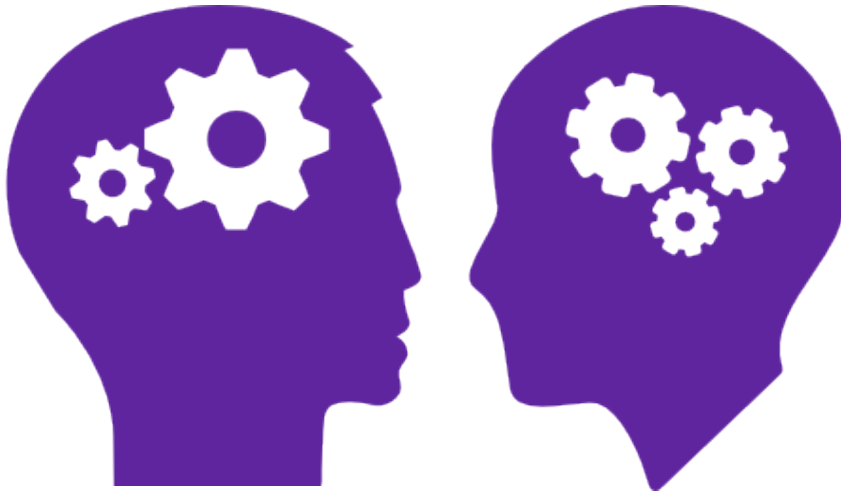


# GP Event

## From Mindfulness to Reflection: how to stay healthy in today's NHS



**Wednesday 12 October 2016**  
**Thursday 10 November 2016**

*You may attend one or both dates*

This programme is designed with the needs of busy GPs in mind and is grounded in an understanding of the psychological pressures that GPs are currently experiencing.

**Time:** 12:30pm – 5.00pm (registration and lunch from 12pm)

**Venue:** Londonwide LMCs, Entrance D, Tavistock House South, Tavistock Square, London WC1H 9LG (next to the main entrance to BMA House)

**Cost:** £50.00 per delegate for one session  
£100.00 per delegate for both sessions

**Please complete the booking form on the third page to reserve your place.  
Please keep terms and conditions for your reference.**



The **Cameron Fund**  
*The GPs' own charity*



**Londonwide LMCs**  
The professional voice of London general practice

# GP Event

From Mindfulness to Reflection: how to stay healthy in today's NHS

**Workshop name** Reflective Practice Masterclass for GPs

**Target Audience** General Practitioners

**Duration** 4.5 hours

**Format** Group work

**Presenter** Dr Clare Gerada

**Overview** To help individuals to identify both the organisational and psychological barriers to change and personal development. It introduces techniques to enable participants to overcome some of the challenges facing general practitioners and gain insight into the necessary changes that need to be made to their practice in the workplace in order to improve their working lives and their ability to continue to deliver safe, effective and compassionate care.

The programme is aimed at those who face challenges with excessive workload, system changes and expectations from patients, commissioners and the media. It will provide a safe space for sharing concerns and identify needs, and aims to give participants tools and techniques to enable them to move forward and deal with constant changes in general practice and the wider NHS.

**Aims**

- To create a safe and confidential space where difficulties can be discussed openly
- Support GPs to identify and prioritise the stressors in their working life
- Provide the GPs with alternative ways of thinking that will help them to manage these stresses in their workplace
- Enable GPs to self-reflect, maintain a high level of patient care and look after their own wellbeing, while achieving a better work-life balance

**Learning Outcomes**

- How to utilise a reflective practice model using practice or personal examples
- Understand one's limitations as a practitioner
- To leave with an understanding of our personal responsibility to identify our stresses; avoid those we can and strengthen ourselves to live with those we cannot avoid.
- To leave with a mini action plan on how to improve your health and wellbeing at work

**Sponsor** The Cameron Fund: the medical charity which provides help and support solely to general practitioners and their dependants. It is known as the GPs' own charity and offers grants, secured loans and guaranteed loans and finances money advice and career coaching. Assistance is tailored to the needs of the applicant.



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# GP Event

## Booking Form: From Mindfulness to Reflection: how to stay healthy in today's NHS

The cost for attendance per delegate per session is £50.00 (including VAT) for attendees from Londonwide practices and £65.00 (including VAT) for attendees from practices from other areas. Places are limited so please complete the form below and return it with your cheque, payable to 'Londonwide Enterprise Ltd', or choose the pay by BACS option and send the completed form to Marie Vassallo at [marie.vassallo@lmc.org.uk](mailto:marie.vassallo@lmc.org.uk) at Londonwide LMCs, Tavistock House South, Tavistock Square, London WC1H 9LG by **Friday 7 October 2016. Please complete and save this form before emailing it to Marie.**

Name: \_\_\_\_\_

Practice/contact details: \_\_\_\_\_

Postcode: \_\_\_\_\_ Email address: \_\_\_\_\_

Dietary/Access requirements: \_\_\_\_\_

I would like to attend on: **Wednesday 12 October 2016**  and/or **Thursday 10 November 2016**

Please tick the appropriate box for your payment preference: BACS  cheque

If you choose the BACS option you will receive a separate email with bank account details for payment.

Please tick this box to indicate that you have read our Terms and Conditions

### Terms and Conditions

**Londonwide LEAD** - All bookings are subject to the terms and conditions set out below. The person making the booking accepts all terms and conditions as set out herein on behalf of those named. In regards to data, the only data that may be shared would be name, profession, practice name and/or practice area. The fee includes lunch, refreshments and a copy of the event documentation and is inclusive of VAT.

**Cancellations/Substitutions** - Cancellations made at least four weeks before the event date will be charged at 10% of the total cost. Cancellations made between this date and at least two weeks before the event date will be charged at 50% of the total cost. Cancellations made after this date will be charged the full total cost. We regret that any cancellation after this date cannot be refunded, and that refunds for failure to attend the event cannot be made. However you can send a substitute delegate at any time. Cancellations and substitutions must be made in writing to [lead@lmc.org.uk](mailto:lead@lmc.org.uk).

Cancellation period	Discount
At least four weeks before the event date	10% of the total cost will be charged
At least two weeks before the event date	50% of the total cost will be charged
Less than two weeks before the event date	100% of the total cost will be charged

**Access Requirements** - To help us ensure that all delegates attending the event are able to participate fully, please let us know about any requirements you have when you complete the form.

**Dietary Requirements** - We always provide vegetarian options at our events, but please inform us on the form if you need us to cater for any other dietary requirements.

**Data Protection** - Londonwide Enterprise Ltd and Londonwide LMCs Ltd are committed to protecting your privacy and security. Both Londonwide Local Medical Committees Ltd and Londonwide Enterprise Ltd are registered as Data Controllers with the Information

Commissioner's Office, as required under the Data Protection Act 1998. Londonwide LMCs Ltd registration number is Z1239475 and Londonwide Enterprise Ltd is Z1965945. In order to deliver our services to you, we need to process and store your personal information, which will be done in a secure manner. By entering your details, you agree to allow Londonwide Enterprise Ltd and Londonwide LMCs Ltd to contact you (by mail, email, telephone, SMS or fax) regarding its services and activities. If you do not wish to receive these communications, please tick the box below.  
 By ticking this box, I confirm that I do not wish to receive further information on events or services provided by Londonwide LMCs Ltd or its subsidiary Londonwide Enterprise Ltd.

By ticking this box, I confirm that I would like to receive information from carefully selected partners/associates/exhibitors, which provide health care related services, products or information.

If you change your mind in the future regarding the receiving of communications from Londonwide LMCs Ltd, Londonwide Enterprise Ltd or selected third parties, please confirm this in writing to Paul Tomlinson, Company Secretary ([Paul.Tomlinson@lmc.org.uk](mailto:Paul.Tomlinson@lmc.org.uk)).

Events may be supported by external companies, including pharmaceutical suppliers. Your name, profession and location area may be shared with these carefully selected exhibitors and sponsors at events.

**Event Language** – English

**Alterations to the advertised event** - It may be necessary for reasons beyond the control of Londonwide Enterprise Ltd to alter the timing of the event, the identity of the speaker, the date or the venue but the event objectives will remain the same. In the unlikely event that the scheduled event is cancelled by Londonwide Enterprise Ltd (as opposed to postponed), we will refund you the registration fee, but to the fullest extent permitted by law, we will not be liable to you for any other costs or losses, whether direct or indirect.

This does not affect your statutory rights. Londonwide Enterprise Ltd shall not be liable for loss of profit or business

damage, whether direct, indirect or consequential, howsoever caused.

**Venue policies** - Delegates in attendance will be expected to comply at all times with the rules and regulations imposed by the venue and may be removed from the event for failure to do so. Any loss of personal property at the venue is at your own risk. You may be held liable for any damage you may cause at the venue.

**Feedback, Complaints, Comments and Suggestions** - If you have any feedback, complaints, comments or suggestions about an event then please contact us in writing to [lead@lmc.org.uk](mailto:lead@lmc.org.uk). We will acknowledge this within ten working days and agree an appropriate timescale with you in which to respond to your request.

**Equality** - Londonwide LMCs Ltd and Londonwide Enterprise Ltd is committed to equality for all. Londonwide Enterprise Ltd does not tolerate any form of exclusion, harassment, victimisation, bullying or other unfair discrimination on any grounds including protected characteristics as described in the 2010 Equality Act. All participants (including wider groups of individuals connected to the organisation) are expected to value and respect each other. The behaviour of non-employed associates of the company will be addressed where they are in breach of this principle and may be subject to the following actions:

- Contractors/speakers/exhibitors may have their contract terminated.
- Course delegates may be removed from their programme
- Venues and their staff – this will be followed up and a review undertaken on whether to use those facilities again.

**Force Majeure** - Londonwide Enterprise Ltd shall not be liable for any failure to perform its obligations where caused by circumstances beyond its control including for example acts of God, war, riot, explosion (including terrorist attack), abnormal weather, or natural physical disaster, fire, flood, strikes or Government, or Government agency, action or regulations.

**VAT Registration** - All payments are subject to VAT and Londonwide Enterprise Ltd VAT registration number is 130 1454 66.



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