



Cambs LMC

Representing • Supporting • Advising



NEWSLETTER

DECEMBER 2024

Season's Greetings from Your LMC: Reflecting on 2024 and Looking Ahead

As Christmas approaches and the year draws to a close, your LMC has taken the opportunity at our final meeting of 2024 to reflect on the challenges and successes of the past year, while also looking ahead with hope to the New Year.

This year has been particularly tough for general practice, with contract impositions, a ballot for collective action, and the ongoing uncertainty around NICs contributions. Despite these challenges, Katie has been tirelessly working to address some of these issues on a national level, and here at Cambs LMC, we remain committed to providing you with the local support and guidance you need. We are more focused than ever on ensuring we respond to these challenges quickly and effectively.

In today's fast-paced world, communication has evolved dramatically. Gone are the days of formal letters, and even emails are quickly being replaced by faster, more instant messaging methods like WhatsApp. To stay relevant and keep you informed, Cambs LMC has adapted to these changes. Our Cambs LMC LINK WhatsApp group now reaches over 500 GPs, making the LINK more active than ever before. **But the question is, are you reading it?**

We understand that messaging fatigue is a real issue, especially during this busy season when everyone is juggling work, festivities, and personal time. It's easy to feel overwhelmed by the sheer volume of information coming from every direction, and we know that can lead to disengagement. Rest assured, our goal is to ensure that what we share with you is both relevant and accessible, without contributing to your information overload.

As we continue to keep things simple, we also want to make it as easy as possible for you to get in touch with us. Our office@cambslmc.org email is regularly monitored, and we encourage you to use this as the primary way to contact us. This ensures that nothing gets overlooked.

Just a reminder: please remove any patient-identifiable information when sending clinical queries to ensure confidentiality.

Stay Connected: Your LMC Communication Channels

We're still running GPAS weekly, its ever more important in the Winter months for us to collect this data and we ask that you continue to submit your reports through the usual channels.

Our messages to you are shared in several ways:

Newsletter: After each committee meeting, we send our newsletters, via News which can be found [here](#).

LMC Updates: We provide regular LMC and national updates, via News which can be found [here](#).

WhatsApp: The Cambs LMC LINK WhatsApp group is used to alert you to these communications and any urgent messages.

Additionally, our Cambs LMC website is a valuable resource, offering essential information to support you and your practice. The website is password-protected for security, but signing up is quick and easy.

While simplicity is key to our communication strategy, it's important to remember that none of this works without your engagement. If you're reading this newsletter (and have made it this far!), you're already one of our more engaged members—and we need your help.

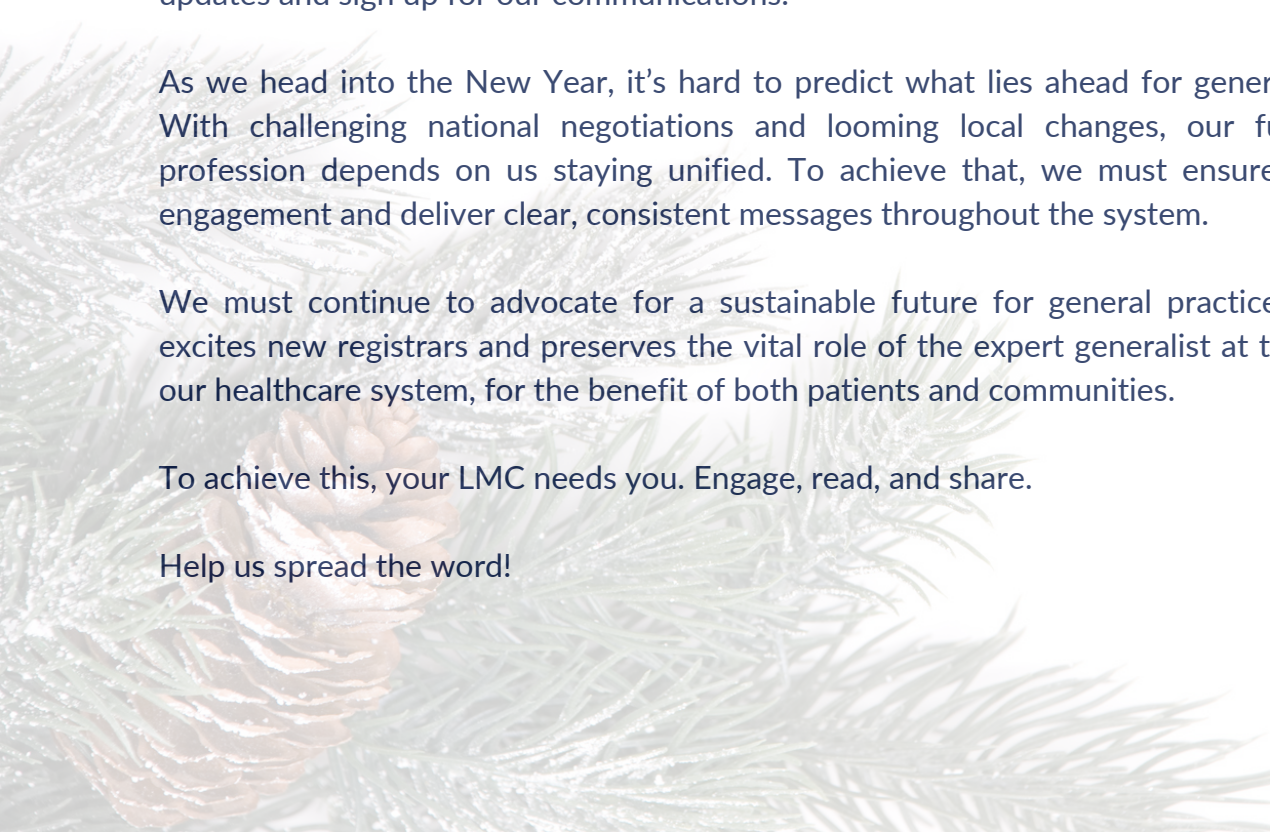
Please spread the word about the LMC to your colleagues, encouraging them to read our updates and sign up for our communications.

As we head into the New Year, it's hard to predict what lies ahead for general practice. With challenging national negotiations and looming local changes, our future as a profession depends on us staying unified. To achieve that, we must ensure maximum engagement and deliver clear, consistent messages throughout the system.

We must continue to advocate for a sustainable future for general practice—one that excites new registrars and preserves the vital role of the expert generalist at the heart of our healthcare system, for the benefit of both patients and communities.

To achieve this, your LMC needs you. Engage, read, and share.

Help us spread the word!



BMA Collective Action page on Cambs LMC website

We are regularly adding resources to the BMA Collective Action page.

[Here](#), you will find our Spotlight communications, specifically dedicated to collective action, pre-recorded webinars that we are starting to develop for more bespoke support and our recent guidance on PSA monitoring.

Non Medical Prescriber Codes

We have recently received a few queries relating to guidance on how practices can obtain non medical prescriber codes. Non-medical prescribers are not issued with a prescriber code as GP's are, their prescribing code will be their NMC/GPhC etc number.

To register a non-medical prescriber working within a practice in Cambs & Peterborough ICB with the NHSBSA, they would require the following information from the practice for each prescriber:

Full Name, Title, NMC/GPhC Number, Practice D Code, Date to start prescribing in practice, Prescriber qualification, Copy of prescriber signature

Please send this information to: Cpicb.prescribingpartnership@nhs.net

The ICB will submit the relevant information to the NHSBSA, and the practice can add the prescriber to their clinical system.

Recently reviewed/new Cambs LMC Guidance

Registering Children - recently reviewed, no changes made: [read more](#)

Local Authorities - recently reviewed, no changes made: [read more](#)

***New* Extreme Sports Medicals:** [read more](#)

***New* Incidents Off GP Premises:** [read more](#)

***New* PALs information for Practices & patients** (with template letter): [read more](#)

ICB Interface Email address

We have been asked by the ICB to encourage practices to send any interface related queries to the new interface email address where the team can pick up any queries from General Practice cpicb.interface@nhs.net.

Please continue to contact us in the usual way should you have any queries that require LMC input or support.

PATIENT INFORMATION

What to expect when...



As promised, we have created some [information sheets](#) for practices to use should they choose to, when helping patients to understand what happens after they have been referred to another provider, and what to expect whilst they are waiting.

▶▶ Collective Action

We have updated our [collective action webpage](#) explaining in more detail the nine [actions](#) that practices can choose to take. These actions will continue to make a difference: they are safe, sustainable, and do not breach your contract. If GPs collectively participate, this helps put pressure on the Government to do the right thing for patients and general practice.

Please also refer to other useful links such as:

- [Safe Working Guidance Handbook](#)
- [Guidance for GP collective action](#) for sessional & registrar GPs
- [Background to the 2024/25 contract changes](#)
- [Patient materials](#) (videos and [infographics](#))
- [Campaign materials](#) (patient leaflets, lanyards and badges).

Watch our [video](#) of colleagues explaining the importance of taking collective action.

Make sure you are involved to protect your patients, your staff and your practice.

Collective action to bring about:

- Essential and overdue investment in general practice
- More GPs and more practice nurses
- Fair pay and conditions in practices
- Safe continuity of care for patients

bma.org.uk/GPcontract



▶▶ National Insurance contributions

National Insurance contributions

The BMA [briefed MPs](#) ahead of the [opposition day debate](#) on the increase in employers' national insurance (NI) contributions, and we were pleased to see several MPs raising the issue of the impact of the increase on GPs and their patients and urging government to take action.

This issue was also raised in Prime Ministers Questions, where [Liberal Democrat MP, Martin Wrigley](#), [highlighted that GPs in his constituency had contacted him with concerns](#) and asked the PM to release this funding information. The PM stated that the Darzi report made clear that the NHS was broken by the last government, which is why they have committed £22 billion to the NHS in this year's budget. He stated that his government value the vital work that GPs do, and every year they consult with the sector on the services they provide and the money they are entitled to in return.

To continue to keep this issue on the government's agenda, if you have not done so please write to your local MP, using [our online tool](#) to tell them about the impact that ENICS increases will have on your practice and patients. Please also consider following up your email with an invitation for your local MP to visit your practice to hear from you directly. If you do have an MP visiting, contact us on publicaffairs@bma.org.uk, and we can offer any support needed.

Please continue to use the BMA [online calculator](#) to estimate the impact of the increases to employer NI contributions and the national minimum/living wage on general practice in England.

Data from our online calculator submissions so far indicates that the average additional cost pressure runs to around £33,000 for each practice. This means practices are at risk of closure or, as a minimum, reducing staff and services as a result, if these additional costs are not covered.

▶▶ Joint statement on Government pay uplift for 2024/25

We recognise decisions on pay awards for practice staff are determined by individual employers, however, nursing staff working in general practice should be provided with a fair pay settlement that recognises their essential nursing role in the holistic delivery of general practice services.

GPCE and RCN are committed to calling for a fairer funding model general practice nursing staff, and remain committed to finding solutions to achieve this and secure the long-term sustainability of general practice in England. Read the full statement [here](#)

▶▶ Government's suggested 2.8% pay uplift for doctors 2025/26

This week, [the Government recommended that the pay uplift for next year for doctors](#) and other NHS workers should be 2.8%. In response to this, the BMA's chair of council, Philip Banfield, said:

"For this Government to give evidence to DDRB believing a 2.8% pay rise is enough, indicates a poor grasp of the unresolved issues from two years of industrial action. It is far below the current rate of inflation experienced by doctors in their daily lives and does not move significantly closer to restoring the relative value of doctors' pay lost over the past 15 years." Read the full [BMA statement](#)

Changes to the GP pension type 1 and 2 forms for the year 2023-24

You should have received an email from NHS England detailing how you must submit your type 1 or type 2 form for the year ending 31 March 2024 to PCSE. Previously you could submit your forms either through your PCSE online account or the '[Contact us](#)' section on the PCSE website. Instead, you or your accountant, will now need to submit the form via the '[Contact us](#)' section on the PCSE website. This will not impact your pension record, just how you submit your forms.

All of the necessary [forms, including the Type 1 form for GP partners, and guidance are linked on our webpage](#). The forms must be completed by those who have undertaken practitioner pensionable work between 1 April 2023 and 31 March 2024, and should be submitted by 28 February 2025.

▶▶ What does the future hold for GP premises?

Listen to the [GP online podcast](#) with Dr Gaurav Gupta, GPC England lead for premises, who talks about the terrible state of GP premises in England. He explains what the new premises cost directions could mean for practices, the problems facing practices based in NHS Property Services buildings and why GP premises ownership should still have an important role in future plans for the primary care estate.

▶▶ LMC England Conference 2024 update and resolutions

Chaired by Waltham Forest LMC's Dr Elliot Singer, your national representative conference of representatives of England LMCs was held on 22 November. The title "Truth and trust: valuing family doctors" framed the debates and discussions of the 300+ LMC representatives present. Read the [resolutions and election results](#) and watch the recording of the event [here](#).

▶▶ Updated GP Training Guide

After a year of negotiation with COGPED (Committee of GP Education Directors), the [GP Registrars committee](#) has launched an updated guide for GP registrar sessions, bringing practical improvements to training. It supports flexible working patterns, allowing registrars to follow either session or hour-based schedules as per their contract.

Appointment times are now adjustable based on training stage and consultation complexity, with a goal of reaching 15-minute face-to-face consultations by the end of training. The guide promotes both flexibility and tailored support, reflecting the evolving needs of GP registrars. For full details, read the [document on the BMA website](#).

▶▶ BMA's Change NHS/10 Year Health Plan consultation response

BMA's Change NHS / 10 Year Health Plan consultation response

The [BMA has submitted its organisational response](#) to the Change NHS consultation, to help influence the UK Government's 10 Year Health Plan. The BMA's response centres on the need for the plan to ensure that doctors are better valued – financially, professionally, and culturally – and stresses the importance of increased support and investment for general practice.

▶▶ Cameron Fund Christmas Appeal 2024

Cameron Fund Christmas Appeal 2024

The [Cameron Fund](#) is the only medical benevolent fund that solely supports GPs and their dependants in times of financial need, whether through ill-health, disability, bereavement, relationship breakdown or loss of employment. Each year the Cameron Fund runs a Christmas Appeal to raise extra funds for their beneficiaries. If you would like to make a donation, please find further details [here](#).

Cambs LMC Christmas hours

The LMC office will close at 12noon on Tuesday 24 December 2024, resuming usual office hours on Thursday 2nd January 2025. Our team will be monitoring urgent emails sent to office@cambslmc.org during this period, however we may take longer than usual to reply to your messages.

From all at Duxford, we wish you and your practice teams a relaxing festive season - you've earned it!



➤➤➤ PROTECTED LEARNING TIME

Thursday 23 January 2025, 14:30-15:30

[Book Now](#) for Child and Adolescent Mental Health Anxiety, Depression and Self Harm with Dr Rebecca Jones.

You can also find details of further sessions together with our previous PLT interactive learning sessions and resources, on our web page [here](#)

➤➤➤ CPTH FELLOWSHIP FOR NEWLY QUALIFIED GPs: Cohort 2 closing soon!

The CPTH Fellowship for GPs supports the transition into general practice for newly qualified GPs. There are 10 places available in cohort 2, commencing February 2025. Applications close Tue 17 December 2024. [Find out more](#)

➤➤➤ GP EDUCATION

Tue 14 January 2025, 19:00-20:30 – Dermatology – Scaly Lesions with Fay Penart-Buck. [Book Now](#)

Thu 16 January 2025, 19:00 - 20:30 – Medical Examiner Training for GPs - [Book Now](#)

➤➤➤ NB MEDICAL UPDATE FOR GPs Wed 19 March, 09:30-17:00 Early Bird Offer!

This Hot Topics course will update you on the latest developments in the literature and consists of a series of short 'TED-style' engaging presentations blending evidence and cases, followed by discussion, plus a number of added-value resources. The Early Bird offer is £75.00 for a limited period. Please [Book Now](#).

➤➤➤ SUPPORTING FUTURE EDUCATORS

Are you interested in becoming a GP Educator? Our Winter Supporting Future Educators programme can help guide you through the blended learning. [Sign up here](#)

➤➤➤ PRIDE IN PRACTICE - PROGRAMME EXTENSION

CPTH are delighted to extend our offer of funding the LGBT Foundation Pride in Practice 12-month programme as a pilot for an additional 6 practices in Cambridgeshire & Peterborough, to start in early 2025. Application deadline: Mon 6 January 2025 (10am). [Apply Now](#)

➤➤➤ MID CAREER DEVELOPMENT FUNDING

Are you a mid-career GP who would like to explore a special interest in study as you progress through your career? We have Mid-Career Development Funding available to support you. [Find out more](#).

Sign up to receive our updates

Anyone can request to receive our newsletters and updates.

C&P Locum GPs can request to join our locum mailing list.

C&P GPs and Practice Managers can request to join the LMC Link mailing list.

Email us to enquire: office@cambslmc.org

Support and signposting

Cambs LMC is always here to represent, support and advise GPs and their practice teams in a safe, confidential space if you are struggling or in distress. We actively encourage you to reach out to us. Visit our [website](https://cambslmc.org) for more information or snap the QR code:



GPAS

Audit and submit your alert state before 17:00pm on Thursdays each week: <https://cambslmc.org/gpas/>

Vacancies in General Practice

We advertise any roles in General Practice on our website: <https://cambslmc.org/jobs/>. This remains a free service to our constituent practices in Cambridgeshire & Peterborough. To advertise a vacancy in your practice, please email us the details, including the closing date and any supporting documents in to office@cambslmc.org.

Practices seeking GP Locums - We continue to forward any GP Locum availability you might have to our locum mailing list. When sending requests to office@cambslmc.org to forward on, please remember to include a short synopsis of your practice in your requests i.e. where you are, what clinical system you use and relevant contact information.

Remote GP Locum sessions - If you have roles which could be undertaken remotely – why not advertise these too? Attract GPs from across the country, and rather than working for other companies, they could work for you, and get NHS pension contributions and instant messaging with senior GPs to support.

BMA Wellbeing

View BMA wellbeing support services page here:



<https://www.bma.org.uk/advice-and-support/your-wellbeing>

A range of wellbeing and support services are available to doctors, including 24/7 confidential counselling and peer support services, NHS practitioner health service and non-medical support services such as Samaritans. Doctors in Distress also provides mental health support for health workers in the UK, providing confidential peer support.

See their **poster** with 10 tips to help maintain and support the wellbeing of you and your colleagues.

BMA Guidance Links

Practical guidance for GP practices

Safe working in General Practice

Latest GP Bulletin (England)

Latest Sessional GPs update

Latest on X/Twitter: @BMA_GP and @TheBMA

PCSE Guidance Links

Guidance Pages

Monthly Updates

Youtube

CQC Guidance Links

Guidance for GPs

Youtube

GP Mythbusters

LMC Office Staff:

Dr Katie Bramall-Stainer – Chief Executive
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Dr James Booth – Medical Director
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