



Message from Dougy Moederle-Lumb, Chief Executive, YORLMC Ltd

Dear colleagues

YORLMC Wellbeing Lead

YORLMC already has a comprehensive pastoral care team with many years' experience, able to provide personal and confidential support for individual GPs and practice teams in difficulty or experiencing major change.

To further strengthen and add much needed capacity to this resource, I am delighted to advise that NHSE has granted General Practice Forward View funding to YORLMC enabling it to commission a Wellbeing Lead pilot. It is vital that additional capacity supporting resilience within General Practice is created over the coming 12/15 months and this pilot which aims to deliver increased capacity, efficiency, innovation and shared good practice, also has the potential to be replicated elsewhere.

Unprecedented pressures are being experienced in General Practice as the landscape of the NHS changes rapidly, and as the centre of gravity moves ever more rapidly towards primary care. As a result of the 2019 GP contract changes, including primary care networks and the NHS Long Term plan there is a move to address the challenges that GPs and practices are currently facing in terms of workload and workforce.

I am therefore pleased to announce that Dr John Bibby has been appointed as YORLMC's Wellbeing Lead.

Many of you will know John. He was a GP in Shipley for 31 years, finishing his clinical practice 5 years ago.

He has long history of undergraduate and post graduate education, having been a VTS trainer and past VTS course organiser, and also GP Tutor for Bradford and more recently Bradford Districts CCG Educational Lead. He is a Fellow of the RCGP. John also has experience of coaching and is MBTI, Firo-B and NLP trained.

John developed the first Ophthalmic Community triage service in the country, and his practice was the first in the patch to obtain the RCGP Quality Practice Award twice.

He has led Quality Improvement work across the country, initially as Clinical Lead for the Improvement Foundation, where he led the Leadership for Quality improvement programme over 5 years, training 500 GPs and practice managers. More recently he has been working with the Improvement Academy where he has developed the online Bronze Training, the face to face Silver training and the Train the Trainer "Gold" training and leads the regional Quality Improvement Trainers Network

YOR Local Medical Committee Limited (YORLMC Ltd)

Registered office: First Floor, 87-89 Leeds Road, Harrogate, North Yorkshire, HG2 8BE

t. 01423 879922 f. 01423 870013 e. info@yorlmltd.co.uk w. www.yorlmltd.co.uk

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Chief Executive: Dr Douglas Moederle-Lumb

Honorary President: Dr John Givans

John is also one of the appraisal leads for NHS England and NHS Improvement – (NE and Yorkshire), having been involved nationally with appraisal from its inception.

He has co designed the West Yorkshire GP Mentoring service which YORLMC is piloting as well as the Having Better Conversations programme as part of the regional wellbeing/resilience work

John therefore brings with him many years' experience of GP education, service change, quality improvement and passion for general practice, including a desire to champion general practice as a career.

YORLMC Executive Officer Simon Berriman will provide dedicated support to John and together they will explore with YORLMC and constituent practices ideas that will help address the challenges facing modern General Practice.

How to get on touch:

Dr John Bibby
Wellbeing Lead
drbibby@yorlmcld.co.uk

Simon Berriman
Executive Officer
01423 879922
simon.berriman@yorlmcld.co.uk

YORLMC Website (<https://www.yorlmcld.co.uk/wellbeing>):

A dedicated online wellbeing resource is being developed which will provide sources of support and content with the aim of assisting GPs and practice staff in the YORLMC area to find ways of improving their wellbeing and mental health.

YORLMC Wellbeing Seminars:

YORLMC has organised two wellbeing seminars in October for GPs, Practice Managers and other primary care staff, which aim to help healthcare professionals and their colleagues to recognise the signs of burnout; understand the importance of their own wellbeing; and provide practical workshops sessions providing support/techniques on how to reduce the risk of burnout and stress in the workplace.

Further details at the below links:

Bradford - Tuesday 15 October 2019 at Cedar Court Hotel, Bradford
<https://www.yorlmcld.co.uk/events/9113>

North Yorkshire – Thursday 24 October 2019 at the Pavilions of Harrogate
<https://www.yorlmcld.co.uk/events/9114>