



**Londonwide LMCs**

The professional voice of London general practice

October 2016 newsletter

Practice merger guidance

More practices are choosing to merge as a way of meeting the workforce and financial challenges that GPs face. We have produced a new guide to help practices through this process.

[DOWNLOAD](#) 

Five Year Forward View &ndash; two years on

In October 2014 the NHS Five Year Forward View promised to stabilise general practice within two years. Has this been delivered?

[READ MORE](#) 

Staying up to date

We will shortly be emailing practice managers to update our constituent records. This is because ongoing issues with Capita's management of GP records mean we are not receiving updates on GPs joining, leaving or moving between the practices we represent.

[READ MORE](#) 

Self Care Week 2016: understanding self care for life

Self Care Week runs from 14&ndash;20 November and is an excellent tool for general practice. Organised by the Self Care Forum, the national awareness week has been running since 2009 and is a promotional vehicle to help increase people&rsquo;s ability to better look after their own health.

[READ MORE](#) 

## GP workload and aspirations survey

The BMA's new GP workload and aspirations survey is now live and open to all GPs in England. You should have received a direct email containing a unique code but if not please click the link below, the survey is open until 31 October.

[READ MORE](#) 

Resource of the Month

Winter planning guidance Our winter planning guide will help your practice create and maintain a business continuity plan.

DOWNLOAD 

SNAP POLL

Which charity should we support this Christmas?

The Trussell Trust runs a network of food banks. The Doctor Hickey practice cares for homeless patients in London.

Trussell Trust

Doctor Hickey practice

Other

## Guidance Updates

•  
Sessional GP newsletter

•  
BMA GPC newsletter

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Mandatory data collection deadlines

•  
Responsible prescribing of oxygen

•  
NHS England payments for waste collection end

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PCSE GP update

•  
Humberside LMCs' guidance on support for practices

•  
London Sexual Health Transformation Programme update

Londonwide Diary

November

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Self Care Week starts

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From mindfulness to reflection: how to stay healthy in today's NHS

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College of Medicine Foundation two day course

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Effective medical chaperoning

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Dr Katie Bramall-Stainer speaking at City & Hackney GP Confederation conference

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Business Health Check

GUEST BLOG - Supporting adult mental health patients and carers to shape services

South London and Maudsley NHS Foundation Trust explain how they have formed a group of dementia and mental health patients, and their carers, who support each other and help to shape services.

[READ MORE](#) 

#### Londonwide LMCs' Annual Conference

Our annual conference will take place at the Emirates Stadium, London on 20 April 2017. More details soon.

Save the date!

Also this month...

World mental health day

Monday 10 October was World Mental Health Day, which we marked by providing resources on social media, including perspectives on managing patients' mental health and supporting good mental health among GPs.

[READ MORE](#) 

Don't forget to access our State of Emergency resources

In April GPs in London and across the country declared a GP State of Emergency. Since then our dedicated website has proved very popular with nearly 8,000 visitors and over 23,000 page views. We have also engaged directly with over 500 (40%) practices in the Londonwide LMCs' area.

[READ MORE](#)

Key themes in the development of an active and effective PPG

Key themes in the development of an effective patient participation group (PPG) have been identified from our recent survey of practice and PPG leads.

[READ MORE](#)

New Patient Online toolkit for GP practices

The Patient Online (POL) programme has released a toolkit to help GP practices promote online services to patients, specifically ordering repeat prescriptions, booking appointments and viewing medical records.

[READ MORE](#) 

#### Media Round-up

On 12 October our CEO, Dr Michelle Drage, had a piece in the Huffington Post calling for general practice to remain true to its values as it faces transformation. On 11 October Londonwide LMCs' Medical Director, Dr Katie Bramall-Stainer, was quoted in BMA news, commenting on the reduction in Council-funded smoking cessation services in Hounslow.

We continue to be very active promoting the interests of London GPs and practice staff on Twitter, Facebook and LinkedIn. We also support practices that are approached with media requests. You can find details of how to get support here.

Got a story? Email us at [comms@lmc.org.uk](mailto:comms@lmc.org.uk). Deadline for next month's submissions is 16 November.  
Downloaded your resources from our GP State of Emergency website.

[www.lmc.org.uk](http://www.lmc.org.uk)

