

Lincolnshire LMC Weekly Update - 08/10/2021

Lincolnshire LMC's weekly update is an overview of our published information relevant to practices.

Our Weekly update is categorised as follows:

- Practice Updates
- News & Guidance
- COVID-19 FAQ Updates
- Webinars and Podcasts
- Training and Upcoming Events
- Newsletter
- LMC Committee Meeting

All of our weekly updates can be found on our website: www.lincslmc.co.uk/weeklyupdates

Practice Updates

Take-30 Service - www.lincslmc.co.uk/wellbeing



take-30
AND LET'S TALK

DON'T JUST STRUGGLE ON

Not quite 100% but can't quite put your finger on what is wrong? In need of a break but not able to switch off?

You don't need to wait until you feel overwhelmed; talking things through can help to let off steam and release that build-up of pressure.

It may feel small and insignificant at first but locking your feelings away can lead to feelings of being overwhelmed and out of control.

HAVE A FRIENDLY CONFIDENTIAL CONVERSATION WITH A TRAINED MENTOR

CONTACT US: 01522 576659
EMAIL: info@lincslmc.co.uk

More info at www.lincslmc.co.uk

Open to receive enquiries between 10am and 4pm Mon-Fri
This is not an emergency service

Our take-30 service is aimed at providing confidential peer support for busy GP's, Practice Managers, Nurses & all other Practice Staff Members as they work through everyday challenges.

Feel free to share this banner with all practice staff members.

News & Guidance

Our Guidance section is updated weekly and can be found at: www.lincslmc.co.uk/guidance. Our News section is also updated regularly with headlines and hot topics, this can be found at: www.lincslmc.co.uk/news.

Our most recent guidance articles are as follows, for the full guidance please click on the links below:

- **Managing requests for private services during times of pressure -**
www.lincolnslmc.co.uk/managingrequestsforprivateservices
- **ICON: 'Baby's cry you can cope' -** www.lincolnslmc.co.uk/iconbabiescryyoucancope
- **Consultation regarding future of four NHS Lincolnshire services -**
www.lincolnslmc.co.uk/consultationregardingfutureoffournhslincolnshireservices

FAQ Updates

COVID-19 FAQs

We regularly update our COVID-19 FAQ document with relevant and helpful information. To view our past and current COVID-19 FAQ documents please go to: www.lincolnslmc.co.uk/covid19

Most recent COVID-19 FAQ Document: Lincolnshire LMC FAQs Updated 08.10.2021

FAQs updated in this most recent document:

- Should practices be performing spirometry? (Updated & Added)

Webinars & Podcasts

Lincolnshire LMC has produced a range of educational webinars and podcast directed at practice members. To find out more please go to: www.lincolnslmc.co.uk/educationalwebinars for webinars and www.lincolnslmc.co.uk/podcasts for our podcasts.

Our most recent webinars and podcasts:

- **Podcast - Episode 16: The Admiral Nurse Service Update -**
www.lincolnslmc.co.uk/podcasts

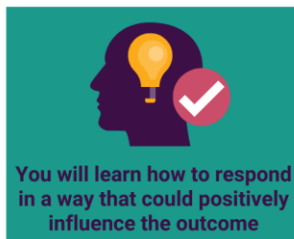
Training and Upcoming Events

You can book onto any of our training or events through: www.linclsmc.co.uk/events

Below are our upcoming events, to book onto these events please click the links below:

Lincs LMC: Active bystander training

This workshop will help you speak up and be vocal about harassment – especially when you are not the target or representative of the target group.



To book onto this course please go to the Lincolnshire LMC website events page: www.linclsmc.co.uk/events

lincolnshire *lmc*

Active Bystander Training: Be empowered to challenge inappropriate behaviour!

This short lunchtime course is available to all Lincolnshire Practice Staff. With the steady rise in offensive behaviour being displayed it is more important than ever to be equipped and confident to deal with these situations. This session looks at different types of behaviour and how you might be able to get a positive outcome for all. This training is not about being a hero but is about supporting each other and changing culture to empower people to make it clear that abusive or discriminatory is not acceptable.

Date: 19th October 2021 **Time:** 12:30hrs to 13:30hrs **To book go to:** www.linclsmc.co.uk/events/12420

LMC GP Conference:

Please be aware we have had to move the venue to The Bentley Hotel, Lincoln because the original venue has cancelled all their bookings. There is plenty of parking at this new and there are good road/ transport links.

If you have already booked a place then your booking is still secure. Please be assured that this event will still be a very special day for all delegates with a great line up of speakers focussing on *Managing the Unmanageable!*

Date: Thursday 25th November 2021 **Time:** Full Day

To view the agenda and to book your place, go to: www.linclsmc.co.uk/events/12178

Please let us know if you require training that is not available elsewhere, we keep track of training needs in Lincolnshire and may be able to help you find a course.

LMC Monthly Newsletter

To view our new interactive **September 2021 newsletter** please go to: www.lincslmc.co.uk/practiceintouchlmcnewsletterseptember2021

Lincolnshire LMC Committee Meeting:

The next Lincolnshire LMC committee meeting is scheduled for: **Thursday 14th October 2021.**

We welcome and encourage constituents to attend as observers; if you would like to attend the next committee meeting, please contact: rosa.wyldeman@nhs.net

There is a limited number of attendees for each committee meeting so please contact us as soon as possible.

All past committee meeting reports can be found at: www.lincslmc.co.uk/lmccommitteemeetingreports