

Lincolnshire LMC Weekly Update - 11/03/2022

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

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

Support Services for all Lincolnshire Practice Staff



Take-30: A friendly, confidential telephone support service for any Lincolnshire practice staff to use.

This service is aimed at helping staff to unburden themselves and talk through everyday challenges related to

work or home in a safe and supportive setting with a trained mentor.

Call us on 01522 576659 or email info@lincslmc.co.uk between 10am and 4pm to arrange your session.

This is also a useful service to signpost staff and colleagues to, please feel free to share our contact details or display our [Take-30 poster](#) in your staff room.



IMPACT Lincs Mentoring and coaching service. Receive up to four free mentoring or coaching sessions to support you to make positive steps forward in your career and personal life. These sessions can take place at a time and place to suit you.

Free to all Lincolnshire practice staff.

Mentoring & Coaching can benefit you and your organisation in many ways:

- make improvements to your work-life balance
- manage transitions positively
- create a positive focus on achieving your aspirations
- improve your motivation
- develop and enhance your leadership skills
- improve your resilience
- build your confidence

Contact us on 01522 576659 or email info@lincslmc.co.uk to find out more.

Maintain your wellbeing: Lincolnshire LMC [Wellbeing pages](#) includes a range of articles, resources and short videos to help you maintain and nurture your wellbeing. There is also a directory of external support services and wellbeing charities both for GPs and their practice teams.

Go to lincsLMC.co.uk/wellbeing to explore.

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.

Most recent [News](#) / [Guidance](#) Articles:

- [Reimbursable vaccines and eligible cohorts for the 2022/23 NHS Seasonal Influenza \(flu\) Vaccination Programme](#)
- [Updated primary care antimicrobial prescribing guidelines](#)

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.lincslmc.co.uk/covid19

Educational 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.lincslmc.co.uk/educationalwebinars for webinars and www.lincslmc.co.uk/podcasts for our podcasts.

This week's featured Podcast and Webinar:

- **Podcast - Episode 1: Experiencing Burnout -**
www.lincslmc.co.uk/lmcpodcastprevious episodes
- **Webinar - Dermatology Session 2: benign and pre-malignant skin lesions -**
www.lincslmc.co.uk/dermatologywebinars

Training and Upcoming Events

LMC Development Centre: Upcoming Courses

- GP Psychiatry Session provided by the Lincolnshire Training Hub: Personality Disorder with Professor Peter Tyrer. Date: **15.03.2022** in the evening. [CLICK HERE](#) to book your place.
- Virtual Progestogen Only Contraception Update 16/03/2022 LAST FEW PLACES REMAINING [BOOK HERE!](#)
- Improving the Patient Experience 23/03/2022 in the afternoon. [CLICK HERE](#) to book your place.
- Introduction to immunisation for practice nurses and other registered healthcare professionals 20/07/2022 [BOOK NOW](#) to secure your place and avoid disappointment.

Other clinical and non-clinical courses are available for Lincolnshire practice staff on our [LMC training and events page](#). If you require some training that is not listed please let us know by completing our [training needs form](#) and returning it to rosa.wyldeman@nhs.net

LMC Monthly Newsletter

To view our interactive **February newsletter** please go to: www.lincslmc.co.uk/lmcnewsletterfeb2022

All previous LMC Newsletters can be found [HERE](#).

Lincolnshire LMC Committee:

Next meeting taking place on **Thursday 21st April 2022**. Observers are welcome, if you would like to attend a committee meeting as an observer [please let us know](#). To see who your committee representatives are, go to our '[meet the team](#)' webpage or [click here](#) to view committee meeting reports.

For more information about the Lincolnshire LMC and what we do, take a look at our [LMC information pack](#).

General Practice Infographics

We continue to create useful infographics for general practices to display on their websites and social media. These infographics inform patients on key services to use and how general practices are currently operating.

For a full list of available infographics [CLICK HERE](#)

