

## Lincolnshire LMC Weekly Update - 23/12/2022

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](http://www.lincslmc.co.uk/weeklyupdates)

To ensure you keep up to date with the latest information, follow us on: Twitter, Facebook and Instagram [@LincolnshireLMC](https://www.instagram.com/LincolnshireLMC)



## Practice Updates

### **Don't forget to think about yourself this Christmas:**

With lots going on at this time of year, it is easy to get caught up in the momentum and forget to take time for yourself.

There is a range of supportive wellbeing resources on the [LMC wellbeing webpages](#) with articles covering topics such as resilience, mindfulness, education, keeping connected and recognising burnout. We also have a variety of short wellbeing videos and lots of links to useful self-help exercises, educational sessions and much more.

You may want to reflect on the year gone by or look to the future. Our [Impact Lincs Mentoring & Coaching Service](#) is available for free to all practice staff. The service includes an initial conversation with one of our lead mentors followed by up to four mentoring sessions with a specially allocated mentor. Whether you are wanting to make some changes, build confidence, enhance leadership, or improve motivation, mentoring could be beneficial. If you would like to give mentoring or coaching a try, contact [info@lincslmc.co.uk](mailto:info@lincslmc.co.uk).

Take some time for yourself to explore what is available on our [wellbeing pages](#) and maybe pick up some tips to share with colleagues along the way. You can also follow one of the many links to other wellbeing resources that are available. The BMA recently brought out a great "Top 10 Tips" poster to help maintain and support the wellbeing of your colleagues and yourself. This is available to download [HERE](#).

Looking for something specific? You can access our directory of support services:

- [Directory of support services for GPs](#)
- [Directory of support services for practice managers and their teams.](#)

If you are finding this season a challenge, then our [Take-30 service](#) might be just the thing. Have a friendly confidential conversation with a trained mentor. Don't bottle things up, talk things through, we are here to listen. To arrange a call email [info@lincslmc.co.uk](mailto:info@lincslmc.co.uk).

\*Take-30 is not an emergency service. The service is closed from 4pm on Friday 23<sup>rd</sup> December and reopens at 10am on Tuesday 3<sup>rd</sup> January. Take-30 is otherwise available between 10am and 4pm during standard open weekdays\*

## News & Guidance

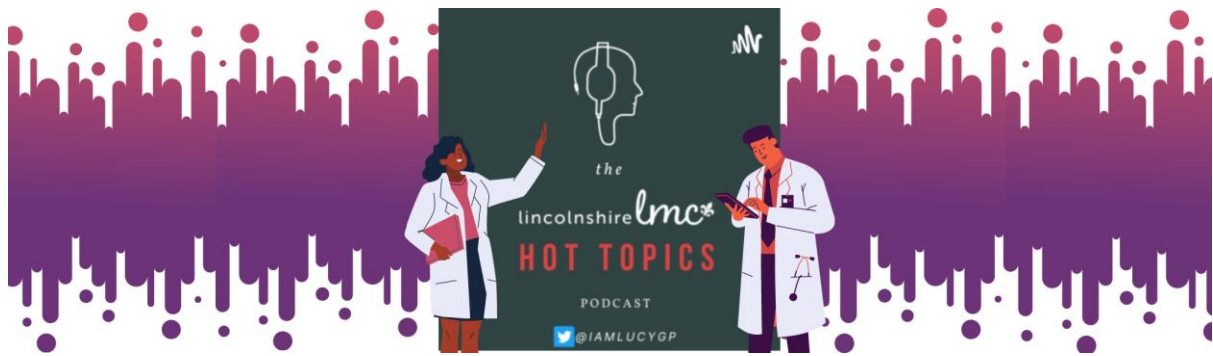
Our Guidance section is updated weekly and can be found at: [www.lincslmc.co.uk/guidance](http://www.lincslmc.co.uk/guidance). Our News section is also updated regularly with headlines and hot topics, this can be found at: [www.lincslmc.co.uk/news](http://www.lincslmc.co.uk/news).

Most recent News / Guidance Articles:

### Most Recent Guidance:

- [Gender dysphoria specialist interface](#)
- [COVID-19 supplement to the infection prevention](#)
- [General Practice Alert State \(UPDATE\)](#)
- [Children's nasal flu vaccine may help reduce cases of Group A Strep](#)

## 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](http://www.lincslmc.co.uk/educationalwebinars) for webinars and [www.lincslmc.co.uk/podcasts](http://www.lincslmc.co.uk/podcasts) for our podcasts.

Most recent podcast & webinar:

- **NEW! Lincs LMC Committee meeting highlights (OCT 22) -**  
[www.lincslmc.co.uk/committeehighlightspodcast](http://www.lincslmc.co.uk/committeehighlightspodcast)
- **Practice Manager Support Network (DEC 22) - COMING SOON!**

## Training and Upcoming Events



The banner features the Lincolnshire LMC GP Society logo on the left, which includes a stylized heart and stethoscope. To the right, the event date and guest speaker are listed. Below this is a search bar with the URL www.linclmc.co.uk/events. At the bottom, there are icons of five healthcare professionals and a list of event features, followed by a 'BOOK NOW' button.

lincolnshire **lmc**  
**GP SOCIETY**

19/01/2023 - WITH GUEST  
SPEAKER MR JOHN TURNER,  
LINCOLNSHIRE ICB

WWW.LINCSLMC.CO.UK/EVENTS

FREE DINNER AND REFRESHMENTS • SHORT  
PRE-RECORDED EDUCATIONAL SESSION • LIVE  
Q&A • OPPORTUNITY TO SOCIALISE AND  
NETWORK

**BOOK NOW**

### January:

- [11/01/2023 IGPM Accreditation Preparation Session 1 \(virtual\)](#)
- [18/01/2023 Practice Management Support Network - Complaint Handling \(virtual\)](#)
- [19/01/2023 Lincolnshire LMC GP Society - with guest speaker Mr John Turner, Lincolnshire ICB](#)

## LMC Monthly Newsletter

To view our recently published **December / Christmas Newsletter**, please go to: [www.linclmc.co.uk/lmcnewsletterchristmas2022](http://www.linclmc.co.uk/lmcnewsletterchristmas2022)

## Lincolnshire LMC Committee:



The banner features the title 'Lincolnshire LMC Committee Meetings' at the top. Below the title is an illustration of six people (three men and three women) sitting at a long table, representing the committee. At the bottom, there is a text box with contact information for observers.

**Lincolnshire LMC Committee Meetings**

We welcome observers at our committee meetings, if you would like to observe a future meeting please contact [info@linclmc.co.uk](mailto:info@linclmc.co.uk) for details.

Observers are welcome at our **Next LMC Committee meeting - Thursday 12th January 2023**. If you would like to attend a committee meeting as an observer [please let us know](#). To see your

committee representatives go to our '[meet the team](#)' webpage or [click here](#) to view committee meeting reports.