



CLMC Bulletin 525 – 29/11/22

Accelerated citizen access to GP records - mass roll-out halted

The BMA have reached a negotiated agreement with NHS England and DHSC over halting the mass roll out of the records access programme. The whole team, staff and elected members have worked immensely in bringing this about.

The press release is available here to distribute : [Halting of Citizens' Access mass roll-out is the right thing to do for patients](#)

The statement and FAQs are available here: <https://www.bma.org.uk/news-and-opinion/gp-access-to-records-programme-gpc-england-statement>

And also on the guidance page: <https://www.bma.org.uk/advice-and-support/gp-practices/gp-service-provision/accelerated-access-to-gp-held-patient-records-guidance>

CLMC parkrun meet-up

At the request of a number of our constituents, we are going to organise a regular meet-up once a month at a local parkrun. We know that many of you have linked up with parkrun as practices in the past. This is an opportunity for GPs and practice staff to network in an informal environment, which has been much missed over the past few years.

Parkrun is a social event, not a race, and always starts at 9am. It is a 5km (3.1 mile) course and can be walked, ran, jogged, part walked-part ran, or anything in between. This is about us spending time together as TeamGP, you will not be alone and you will not be too slow. Please try to sign up on the website in advance to get a barcode, which will give you an official finish time - [home | parkrun UK](#)

We intend to make this a regular fixture, on the **second Saturday** of each month, regardless of the weather. Our first event will be at Albert Park on Saturday 10th December - [home | Albert parkrun | Albert parkrun](#)

If you want to come along, you can just turn up. If you prefer to be more organised, please email Rachel - rachelmcmahon@nhs.net - with your phone number and she will add you to our WhatsApp group. Those who prefer to spectate or volunteer will also be very welcome.

Sugarman

We have been made aware that some of the Sugarman guidance has the wrong contact number on, they will be circulating new guidance soon.

Sugarman is the provider of the national occupational health service, and they cover needlestick injuries. See below for details on needlestick injuries and contact details.

The generic Sugarman contacts are as follows:

1. Please contact us directly on 02476 309727 during office hours 08.30 – 17.30 Monday-Friday or
2. Email us at info-occhealth@sugarmanhealth.com or
3. Register via the microsite <https://sites.google.com/cordantgroup.com/nhs-occupationalhealth/home>

Validium: The Healthy Almanac Toolkit - December - Time to Reflect



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Welcome to your December newsletter. Please find below helpful tips designed to support your mental and physical wellbeing. Whether you want to minimise stress, reduce absence, manage trauma or address a specific workplace issue there's something for you here.

As the fairy lights twinkle and the festive season starts, it's time to pause and reflect on the past 12 months. If you need support with any of the issues raised below, we're here to help. Contact Validium today through your employer for expert support on a wide variety of issues.

Health Awareness Days

2nd – 8th December – National Grief Awareness Week
3rd December – International Day of Disabled Persons
18th December – International Migrants Day

Infographics

- [5 ways to support someone who is grieving](#)
- [7 signs you might be a perfectionist](#)

Guides

- [Practising gratitude during the menopause](#)
- [The myth of perfection: How to embrace your imperfections](#)

Animated Short

- The power of positive relationships. *Positive relationships make us happier, feel more supported and can even improve our physical health.* Click here to view the video - [Learn more](#)

Staff Wellbeing Hub - Cost of living resources for staff from NHS national Health & Wellbeing team

The national Health & Wellbeing team have responded to staff queries on the impact of cost-of-living increases and shared various resource offers available. There is a dedicated telephone support line, WhatsApp and online chat for NHS colleagues who need support and advice with their finances which is offered by the Money Helper Service – details can be found [here](#). Practical advice and signposting on finance can be found [here](#).

Mental health and wellbeing – looking after you and your practice team

Primary care coaching - communications toolkit

In these pressured times it is absolutely critical you look after yourself and your teams. NHSE/I have launched their new communications toolkit, supporting promotion of the NHS England and NHS Improvement Looking After You national coaching service: <https://drive.google.com/drive/folders/1aS8-sTH1W9qv49d9Tq3hhwg9jJZZ5MFs>

Within the toolkit you will find social media images, banners, bulletin copy, website copy and quotes from those who have used the free services. There has been some excellent feedback from those who have accessed coaching, but we are aware there are still many colleagues who are not aware of this available support. It remains a difficult time for the workforce, so we would appreciate any help you are able to give to share these offers.

A member of their team would also be happy to come to meetings or events within regions and systems to talk about the offers: england.lookingafteryou@nhs.net

A coaching landing page hosts all three offers: www.england.nhs.uk/lookingafteryou. Recognising that frontline primary care colleagues involved in the delivery of primary care services, both clinical and non-clinical, continue to face many challenges, NHSE have developed three coaching offers for the workforce:

- 1) Looking After You Too – coaching about you and your wellbeing
- 2) Looking After Your Team – coaching about you and your team



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3) Looking After Your Career - coaching about you and your career

The coaches are highly skilled and experienced, and all coaching is free and confidential. The sessions are delivered virtually, preferably via a video platform, but telephone appointments are also available. Thousands of people have booked sessions and given positive feedback on their experience.

Crisis Coaching & Mentoring: [Coaching and mentoring sessions are available now](#) for all NHS and Health and Social Care leaders. Delivered by The Centre for Army Leadership and Meyler Campbell Coaching, these sessions are designed to support with the huge pressure on the ability of the NHS to deliver safe, high-quality care, sharpen focus on meeting the core needs of staff, ensuring wellbeing and sustained motivation to deal with this rapidly changing situation. The intervention will give leaders an understanding of crisis leadership that goes beyond what is necessary and focused on engagement and motivation through Covid19. Further information and how to register [see link here](#)

CLMC continue to offer [wellbeing services via Validium](#) for **ALL working in general practice within Tees** (including locums). We understand that a number of staff have accessed this confidential service and it has been well received.

The BMA's [report on the mental health and wellbeing of the medical workforce](#) which sets out ten recommendations to be addressed to protect staff during the pandemic and in the future. The BMA is here for you and offers supportive [wellbeing services](#) which include face-to-face counselling. You can access one-off support or, after triage, a structured course of up to six face-to-face counselling sessions. Call 0330 123 1245 today or [visit the website](#) for more information.

For all other support, speak to a BMA adviser on [0300 123 1233](tel:03001231233) or email support@bma.org.uk

[Read more about doctors' wellbeing during the pandemic](#) and on Twitter [@TheBMA](https://twitter.com/TheBMA)

There is also a wealth of [ICS provided support through their North East Support Hub](#) Telephone: 0191 223 2030 or Email: Hubstheword@cntw.nhs.uk or via online form on the website

NHSEI have recently developed a new [communications toolkit](#) and resources to help promote their offers to the workforce. The toolkit has an overview of each offer, including bulletin, email and social media copy, and links to some case studies and posters.