



Update from the Consortium of Lancashire & Cumbria LMCs

Tuesday 7th November

Help us grow our audience - LMC Distribution list

We would like to grow our LMC audience. If you know any GPs or PMs in your practice that don't receive this Brieflet and/or is not on our distribution list, please ask them to [get in touch with us!](#)

Rebuild General Practice Roadshow - GP expressions of interest

We are really excited to announce that our LMC has been chosen to host a Rebuild General Practice Roadshow! The aim of the roadshows are to identify promising GP advocates, support local GPs to take a more direct role in advocating for the future of the profession and to help foster a sense of unity within the profession.

Our LMC will work with the Rebuild General Practice team to host the roadshow, inviting GPs from across the Northwest who have an existing influence or an inclination to become public activists on behalf of the profession. There is no further commitment required other than to attend the meeting and keep an open mind regarding advocating for the profession in the future.

We are looking to select GPs from across Lancashire & Cumbria to attend the roadshow which will take place on the 9th November, at the Marriott Hotel in Preston, 1-4pm. Lunch and refreshments will be provided.

If you would like to be considered as one of our delegates or if you want to know more [please get in touch.](#)

You can also visit the [Rebuild General Practice website](#) for information on the work they have done so far.

Supporting practices with MP requests

It has been brought to our attention that some Practices are being contacted by their local MPs, requesting to meet with the Practice and patients to discuss the recovery plan.

If you would like any support with this and to involve the LMC in any way [please let us know.](#)

LMC Office Changes

There have been some recent changes within the LMC office following Dr Adam Janjua joining as our new Chief Executive and Faye Tomlinson becoming Chief Operating Officer. Mikaela George will be stepping up as the Executive Lead for North Cumbria and Toni Parker will be taking over the Executive Lead position in the Fylde Coast.

Visit our [website to meet the rest of the LMC office team!](#)

You can also see your [LMC representatives here.](#)





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LMC Buying Group Support for PCNs and Federations

The Buying Group have developed an initiative for GP practices working together so they can help each other save money on their purchasing.

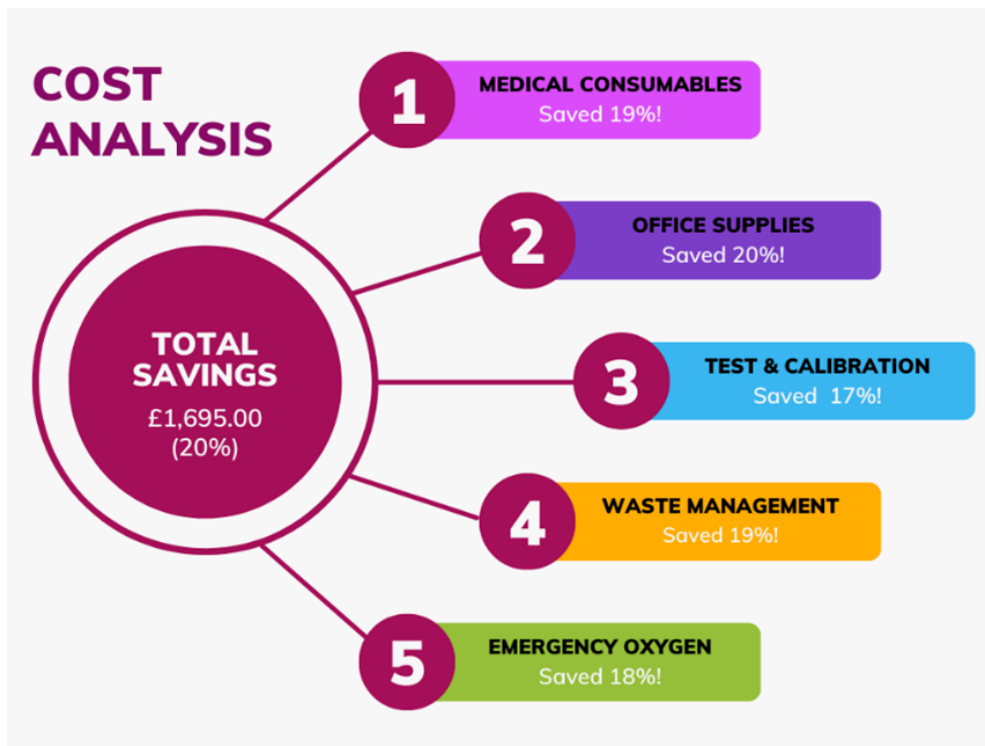
They provide a bespoke service by loaning out their procurement consultant Gary, who has over 35 years procurement' experience and 15 years specific to healthcare. Gary will work with your group e.g. Primary Care Network (PCN) or GP federation to help identify savings that can be made with Buying Group suppliers.

The Process:

1. Gary will carry out a cost analysis for up to three practices you nominate within your group
2. The findings of this cost analysis will be presented to the three nominated practices and then to the entire group
3. Gary can answer any questions you have about the suppliers and if you are happy, they can help your group of practices switch to Buying Group approved suppliers.

The LMC Buying Group have been helping individual members save money on the products and services they regularly buy for over 15 years and can now support groups of providers in the same way.

Email the Buying Group at info@lmcbuyinggroups.co.uk to find out more.





Update from the Consortium of Lancashire & Cumbria LMCs

Sessional GP Survey

We have created a survey with Dr Suzanne Gaskell, Chair of the Lancashire & Cumbria Sessional GP Forum, to gather ideas and to improve our future meetings.

If you are a Sessional GP in Lancashire & Cumbria, we would appreciate if you could please complete the [following survey which should take no longer than 10 minutes](#).

Wellbeing resources

Practices are encouraged to focus on their own team's wellbeing and take time to reflect on what can be done to protect it (this will also meet the requirements of QOF [quality improvement project on staff wellbeing](#)).

The BMA have produced a [document](#) which includes some tools for improving workload and safe working.

A range of wellbeing and support services are also available to doctors, from the [LMCs Support & Development Service](#), [NHS practitioner health service](#), [Samaritans](#) and [Doctors in Distress](#). See also BMA [poster with 10 tips to help maintain and support wellbeing](#).

LMC Soapboxes

The LMC hosts monthly 1 hour drop-in sessions via Microsoft Teams for all Practice Managers and GPs across Lancashire & Cumbria.

The LMC soapbox is an opportunity for you to raise anything with your LMC, meet your representatives, hear about the services we can provide but most importantly, we would like to hear from you and how we can support you!

You are welcome to dip in and out - There is no requirement to stay the full hour and you are welcome to just listen.

You will receive posters via email with details of how to join the Soapbox for your area. Upcoming Soapbox's:

- Central Lancashire: November TBC
- Pennine: 28th November
- Fylde Coast: 1st December
- Morecambe Bay: 7th December
- Cumbria: 19th December

Please [let us know](#) if you have any questions!





Update from the Consortium of Lancashire & Cumbria LMCs

Lancaster Medical School Primary Care team are looking for sessional GPs to join their team!

Are you looking to try something different? Do you have an interest in teaching? [Lancaster Medical School](#) continues to expand and thrive with additional student numbers and with that, we need more GP educators!

The role will involve:

- Introducing students to core General Practice themes in the early stages of their training.
- A wide diversity of educational approaches including working with patient educators.
- Support in your development as an educator, including educational sessions with our academic team.

No experience necessary, just an enthusiasm for General Practice and a desire to inspire the future workforce!

See the [following advert for further details](#) or contact Dr Debbie Clift, d.clift@lancaster.ac.uk

LMC Support & Development Service

DID YOU KNOW?

The LMC offer **the Support & Development Service** which is a free, confidential, peer/pastoral service for all GPs and Practice Staff across Lancs and Cumbria. This service is provided by GPs and Practice Managers.

It provides a professional friend to support you through any issue you may be facing such as:

- Mental health - stress, general unhappiness, burn-out etc (For GPs only)
- Work through any problem or potential opportunity you feel you have
- Move forward with personal and career goals
- Manage transitions positively
- Build your confidence
- Improve your work life balance
- Achieve your aspirations

A confidential chat with an empathetic colleague, with no bestowed interest, could make a huge positive difference to keep you in control of potential issues and/ or to keep you enthusiastic about your work. Whether you need support or a challenge to develop further, our service offers the opportunity for you to receive this from our list of mentors.

[Get in touch to find out more!](#)

[Get in touch](#) to find out more or [visit our website](#).

