

# YOUR News Update



Issue: 05 January 2023

*Dear Colleagues*

**Wessex LMCs News Update from the Team. . .**

## **Wessex LMCs Intro...**



*Louise Greenwood  
Director of Education & Development (LEaD)  
Wessex Local Medical Committees Ltd*

*Happy New Year . . .  
.... or is it?*

There is currently so much to be gloomy about and so much that is incredibly frustrating, but way beyond our control. The definition of optimism is that it is a positive and hopeful emotion that encourages you to look forward to a bright future, one in which you believe that things will mostly work out. When you are exhausted and overwhelmed and cannot see the light at the end of the tunnel, it is very hard to keep optimistic.

Starting a New Year often leads to reflection of what has been and what is to come. Plans are made to start new hobbies, change lifestyles, or try to improve on what we are currently doing.

I was on a call this morning with two colleagues who were downbeat with the amount of work they had to do due to staff sickness and a feeling of complete powerlessness to affect anything in their work to improve the situation. As we talked, we started discussing a dormant project they had initiated, believed in and found hugely motivating and rewarding – and their faces lit up as they chatted about it. However, the despondency they felt was due to their belief that they had no time now to give to this project, they had to stay with their heads down, doing other work just to survive. By the end of the conversation, we had found a way for them to re-start their project and suddenly, by bringing back the joy via their project, the rest of their work seemed more bearable.

Where do you find the joy in your work?

As you think about your work for the coming year, you might want to think about which parts of the job you really enjoy and how to bring these back into your daily routine. One colleague here at the LMC mentioned how he liked to chat to the children he treated and remembered how much they loved receiving a sticker at the end of the consultation. When was the last time he had a few minutes to chat to a child and give them a sticker? He couldn't remember. It may be women's health that you are really interested in or palliative care. It

might be finances and the wellbeing of your team that inspires you.

Feeling positive and being motivated at work is infectious.

Barbara Fredrickson identified the following as the ten most common positive emotions:

- Joy
- Gratitude
- Serenity
- Interest
- Hope
- Pride
- Amusement
- Inspiration
- Awe
- Love

Which ones of these have you recently felt? How might you find them in the next few months?

When we are in survival mode with our heads down, it is hard to remember to look out for others – but this is essential. Perhaps we could all look out for each other more and try to find the joy in our work as part of our plans for 2023?

## Key Patient & Media Messages

Wessex LMCs webpage [Key Patient & Media Messages](#) aims to help practices communicate the pressures of General practice to patients. Please share these messages when promoting the forthcoming [2023 GP Patient Survey](#)

Messages include:

- Why are patients struggling to get through to their GP?
- Demand vs Supply in General Practice
- General Practice is open and working harder than ever
- Please be patient and kind to General Practice staff
- Your GP surgery needs your support, so it can be there to support you



## BMA Media Headlines

Mirror - [Healthcare in CRISIS: Future of NHS is on a knife-edge as Tories urged to act NOW](#)

BMA - [NHS crisis: BMA chair warns that the current situation is 'intolerable and unsustainable'](#)

The Guardian - [BMA condemns 'political choice' not to tackle 'intolerable' pressure on NHS](#)

Independent - [NHS facing 'equivalent levels of pressure' as the pandemic](#)

The Guardian – [People in UK turning to DIY health treatment amid shortage of GP appointments](#)

Chronicle - ['Burnt out' junior doctors are struggling to pay rent - with many wanting to leave](#)

Independent - ['Last thing' NHS needs is strikes, warns health chief](#)

## Wessex LMCs Media Headlines

We have heard from our members that increased explanations of the current situation of General Practice and our viewpoint being heard in the media is important. We wanted to update you around some recent work the LMC team have been doing to increase our media presence on your behalf.

- Edd was joined by Dr Richard Van Mellaerts earlier this month to discuss safe working in general practice, listen to the podcast [here](#). Richard fed back; *[“It was really good to talk about what practices can do to manage workload, look after their GPs so they can look after their patients. Making some changes can make this a safe, sustainable, and enjoyable job again”](#)*
- Andy recorded a pragmatic podcast [Diagnosis and Management of Group A Streptococcus Infections](#) with Dr Sanjay Patel, paediatric infectious diseases & immunology consultant at Southampton Childrens' Hospital. This was widely circulated on social media, and to date has received over 1500 downloads. A couple of our listeners commented:

*Thank you Wessex LMC, very helpful and timely. Brilliant!*

*“I have to say the podcast Wessex did was so good. It really helped me listen about GAS and shut out some of the panic. Thank you!”*

- Laura recently worked with Mosaic (media agency): [‘Help us treat the sickest patients the quickest’ – GPs offer advice to parents amid surge in Strep A cases](#) This press release was picked up by three local newspapers and you can read the articles here:

[Basingstoke GPs cancelling appointments because of Strep A demands – Basingstoke Gazette 13th December](#)

[Plea from GPs across Dorset as doctors 'inundated' by parents – Bournemouth Echo 19th December](#)

[Plea from GPs across Dorset as doctors 'inundated' by parents – Dorset Echo 20th December](#)

- Following the press release, Laura was invited to speak on ITV Meridian and her interview was aired on Friday 16<sup>th</sup> December (viewing figures c330,000). After sharing on social media, the recording has reached over 2700 people alone on [Facebook](#). You can watch the interview [here](#) - please do share with your colleagues.
- More recently, Laura Edwards was approached again by ITV Meridian for her view on the state of General Practice, this was aired on Wednesday, 4<sup>th</sup> January 2023. You can watch the brief (!!) interview [here](#) - please do share with your colleagues.
- Andy Purbrick has also been approached by BBC South Today to undertake an interview which will be aired tonight at 18:30; this will also be shared via our social media channels – so keep an eye out for our social media posts.

## Proactive Social Prescribing

A [short film explaining the approach and elements required to deliver proactive social prescribing](#) is available to watch. PCNs and commissioners are encouraged to work with stakeholders including VCSE partners and local clinical leaders to put in place a targeted proactive social prescribing offer to improve access to social prescribing to an identified cohort with unmet needs. This builds on the existing requirement that a PCN must provide a social prescribing service to their collective patients.

## Mental Health & Wellbeing

The staff mental health and wellbeing hubs have been set up to provide health and social care colleagues rapid access to assessment and local evidence-based mental health services and support where needed. The hub offer is confidential and free of charge for all health and social care staff. [NHS England » Staff mental health and wellbeing hubs](#)

### Bath & North East Somerset, Swindon & Wiltshire

[BSW Wellbeing - Avon and Wiltshire Mental Health Partnership NHS Trust \(awp.nhs.uk\)](#)

[In this podcast](#), Emma Clack, Team Manager of Wellbeing Matters, talks to our Medical Director, Dr Edd Rendell about the BSW staff support hub offer for staff in Bath and North East Somerset, Swindon and Wiltshire. This support offer is extended to all clinical and non-clinical staff who work across BSW.



### Dorset

[The ICS staff wellbeing service – Here For Each Other \(joinourdorset.nhs.uk\)](#)

Here For Each Other is supporting GP Practices and other primary care staff and teams across Dorset to look after their wellbeing while prioritising others. Staff can access support on the [website](#) or from the Enhanced Wellbeing Hub via an [online referral](#) or by calling 01202 130130 (Mon-Fri, 08:00 – 16:00).

### Hants & IOW

[HIOW Staff Support Hub](#)

[In this podcast](#) Phoebe Roberts and Hayley Wall (HIOW Wellbeing Programme) discuss supporting all members of staff via the HIOW Health and Wellbeing Hub. With Louise Greenwood (Wessex LMCs) they outline three key areas of support.



The [People Portal](#) which is an open website full of resources, videos and signposting [NHS Wellbeing - Idea Spotlight \(hiowpeople.nhs.uk\)](#)

Secondly, the Health and Wellbeing Support Service offers 1:1 consultations with a Health and Wellbeing Advisor who can explore how people are feeling and offer advice and guidance by way of a personalised plan. These consultations are bookable via email at [HWSS@hhft.nhs.uk](mailto:HWSS@hhft.nhs.uk) or via calling 0300 772 7099 Monday – Friday, 9am-4.30pm.

Finally, the [Employee Assistance Programme](#) which all colleagues working in general practice across HIOW can access free of charge by calling the confidential helpline on 0800 028 0199 which is available 24/7. It is an external and confidential service where individuals can discuss their concerns and seek advice and support on a range of matters such as legal issues, relationship issues, financial information, housing concerns, stress and anxiety, low mood, domestic abuse, family issues and much more.

### North East Hants

[Here for you Surrey and Borders Partnership NHS Foundation Trust \(hereforyoursurreyneh.nhs.uk\)](#)

### Remote Consulting for Clinicians - A focus on red flags and safety netting

Friday 24<sup>th</sup> March 2023 12:30 – 14:00

Wessex LMC Members £30pp

Book Online: <https://www.wessexlmcs.com/events/14545>

This is a practical skills workshop for all clinicians who undertake remote consulting in hours or in the out of hours setting.

The course offers advice, examples, case scenarios and feedback to help you to become more confident in the skills needed for remote consulting. There will be a focus on using red flags and safety netting most effectively to prevent complaints.

During this session we will:

- develop strategies to elicit red flags remotely and to safety net safely
- consider which worst case scenarios need to be excluded in any given presentation
- explore ways to prioritise the gathering of important data
- give you confidence in your work while consulting remotely and reduce the risk of complaints

*Please note this session is not being recorded*



### Finance Bite Size: Preparing for Financial End of Year

Wednesday 8<sup>th</sup> February 2023 14:00 – 16:00

Wessex LMC Members £15pp

Book Online: <https://www.wessexlmcs.com/events/14709>

Matt Perkins, one of our PM Supporters will lead another of his webinars for all those involved in practice management finance. This one will focus on End of Year and, as ever, will be practical, relevant and Matt's guidance will be easy to implement.

During this session we will:

- help you checking that all available income has been received
- assist you to prepare for the annual accounts
- start you thinking about next year, ensuring you start next year on the front foot!

Participation in this session will give you confidence that you have covered everything necessary for financial / NHS year end.

*Please note this session is not being recorded*



Regards

*The LMC Team*

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