone who completed the previous wellbeing survey back in January. Results show that wellbeing and resilience of the workforce remains a challenge. As we continue to work under many pressures, we encourage you and your teams to seek support if needed.

[The NHSE health and wellbeing support is available on the FutureNHS space](#). This includes their [award-winning coaching programme](#), support for managing patients and promotional resources to share with teams.

Urgent & Emergency Care Learning Disability Webinar

Learning disability in urgent care settings; right support, right care, right culture
22nd June 2022, 1pm – 2.30pm

Urgent and emergency care settings can often be challenging environments for people with a learning disability. The current pressures in emergency departments undoubtedly exacerbate those inequalities; impacting on equitable access and reasonably adjusted care. By hearing from people with lived experience and spotlighting examples of good practice, this webinar will focus on the action we can take to better support people with a learning disability in emergency care settings. The event is recommended for North East and Yorkshire teams working in urgent and emergency care settings who provide care for people with a learning disability and support their carers.

Speakers will include:

- Lived experience speaker
- Judith Thompson & Julie Tucker, North East and Cumbria Learning Disability Network
- Family and carer experience speaker
- Debi McKeown & Kate Byrnes, Therapeutic Care Programme
- Therapeutic Care Programme Volunteer

Full agenda will be shared nearer the event date. Please use this [link](#) to register via Eventbrite.

GPC GP Bulletin & Informal Messaging

Read the latest GP bulletin (England) [here](#)

Read the latest sessional GPs Newsletter [here](#)

Read GPC Chair twitter page: [Dr Farah Jameel \(@DrFJameel\) / Twitter](#)

Read BMA twitter page: [General Practice \(@BMA_GP\) / Twitter](#)

Read more about the work of the [GPC England](#)

Read practical guidance for [GP practices](#)

Mental health and wellbeing – looking after you and your practice team

Primary care coaching - communications toolkit

In these pressured times it is absolutely critical you look after yourself and your teams. NHSE/I have launched their new communications toolkit, supporting promotion of the NHS England and NHS Improvement Looking After You national coaching service: <https://drive.google.com/drive/folders/1aS8-sTH1W9qv49d9Tq3hhwg9jJZZ5MFs>

Within the toolkit you will find social media images, banners, bulletin copy, website copy and quotes from those who have used the free services. There has been some excellent feedback from those who have accessed coaching, but we are aware there are still many colleagues who are not aware of this available support. It remains a difficult time for the workforce, so we would appreciate any help you are able to give to share these offers.

A member of their team would also be happy to come to meetings or events within regions and systems to talk about the offers: england.lookingafteryou@nhs.net

A coaching landing page hosts all three offers: www.england.nhs.uk/lookingafteryou . Recognising that frontline primary care colleagues involved in the delivery of primary care services, both clinical and non-clinical, continue to face many challenges, NHSE have developed three coaching offers for the workforce:

- 1) Looking After You Too – coaching about you and your wellbeing
- 2) Looking After Your Team – coaching about you and your team
- 3) Looking After Your Career - coaching about you and your career

The coaches are highly skilled and experienced, and all coaching is free and confidential. The sessions are delivered virtually, preferably via a video platform, but telephone appointments are also available. Thousands of people have booked sessions and given positive feedback on their experience.

GP appraisal leads and GP tutors offer of telephone support conversations remain for any GP who feels they would like to talk through any aspect of their professional/personal life that has been affected by Covid. To organise a telephone support conversation, either with the appraisal lead or with a GP tutor, please contact the appraisal team, or email di.jelley@nhs.net

Crisis Coaching & Mentoring: [Coaching and mentoring sessions are available now](#) for all NHS and Health and Social Care leaders. Delivered by The Centre for Army Leadership and Meyler Campbell Coaching, these sessions are designed to support with the huge pressure on the ability of the NHS to deliver safe, high-quality care, sharpen focus on meeting the core needs of staff, ensuring wellbeing and sustained motivation to deal with this rapidly changing situation. The intervention will give leaders an understanding of crisis leadership that goes beyond what is necessary and focused on engagement and motivation through Covid19. Further information and how to register [see link here](#)

CLMC continue to offer [wellbeing services via Validium](#) for **ALL working in general practice within Tees** (including locums). We understand that a number of staff have accessed this confidential service and it has been well received.

The BMA's [report on the mental health and wellbeing of the medical workforce](#) which sets out ten recommendations to be addressed to protect staff during the pandemic and in the future. The BMA is here for you and offers supportive [wellbeing services](#) which include face-to-face counselling. You can access one-off support or, after triage, a structured course of up to six face-to-face counselling sessions. Call 0330 123 1245 today or [visit the website](#) for more information.

For all other support, speak to a BMA adviser on [0300 123 1233](tel:03001231233) or email support@bma.org.uk

[Read more about doctors' wellbeing during the pandemic](#) and on Twitter [@TheBMA](https://twitter.com/TheBMA)

There is also a wealth of [ICS provided support through their North East Support Hub](#) Telephone: 0191 223 2030 or Email: Hubstheword@cntw.nhs.uk or via online form on the website

NHSEI have recently developed a new [communications toolkit](#) and resources to help promote their offers to the workforce. The toolkit has an overview of each offer, including bulletin, email and social media copy, and links to some case studies and posters.