



## Lincolnshire LMC Weekly Update 13/12/2024

The Lincs LMC weekly update is an overview of our published information relevant to practices. All of our weekly updates can be found by clicking the button below.

[Previous Lincolnshire LMC Weekly Updates](#)

## Lincolnshire LMC: Winter infographics for patients 2024

### Protect yourself this season against Flu

Get Vaccinated



Free from your GP Practice (if eligible), protect yourself and your family.

Stop the Spread



Wash hands, cover your mouth and nose, keep your distance.

Feeling Unwell?



Speak to your Pharmacist for advice on home remedies.

### Home remedies



Check your medicine cabinet is well-stocked with cold, flu and upset stomach remedies and you have a basic first-aid kit. Your local pharmacist is there to advise you.

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### Top tips to keep warm this winter



#### Keep your body warm:

Stay active and wear layers; take regular hot drinks; get cosy in bed with blankets and hot water bottles.

#### Keep your hands and feet warm:

Avoid bare feet, wear woollen gloves and socks; wiggle fingers & toes; heat rises, keep your feet up.

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Please consider sharing these infographics with your patients, these have been designed to help patients protect themselves over the winter season by contacting their pharmacist for advice, ensuring they are vaccinated, using home remedies and remembering to keep warm.

[CLICK HERE TO DOWNLOAD INFOGRAPHICS](#)

## NEW! Lincolnshire LMC Committee Highlights Podcast:

A graphic for a podcast episode. At the top, the Lincolnshire LMC logo is centered between two audio waveforms. Below this, the text 'NEW! LMC PODCAST EPISODE' is written in large, bold, white letters. To the right is a white microphone icon with a heartbeat line. Below the microphone are playback controls: a play button, a pause button, and a refresh button. At the bottom, there are three buttons: 'LISTEN ON Spotify', 'Listen on Apple Podcasts', and 'MORE EPISODES AND INFORMATION: WWW.LINCSLMC.CO.UK/PODCASTS'. The background is a gradient of purple and pink.

[CLICK HERE TO LISTEN](#)

### Most recent News:

- [GP Pension scheme members – End of year pensions process](#)

- [Translated GP Transfer Card](#)
- [CQC-an update on registration](#)

## All News

### Most recent Guidance:

- [Performance Matters – The importance of trained chaperones](#)
- [Releasing medical records to Home Nations](#)
- [Hints and Tips for Dispensing Contractors - October 2024](#)

## All Guidance

Message from Rebecca Kenyon, GP Leadership fellow, Lincolnshire training hub:

Are you aware of the **GP Priority Switchboard Number** that is available to Primary Care Clinicians needing to contact United Lincolnshire Teaching Hospitals Trust - ULTH (formerly ULHT)?

**The priority switchboard number is: 01522 573061**

**If you were already aware of this number and have used it, please could you fill out this very short feedback questionnaire on your experiences.**

[Click here to access and complete the survey](#)



Lincolnshire LMC, Commerce House, Outer Circle Road, Lincoln, Lincolnshire LN2 4WJ

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