



### GET INVOLVED IN...

#### LONG COVID: DIAGNOSIS, MANAGEMENT, PROGNOSIS

This is a free webinar on *3rd September, 3:30pm - 5pm*, by the British Medical Journal for clinicians to discuss the emerging evidence about 'long Covid'. This will be chaired by Dr Fiona Godlee. To get involved in this opportunity, register [HERE](#).

#### RCGP COUNCIL ELECTIONS

Voting is now open to elect your RCGP council! The closing date for this is *11th September 2020*. Make your vote count and support your colleagues There are 30 candidates and 6 positions to fill! Get involved and get colleagues involved too by voting [HERE](#).

#### IS THERE AN ELEPHANT IN THE ROOM?

This webinar will look at addressing the taboo conversations about end of life. The workshop aims to help ease discussion and improve confidence in starting conversations to prepare for future uncertainties. This event on *Monday 14th September at 4pm* and can be accessed [HERE](#).

#### AKESO

Akeso provides a holistic model of coaching that offers a confidential, safe, creative space where you can reflect on both your life and career and be supported to entertain possibilities, explore opportunities and enable choice. You will be supported and challenged to develop your own understanding and ideas and recognise and develop your own potential and ability. If you are interested in this unique opportunity, email [office@akeso.org.uk](mailto:office@akeso.org.uk)

#### STEPPING INTO MY SHOES

**In light of the current COVID-19 situation the Stepping into my Shoes initiative will be temporarily on hold until further notice.**

This is an informal staff development opportunity that involves creating an 'interchange' of learning experiences and is a simple concept of matching learners and sharers together with the intention of a mutual learning opportunity. The Learner shares what they are looking for in terms of experience in another organisation while the Sharer reveals their skills and knowledge and in what capacity. To get involved in this interesting and exciting programme, click [HERE](#)

## HELLO!

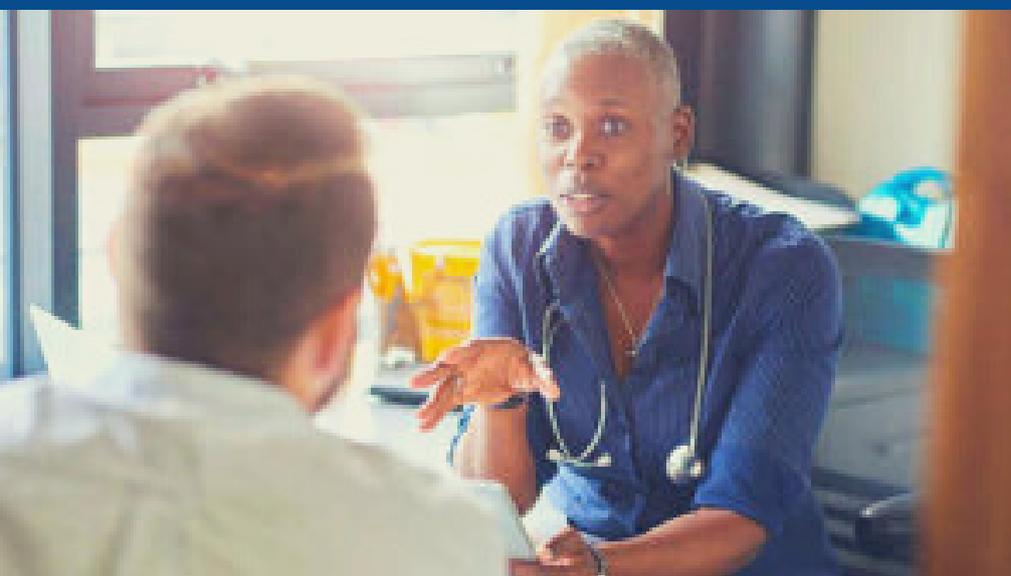
We hope that you are well and keeping safe!

If you are in the first five years of service as a GP in the BLMK area you are eligible to join our network and get many great benefits. The network is developed with a view to providing First5 GPs with support to develop a portfolio career, to get quality coaching and mentoring, to provide insightful educational programmes and to develop a network of peer support.

Please get in touch with any questions, queries or suggestions you may have and we will do our best to be as responsive and helpful as possible.

All the best,

*Shankari, Sam and Nisha*





## In My Shoes

Hello All! My name is Nisha Patel and I am the Workforce Transformation Project Assistant for BLMK Primary Care Training Hub. I am not from a healthcare background and am learning about Primary Care as I go!

### Tell us about your role.

As a Project Assistant, I support the Project Manager (Sam) as well as the Clinical Lead (Shankari) to plan, run and close workforce development projects in BLMK. My role is exciting, and I am always learning new skills and gaining knowledge on a daily basis. Each day is different as our work is so fast paced. The work we produce is to build and develop the BLMK Primary Care Workforce's knowledge and experience to ensure that they feel empowered and supported. I love my role and really enjoy all the work I do for you all!

### What's the best advice you can give to someone new to Primary Care?

It's a completely new and exciting place to work and there are so many things to learn and understand. Take advantage of your colleagues/peers' knowledge and experience by asking them questions on things you don't understand, or things you want to develop. Book in time with your peers to have a chat on things that you want to learn and places you want to grow and share knowledge with one another.

### Covid is a stressful time for all, how do you deal with work challenges and the pressures of work?

The balance of work and life is difficult and even more so now! Our roles are challenging and demanding, so to ensure that I don't get overwhelmed I write a list of things I need to do for the next week and daily. I then plan this out in my calendar to ensure that my time is being used efficiently. It's also really important to have some down time to relax and spend time with your loved ones, doing things you enjoy, for example watching a movie on Netflix and to eating a greasy takeaway on the sofa! Make sure that you recharge your batteries!

### What was your last used emoji?

A bit of context otherwise it will sound weird! I have a 5-month-old baby and his poop cycle is the fascination of my entire family, so the last emoji I used was the baby emoji and the poop emoji.

## Health & Well being

Let's all try and put some focus on self-care and visit this website for some useful resources. [Click HERE](#) to get involved.

## Join the GP First5 WhatsApp group

We envisage this will become an easy way to keep in touch and stay updated with new opportunities as they arise rather than once a month. This group is somewhere you can ask your peers questions and voice concerns. We aim to keep conversations on this group informal, but please refrain from inappropriate conversations. **If you agree with the group's simple rules attached to this e-mail and want to join the group please follow the [LINK](#).**

## The Shiny Mind App

The Shiny Mind App has been designed by the NHS for the NHS to proactively provide daily wellbeing and resilience support. It is available to all BLMK Primary Care Workforce for free. **Please email [samantha.stone8@nhs.net](mailto:samantha.stone8@nhs.net) to set-up your account.**

## GET NET-ETIQUETTE Write Clearly & Concisely

Communicate your ideas as effectively as possible.  
Take a few moments to review what you have written  
before you post.

