

**Monday 22 January 2018**

**Issue 5**

**Content – Section headings indicate whether UK or England interest**

Dates for your diary .....	2
Election of GPC regional representatives 2018-2021 0 UK.....	1
Fatigue and sleep deprivation – UK .....	2
GPC England meeting.....	1
GPC England Executive and GPC policy leads confidential update .....	1
Guidance for GPs on working for an online provider .....	2
LMC access to the BMA website – UK.....	3
LMCs – change of details – UK.....	3
LMC observers at GPC meetings.....	3
Sessional GPs e-newsletter – UK.....	2

**GPC England meeting**

GPC England held its meeting on Thursday 18 January. The following issues were discussed at the meeting:

- a successful workshop on Living our Values
- safe working limits
- online consultations and online providers such as GP at Hand
- guidance for doctors working remotely.

**The next meeting of GPC UK will take place on Thursday 15 March 2018 and the next GPC England will take place on Thursday 17 May 2018.**

**GPC England Executive and GPC policy leads confidential update**

Please see the attached (appendix 1) which is an update that summarises developments since the last meeting of GPC. These updates are produced on behalf of the GPC Executive and the GPC Policy Leads.

**Election of GPC regional representatives 2018-2021 - UK**

**Nominations are now open**

Nominations are sought in the election of voting members of the GPC of the British Medical Association as regional representatives for the constituencies detailed below.

- Norfolk, Suffolk, Great Yarmouth and Waveney.
- Enfield and Haringey, Camden and Islington, Barnet, Kensington and Chelsea, and Westminster.
- Merton, Sutton and Wandsworth, Kingston and Richmond.
- Sefton, Liverpool, and Wirral.
- Salford and Trafford, Manchester, and Stockport.
- Durham, and Cleveland.
- Grampian, Highland, Orkney, Shetland, and Western Isles.



- Forth Valley, Fife, Lothian, and Tayside.
- Somerset, North and East Devon.
- East Sussex and West Sussex.
- Derby and Nottinghamshire.
- Gwent, Bro Taf, and Morgannwg.
- Herefordshire, Worcestershire, Warwickshire, and Coventry.
- Birmingham and Solihull.

**Candidates must be one of the following:**

- A GP who provides personally, or performs NHS primary medical services for a minimum of 52 sessions distributed evenly over six months in the year immediately before election, and has contributed to the voluntary levy of an LMC, thereby supporting the work of the GPC on behalf of all GPs.
- A GP on the doctors retainer scheme and has contributed to the voluntary levy of an LMC in the constituency (the LMC must then contribute the voluntary levy to the GPDF).
- A medically qualified LMC secretary.

Nominations forms are available on the BMA website: [bma.org.uk/gpcelections](http://bma.org.uk/gpcelections).

Each nomination form must be signed by the candidate and a representative of the LMC who can confirm that the candidate and proposers contribute to the voluntary levy.

Nomination forms and statements in support of candidature should be returned to:

Jonathan Longley, committee services, British Medical Association, BMA House, Tavistock Square, London WC1H 9JP or to [elections@bma.org.uk](mailto:elections@bma.org.uk) by no later than **5pm on Thursday 1 February 2017**. Please note that it is the candidate's responsibility to ensure that the elections team have received their completed nomination forms and statements.

In constituencies where contested elections occur, ballot papers will be issued by Electoral Reform Ballot Services.

If you have any queries please contact [elections@bma.org.uk](mailto:elections@bma.org.uk).

## **Sessional GPs e-newsletter - UK**

Please find a link to the January edition of the [sessional GP newsletter here](#). This month's newsletter includes the BMA's work on fatigue and sleep deprivation, guidance on working for online healthcare providers and [a survey for LMCs](#) in an effort to build upon sessional and GP trainee engagement.

## **Fatigue and sleep deprivation - UK**

The BMA have published a briefing paper on [fatigue and sleep deprivation](#), which explores the impact of different working patterns on doctors. It highlights the potential impact of sleep deprivation on doctor's health, well-being and performance, as well as their safety and that of their patients. The report is accompanied by some guidance on anticipating and managing fatigue associated with doctors' working patterns.

## **Guidance for GPs on working for an online provider - UK**

Guidance has been produced for GPs who are thinking about [working for an online provider](#), whether in the NHS or privately. It covers what an online GP provider does and the main things GPs should consider before engaging with online providers.

## **Dates for your diary**

Please note the dates of forthcoming event:

### **GPC roadshows**

The GPC are holding a series of roadshows across England. These roadshows are a valuable opportunity for you to hear from one of the Executive Team of the GPC on the 2018/19 contract changes, with an opportunity to ask questions afterwards. Please click [here](#) for further details of the roadshows.

**LMC Conference – UK – 9 March 2018 (Liverpool)**

Information and application form have been sent to LMCs and are [available on the BMA website](#). Please note that the deadline for LMCs to submit the names of their representatives and/or any observer(s) is **Friday 26 January 2018**. We can no longer take any names for the ARM.

**LMC Conference dinner – 8 March 2018**

There are still some LMC's who have not confirmed their places for the conference dinner on **Thursday 8 March**. The deadline was 8 January and so thank you to all of you who sent these in or informed me you would be late with your response. If you have not yet sent me your booking forms for dinner please ensure I have these by **Monday 29 January before 5pm** to ensure you will be allocated a place.

There will be further very important information regarding the dinner posted to you with the agenda so please keep an eye out for that.

If you have any questions regarding the dinner, please email Melissa Isaac at [misaac@bma.org.uk](mailto:misaac@bma.org.uk).

**LMC access to the BMA website - UK**

It has been drawn to our attention that some LMCs may be having difficulty accessing the BMA website. All LMCs do have access, but need to use the login details registered for submitting conference motions. This may, however, be an individual's email address, registered to input conference motions only.

If you wish to create an office account, using the office email address as part of your login and a password that everyone can use, or if you are unsure of your current login details and password, please email Karen Day at [kday@bma.org.uk](mailto:kday@bma.org.uk) and she will email you your relevant information.

**LMC observers at GPC meetings**

LMC observers are welcome to attend GPC meetings. If your LMC would be interested in sending an observer, please contact Kathryn Reece ([kreece@bma.org.uk](mailto:kreece@bma.org.uk)). A maximum of three LMC observers may attend any one meeting.

The dates for the 2017/18 session for GPC UK meetings are below. Meetings will commence at 10:00am and will usually finish at 5:00pm (never later than 6:00pm).

GPC UK	Thursday 15 March 2018	Royal College of Surgeons, The Quincentenary Building, Edinburgh
GPC England	Thursday 17 May 2018	BMA House, Tavistock Square, London WC1H 9JP

Please note that all travel and other expenses for LMC observers should be met by the relevant LMC.

**LMCs – change of details - UK**

If there are any changes to LMC personnel, addresses and other contact details, please can you email Karen Day with the changes at [kday@bma.org.uk](mailto:kday@bma.org.uk).

**GPC UK next meets on 15 March 2018. LMCs are invited to submit items for discussion. You may like to review these, beforehand, with the representatives in your area who serve on the GPC. The closing date for items for the GPC UK meeting is 6 March 2018. It would be helpful if items could be emailed to Kathryn Reece at [kreece@bma.org.uk](mailto:kreece@bma.org.uk). You may also like to use the GPC's listservers to exchange views and ideas.**

**GPC News**

LMCs are reminded that their regional representatives can provide more detailed information about the issues covered in GPC News, and other matters. Other members of the GPC would also be pleased to accept invitations to LMC meetings wherever possible. The secretariat can also provide a written background brief if required, but it would be helpful to have such requests well in advance of your meetings.

Finally, if LMCs require assistance on local issues, they can also contact the BMA's local offices. Their details are available on the BMA website.

This newsletter has been sent to:

Secretaries of LMCs and LMC offices  
Members of the GPC  
Members of the GP trainees subcommittee  
Members of the sessional GPs subcommittee