

Best Practice Show, 12-13 October 2022, NEC Birmingham

This year the BMA and GPC England will be at the Best Practice Show, UK's number one event for the primary care and general practice community, at the NEC Birmingham on 12-13 October 2022.

Free for the healthcare professionals, the conference programme will provide up to 12 hours of CPD certified training, expertly tailored to meet the training requirements of healthcare professionals, with clinical content closely following the GP curriculum spearheaded by the Royal College of General Practitioners.

Register for FREE: <https://rfg.circdata.com/publish/BP22/?source=clevelandlmc>

Reasons to attend:

- For over a decade, more than 4,000 senior decision makers from the primary care community attend the Best Practice Show annually – with **3,000 HCPs and 300 PCN Clinical Directors already signed up**
- FREE to attend for healthcare professionals within general practice and primary care, and allied HCPs working within governance
- Cutting edge CPD accredited conference programme with **11 theatres and 200+ sessions**:
<https://www.bestpracticeshow.co.uk/2022-programme>
- Attend our **PCN Transformation Theatre**, designed to steer you along your PCN development
- Hear from **150 expert speakers** who are passionate about sharing their knowledge and experience
- Experience a new Theatre by the **British Medical Association** and engage with their top staff
- Meet **200 exciting exhibitors** who will show you the latest products and services

Download the latest conference programme through this link,

<https://drive.google.com/file/d/1EPLqV0tNa0B1xgbWVMNgYPLVDHnKtfHX/view?usp=sharing>

Updated stakeholder briefing - NHS integrated urgent care proposals - Middlesbrough and Redcar & Cleveland

The NHS in the North East and North Cumbria has been deeply saddened by news of the death of Her Majesty the Queen. During the period of national mourning the decision was made to re-schedule four of the eight Integrated Urgent Care proposal public events, and as a result **the following four event dates were cancelled**, and registered attendees have been notified.

The engagement period will be extended by one week, ending at midnight on Sunday 16th October. Please see the briefing and new dates [here](#)

Daisy Chain virtual Information Sessions for professionals

Come along to a virtual information session to find out more about eligibility criteria, the referral process and the type of support on offer.

Use the link below to book onto one of the upcoming sessions [Information Sessions for Professionals: The Family Support Service Tickets, Multiple Dates | Eventbrite](#)

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-sTH1W9gv49d9Tq3hhwg9jJZZ5MFs>

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.