



Who is there to support you as Practice Manager?

Roving Practice Managers
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As a practice manager, you may have a bigger project idea that you want to share or you feel you need a bit of back up or help and advice. There are lots of people here for you.



It is good to build these networks for if you need them or if they need you.

The **Nottinghamshire LMC** is here for you. The Liaison Team can be contacted on liaison@nottslmc.co.uk

See the following link for a list of its services or signposts to others for all staff groups within the practice. www.nottinghamshirelmc.co.uk/support/wellbeing/

Your PCN, Federation and Locality are there for you. If you are new to Practice Management, consider asking to buddy up with another manager as a mentor or ask the LMC if they know someone locally who could help. Share your skills with them so you can help each other.

Phoenix Programme the Nottinghamshire General Practice Phoenix Programme provides project management, communications and engagement and admin support to workforce schemes in the county. The programme is being co-ordinated by Nottinghamshire LMC www.phoenixprogramme.co.uk/

The **Roving Practice Managers** from the Phoenix Programme have collated and compiled this induction programme for you and your teams. We are also here for you via the Phoenix Programme and have a range of skills, experiences, and expertise.

GP-S are a free peer mentoring, coaching and signposting service for General Practice – GP's and Practice Managers. <https://gp-s.org/>

Medical Defence Unions provide Indemnity Cover and practice insurance.

The most popular are:

www.themdu.com/

www.medicalprotection.org/uk/home

hwww.mddus.com

British Medical Association Trade union and professional body for Doctors in the UK. Their website has lots of useful information also <https://www.bma.org.uk/>

Royal College of Nursing- World's largest nursing trade union and professional body, by your side at every step of your nursing journey. Wide range of services help both professionally and personally, so that you can focus on what is most important - helping patients. <https://www.rcn.org.uk>

Local Primary Care training can be found through the Primary Care Development Centre (PCDC) at www.pcdc.org.uk/ . They can deliver training either in house they hold courses which people can sign up to.

Online training is accessed by many practices via Blue Stream for the whole practice team. It is a great help to cover off-routine mandatory training and to keep a record of what each employee has completed and when. <http://www.bluestreamacademy.com/>

Team Net has many useful contacts at: [TeamNet \(clarity.co.uk\)](http://TeamNet(clarity.co.uk)) and also policies and templates. Don't reinvent the wheel if it is already there, please use it.

Mental wellbeing resources for staff and Practice Managers

<https://elearning.rcgp.org.uk/mod/page/view.php?id=10501> or <https://nshcs.hee.nhs.uk/coronavirus-covid-19-information/health-wellbeing-support/>

Also, there are local services provided by Nottinghamshire Healthcare such as Let's talk Wellbeing to whom you can self-refer www.nottshelpyourself.org.uk