



Update from the Consortium of Lancashire & Cumbria LMCs

Tuesday 19th December



Christmas wishes from your LMC Chief Exec - Dr Adam Janjua

Dear Colleagues,

Another year is ending and most of us are looking forward to spending some time with our families. It's been a difficult year, full of obstacles and adversity, for the NHS as a whole but also particularly from a General Practice point of view. Sadly, we remain an underappreciated and overworked profession that is constantly having to battle external meddling (political and otherwise) and financial pressures that are not of our own doing. But I am somewhat optimistic, as I have also noted subtle changes locally within our ranks. Changes hinting that we are becoming more united and less tolerant towards the workload dump that has snowballed over the past years. I have seen more GPs pushing back at being asked to do inappropriate work. Collectively we are moving away from the default Pavlov's GP ([for context see here](#)) mode that has been ingrained in us over time.

Next year will be a crucial year for GPs in Lancashire and Cumbria. It's a sort of Matrix **RED** pill vs **BLUE** pill moment ([IMDb it for context!](#)) where we need to decide how we interact with our wider NHS environment. Will we be the compliant and docile Pavlov GP or will we actually start trying to shape our own destiny?

I'm usually not one to quote Katy Perry but as it's the festive season I'm going to make an exception. I think she's nailed it with the Lyrics from her song Roar when it pertains to the feelings/thoughts of a GP on their way to 'activation'. For those of you who don't know it by heart I've copied the first three verses below:





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"I used to bite my tongue and hold my breath
Scared to rock the boat and make a mess
So I sat quietly, agreed politely
I guess that I forgot I had a choice
I let you push me past the breaking point
I stood for nothing, so I fell for everything

You held me down, but I got up (hey)
Already brushing off the dust
You hear my voice, you hear that sound
Like thunder, gonna shake the ground
You held me down, but I got up (hey)
Get ready 'cause I've had enough
I see it all, I see it now

I got the eye of the tiger, a fighter
Dancing through the fire
'Cause I am a champion, and you're gonna hear me roar
Louder, louder than a lion
'Cause I am a champion, and you're gonna hear me roar"

We are all Champions. Without a doubt. Doing what we do, day in day out, with little or no appreciation and under very difficult circumstances.

As I end this message, I will ask you one thing: Will we hear you 'roar' with the rest of us next year?
It's about time we make our voices heard loud and clear!

The only thing left for me to say is that the LMC Exec team, including Faye and myself, wish you and your loved ones a Holiday season filled with joy, love, and countless blessings. Season's Greetings!

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!](#)

General Practice Alert State (GPAS)

Please note GPAS data collection will be paused over the Christmas period (25th December and the 1st January)

The LMC launched GPAS last week. Thank you to everyone that submitted data on behalf of your Practice. If you are a Practice Manager and have not received any details regarding GPAS [please let us know.](#)

You can see the SitRep results from last Friday [on our website.](#)





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Last chance to complete the LMC Financial Barometer

As discussed, and presented at the LMC PM liaison forums in October, we have created an anonymised financial barometer (RAG rating tool) of individual GP surgeries grouped into LMC constituent areas. We believe this can be a valuable tool which will allow us to influence and lobby commissioners for more funding. Or at the very least prevent funding reductions imposed arbitrarily to balance the ICB books.

It's a once-a-year exercise that takes less than 2 minutes to complete but will be a good initiative for us to be able to help you. GP Partners, please ask your Practice Managers if they have completed this one question questionnaire. If you need a new link sent to you to complete it, [please contact us](#) stating what area your practice is in so we can send you the correct link.

Have your say on the future of General Practice

**GENERAL PRACTICE IN ENGLAND
IS AT A WATERSHED MOMENT.**

**THIS IS YOUR CHANCE TO SHARE WHAT
YOU THINK ABOUT HOW GPS WORK AND
HOW WE DELIVER PATIENT CARE.**

FUTURE OF GENERAL PRACTICE

GPC England is surveying ALL GPs to determine a united vision rooted in common ground with our patients, and common sense with our commissioners.

This is your opportunity to shape our vision. We need to hear your thoughts on your current contract and what you want to see from it in the future. Your input will play an important role in shaping the future of general practice.

Please scan the QR code to have your say



BMA GP finance survey

With the 2024/25 negotiations ongoing – the BMA GPC are asking all practice managers in England to complete the BMA [GPC England's finance survey](#). This is your opportunity to demonstrate the increasing impact of inflation and rising costs on GP practices over the past 12 months. It's vital for the BMA GPC to hear about the challenges you face with practice finances and what is needed to help support the service you provide.

You will need the practice's set of GP accounts for 2021/22 and 2022/23, as well as expenditure data for the months of October 2022 and October 2023 together with information on how many staff the practice employs. The [survey](#) should take 20-30 minutes to complete and closes midnight, 3 January 2024. Please send any other feedback to gpsurvey@bma.org.uk





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Inclisiran

There are still widespread concerns with the manner and speed with which [NHS England have attempted to push Inclisiran](#), which is a black triangle injectable drug. There are still a number of questions, raised by both the BMA GPC and the RCGP, on which NHS England has yet to provide a satisfactory response, and this was set out in a [joint position statement](#).

Practices are reminded that the prescription or administration of Inclisiran is not part of the GMS/PMS contract (unless commissioned via a LES). You can find an [Inclisiran rejection template here](#).

Online access to records - data breaches from misfiling of records

The BMA GPC continue to work on this topic and seek to make the whole project fit for purpose. They have had numerous concerns about how this was imposed on the profession and these can be found [here](#).

If you have any examples of potential or actual harm that has arisen from the accidental misfiling of data/letters in the wrong patient's record, or when information should have been withheld from online view in order to prevent harm, but wasn't, and which has only come to light now more patients have access to their records, [please let us know](#).

MAPs to be regulated by the GMC - write to your MP

The [Government has announced](#) that physician associates and anaesthesia associates are to be regulated by the GMC. The BMA thinks that this will add further, dangerous confusion and believes every MP needs to be aware of this issue, oppose the legislation and force the Government to abandon its plans. You can help by [using the BMA tool to email your MP](#). Read also the [statement](#) in response by Prof Philip Banfield, BMA chair of council, to the announcement.

Cameron Fund Christmas Appeal 2023

The [Cameron Fund](#) is the GPs' own charity and it is the only medical benevolent fund that solely supports GPs and their dependents. The fund relies on donations from members and LMCs. Read more about how to donate in the [Cameron Fund Christmas Appeal letter](#).

LMC Soapboxes

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

The 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.

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

