



## Lincolnshire LMC Weekly Update 26/05/2023

The Lincs LMC weekly update is an overview of our published information relevant to practices. All of our weekly updates can be found by clicking the button below.

[Click here for all previous Lincolnshire LMC Weekly Updates](#)

**Lincolnshire LMC's Ten tips to help maintain your wellbeing and the wellbeing of your colleagues.**



### TOP 10 WELLBEING TIPS

- Engage with us**  
 The LMC provides a wide range of support for all practice staff. Our wellbeing resources can be found at: [www.linclsmc.co.uk/wellbeing](http://www.linclsmc.co.uk/wellbeing)
- Take-30**  
 Have a friendly confidential conversation with a trained mentor to talk through everyday challenges and worries. Call: 01522 576659
- Mentoring & Coaching**  
 Our trained mentors can support you to make positive steps forward in your career and personal life. Call: 01522 576659
- Peer support**  
 Attend our GP Society or join the Practice Management Support Network to connect with peers. [www.linclsmc.co.uk/events](http://www.linclsmc.co.uk/events)
- Take Breaks**  
 No matter how busy you are, step away from your workspace and allow time for comfort breaks and replenishment.
- Explore our 'Ways to Wellbeing'**  
 Resilience, Physical Activity, Mindfulness, Continued education, Keep connected, Kindness & Giving. Resources on Lincs LMC website.
- Be kind to yourself**  
 You are human. It is normal to feel stressed or anxious at times, particularly in a pressured environment.
- Check-in with each other**  
 As a team, take time to come together and connect. Look out for signs that colleagues might need support.
- Allow yourself to switch off**  
 Sometimes a transition ritual can help to separate work and home life and allow yourself to switch off e.g changing into 'home clothes'.
- Look after yourself**  
 Looking after your physical health by sleeping well, healthy eating and exercising will improve your general wellbeing.

All of our wellbeing resources and services can be found here: [www.linclsmc.co.uk/wellbeing](http://www.linclsmc.co.uk/wellbeing)

## Lincolnshire LMC Wellbeing Services for General Practice Staff

Lincolnshire LMC provides all Lincolnshire General Practice staff with a free wellbeing services open Monday - Friday, 10AM - 4PM.

[Click here for Lincolnshire LMC Wellbeing Resources](#)

### Mentoring and Coaching:

This service is aimed at people looking to the future and wanting to make positive changes in their work and/or home life.

[Impact Lincs Mentoring](#)

### Take-30:

Don't lock your feeling away contact us to arrange a confidential conversation. We're here to listen.

[Take-30 Service](#)



### Most recent News:

- [GP workload management & triage toolkit](#)
- [Workforce Data & Returns](#)
- [Data security protection toolkit self assessment](#)

[All News](#)



## Most recent Guidance:

- [Lincolnshire LMC | LMC UK Conference May 2023 report](#)
- [LMC Buying Group](#)
- [Female Genital Mutilation Submissions](#)

All Guidance

## Upcoming Virtual Training:

Thursday 8th June: 12:30 - 14:00

### Maximising Profitability

Delegates will learn, in detail, how they can increase the profitability of their own practice, through a detailed examination of their income, expenditure and benchmarking.

Book your place now





# Newsletters

## LMC Monthly Newsletter - Practice in Touch

To view all of our Newsletters, please click the button below. May newsletter coming soon!

[Lincs LMC Newsletters](#)

## Lincolnshire LMC Committee Meetings



Observers are welcome at our **LMC Committee meetings**. 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.

To ensure you keep up to date with the latest information, follow us on: Twitter, Facebook and Instagram



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