



GLASGOW LOCAL MEDICAL COMMITTEE LIMITED

10th January 2025

To All GPs and GP Practices

Welcome to our January 2025 newsletter.

Practice Sustainability and Workload Pressures

Looking ahead to the coming year, the LMC's focus will continue to be protecting practices from unsustainable demand and to push for more money into core practice funding. In our advisory role, we have made clear to the board our disappointment at the lack of support for general practice in its Winter Plan. We warned the board of the current lack of capacity in practices to deal with the additional workload of a rise in flu cases, such as we are seeing now. We will ensure that the board is made aware that the rise of admissions to hospital with patients with flu represents the tip of the iceberg of respiratory viral illnesses being managed in practices. We would like to remind practices that they may wish to consider the [BMA Scotland Safe Workload Guidance for GPs](#) and also the [BMA Scotland Business Guidance for GPs](#). Each practice will need to consider how these resources may be useful for their practice's individual circumstances.

MMR Vaccine

The board invited healthcare workers to attend for an MMR immunisation, if they required this, during the recent concern regarding measles. For those who require a second dose, we understand that the second appointment will be made by Occupational Health directly with the individual. However, this does not appear to be scheduled and those requiring this should contact Occupational Health on occupational.health@ggc.scot.nhs.uk to discuss.

Cameron Fund Donation

The LMC agreed to make a donation to The Cameron Fund at its December meeting. The Cameron Fund provides support to GPs and their families in times of financial need, whether through ill-health, disability, death or loss of employment. More information can be found [here](#).

LMC's GP Practice Situation Survey

The LMC has now been running its GP Practice Situation Survey for a year. We would like to thank practice managers for their ongoing support with our practice situation survey. We are receiving responses from around half of the practices in GGC each week. The survey is proving to be a useful barometer of how practices are feeling in terms of pressures, and we are finding it a good tool for sharing with the health board the picture of general practice in GGC.

GP Email Mailing List

As well as our newsletters, we communicate directly with GPs and practices with important updates. We are particularly keen to ensure that these reach as many GPs working in GGC as possible at this difficult time. To receive our communications direct to your own inbox, please contact the office to provide your email contact details [here](#).

Wellbeing Resources

The cumulative stress of the pandemic, the workload pressures, and patient demand is undoubtedly affecting people's mental health. We know that practice leadership, and a supportive and valuing culture in general practices is vital in maintaining the wellbeing of the

practice team. These are some of the wellbeing resources available to GPs, PMs and practice staff-

National Wellbeing Hub- www.promis.scot

NHS GGC Occupational Health Service-
[Occupational Health - NHSGGC](#)

The Workforce Specialist Service-
[The Workforce Specialist Service \(WSS\) - National Wellbeing Hub](#)

BMA Wellbeing Resource-
<https://www.bma.org.uk/advice-and-support/your-wellbeing/wellbeing-support-services/sources-of-support-for-your-wellbeing>

Working Health Services Scotland
[Working Health Services Scotland \(WHSS\) - Health and Well-being \(nhsinform.scot\)](#)

The Cameron Fund
[The Cameron Fund | The GPs' Own Charity](#)

Royal Medical Benevolent Fund
[Royal Medical Benevolent Fund - Help for Doctors in Need \(rmbf.org\)](#)

Yours sincerely,

Dr Mark Fawcett
Chair

Dr John Ip
Medical Director

Dr Patricia Moultrie
Medical Director

Marco Florence
Policy Officer

Elaine McLaren
Administration Officer