It’s election year at the College in 2019, with Chair of Council and RCGP President posts up for grabs, a process that happens every three years. The inner workings of the College can be a mystery to many members and I’m only starting to get to grips with the organisational structure even as Joint Chair of RCGP Wales.

In many respects it is modelled on a government structure like the UK. We have a President, currently Mayur Lakhani, who, like the Chair, is leaving office this Autumn. The President is a bit like the Queen, he gets to wear the best bling and officiates at all the important meetings and ceremonies. He/she is directly elected by the members and definitely holds their interests and those of the College itself as a core value.

The Chair, currently Helen Stokes Lampard, is like the College’s ‘prime minister’. She isn’t elected directly by members but by RCGP Council. In turn, RCGP Council is comprised of directly elected members and those appointed by each faculty. The Chair is the main elected officer of the College and leads our organisation. If Helen is the ‘prime minister’ then the ‘head of the civil service’ is Valerie Vaughan-Dick, our Chief Operating Officer, who leads all the staff employed by the College.

As for Mair and I, I think we are like the ‘First Ministers’ of Wales, leading Welsh Council and focusing on issues specific to the Country. We were elected by Welsh Council which in turn is composed of members nominated by each faculty.

So that’s the ‘Organisation Foundation Course’ completed! Back now to the elections. There are several candidates standing for Chair and already I have been approached by colleagues looking for votes. I only break it to them at the end that I only have half a vote! What is interesting is hearing their aspirations for the direction of the College and how our specialty can be developed. What is clear is that both across the UK and also here in Wales we need to become more responsive to our members and more relevant to their professional practice. We’re trying to do this and I wanted to say a big ‘thank you’ to members who have engaged through social media, the Members’ Forum and in local faculties. Mair, myself and all the other GPs on Welsh Council work in surgery every week and try to stay in touch, but we rely on input from members for ideas and to ensure we are on track.

In the six months that I have been in post I’ve seen good progress in promotion of ‘Transforming General Practice’, our vision of how general practice in Wales will develop in the coming decade,
(continued from previous page…)

there’s been movement on the indemnity scheme, more engagement with OOH doctors and support for AITs with mock CSA exams. The Advocate programme is a quality initiative and is starting to bear fruit, it identifies local GP Advocates who are supported by the College to engage with Clusters offering advice and College quality resources, Advocates also spread knowledge of good practice across the country.

I’ve also been impressed by our engagement with government in Wales. They really do listen and want input from our College, whether they always hear the messages, well sometimes that may be a different matter! As for listening, Mair and I are always delighted to hear from members whether it is a concern or a compliment. Email: ChairRCGPWales@rcgp.org.uk.

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Introducing Karen Gully—Quality Lead RCGP Wales

Getting started:
I enjoyed a two-year training rotation in Obstetrics and Gynaecology in Leeds and gained valuable experience in accident and emergency before joining my training practice in Hereford. It was a fantastic team and I very quickly realised that general practice was what I wanted to do - luckily they seemed to agree as I was offered a partnership!

Why general practice?
Choices and behaviours often made so much more sense when seen in the context of people’s lives. I worked in a fantastic team that was highly organised; practice and individual interests were encouraged and supported.

What does Membership of the College mean for you?
I gained my Membership at the end of my trainee year – it wasn’t a requirement then but preparation for the exam helped to structure my learning and I wanted to be a member of my professional organisation. General practice is a very practical speciality and demands are very immediate. I value the focus that the College brings to setting standards and describing what could and should be done for patients and professionals.

Would you recommend general practice as a career?
Absolutely! My career has been a bit unusual - after my clinical practice I gained Membership of the Faculty of Public Health and have continued to work to develop primary care services with a focus on improving population health and reducing health inequalities. There are so many opportunities to combine clinical care with other interests.

What next?
I am working with the RCGP Local Advocates to ensure that health boards recognise the wide range of expertise and resources that the College provides. I am also developing ideas for my Quality Lead role - suggestions welcome!

Dr Karen Gully, Quality Lead RCGP Wales, & Clinical Director for Primary Care Aneurin Bevan University Health Board.

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Ten things about RCGP that you maybe didn’t know.

1. **Maintaining a strong professional political voice.** Officers like Mair and I meet regularly with Welsh ministers, civil servants and politicians. We raise issues concerning the profession, respond to consultations and make recommendations for policy. Recent topics I've been involved with include blood born virus infections and the Autism bill. We’re part of the Academy of Medical Royal Colleges Wales. We also give input to health boards and sister professions.

2. **A warm welcome at Faculty Meetings.** The three Wales faculties – North, South East and South West Wales - hold regular meetings, which are typically a mix of business and CPD. Members are welcome to attend. Call the office in Cardiff to find your next meeting.

3. **GP Selftest.** This is an online tool available to members which uses the RCGP curriculum as a learning needs assessment. It’s like a practice Applied Knowledge Test (AKT) and will help you identify areas where CPD can be effectively concentrated. Ideal for AiTs and First 5s, it is useful at any stage in your career, and only you get to see the results.

4. **Toolkits.** The College has developed a series of toolkits from Acute Kidney Injury to Sepsis. These help GPs and practices develop expertise and find resources for each of these clinical areas. Accessible via the RCGP website.

5. **Campaigning.** The College has been incredibly successful in campaigning for general practice; often with the BMA as partners. In Wales we have the promise of more GP trainees and the recent launch of the indemnity scheme. We continue to campaign for increased funding in primary care.

6. **Encouraging recruitment.** Getting the next generation of GPs is vitally important so at both ends of the country we have schools engagement programmes targeted at talented youngsters from all backgrounds with the aim of enthusing them to aspire to become GPs. This programme is led by Rob Morgan in the South and Dylan Parry in the North.

7. **A bunch of mates you didn’t know you had.** Years ago colleagues in the College locally helped me when I had problems at the practice. Things haven’t changed and if a member needs advice or moral support local faculties will do their best to help. Read more about the all Wales mentoring scheme on page nine.

8. **RCGP learning.** This is an online resource which offers regularly refreshed Essential Knowledge Updates, courses and podcasts.

9. **Leaders for the Future.** This is a nine month course run by RCGP Wales comprising six full day sessions, a two day starting session and three individual 90 minute coaching sessions. Free for RCGP members, the aim is to develop leadership skills for members at any stage in their careers.

10. **Free tea and coffee at 30 Euston Square.** Being based in North Wales, Euston is ‘my’ London Station. 30 Euston Square is ideally placed as the executive waiting room with free tea and coffee, Wi-Fi and its own departures board in the members lounge. Ask for directions at reception.

And finally, we have moved to new offices at Cardiff Bay. If members are in the vicinity, give us a call and we’d love for you to call in. It is here that I will give my final secret of the RCGP: Nicola, RCGP Wales Manager in Wales, has a secret stash of chocolate which she will willingly share with any visiting member.

Dr Peter Saul.  
Joint Chair, RCGP Wales
GP and Practice Team of the Year Awards 2018: nominated by patients - celebrating the best of general practice in Wales

RCGP Wales brought their Gala Awards Evening to City Hall, Cardiff on Friday 30 November 2018. The awards evening provided an opportunity to reflect on the hard work and excellent patient care being delivered by GPs across Wales and to celebrate the dedication and successes of the profession over the past 12 months.

The ceremony, hosted by Dr Mair Hopkin and Dr Peter Saul, was attended by senior figures from the College and Welsh Government including Professor Mayur Lakhani RCGP President of RCGP, Professor Helen Stokes-Lampard RCGP Chair of Council and Dr Andrew Goodall, Director General Health and Social Services Group / Chief Executive NHS Wales.

A variety of awards to recognise excellence in general practice were presented to GPs and their teams across Wales.

GPs and Practice Teams are nominated for the GP of the Year Award or Practice Team of the Year Award by their patients. Those shortlisted for these awards will have provided an outstanding level of patient care.

RCGP Chair of Council, Professor Helen Stokes-Lampard, presented awards to:

**Winner of the RCGP Wales GP of the Year Award 2018, Nominated by Patients – Dr Gail Price Pencoed Medical Centre**

The runners up for the award were:
- First Runner Up – Dr Deborah Parry, Albert Rd Surgery, Penarth
- Second Runner Up - Dr Lisa Thomas, Parc Canol Group Practice, Church Village

**Winner of the RCGP Wales Practice Team of the Year Award 2018, Nominated by Patients – Solva Surgery, Solva**

The runners up for the award were:
- First Runner Up – Cwm Gwyrrdd Medical Centre, Gilfach Goch, Porth
- Second Runner Up – Llandrindod Wells Medical Practice, Llandrindod Wells

In summing up the awards, Dr Mair Hopkin said:

“It was truly inspirational to hear the wonderful care our winners and runners up provide to their patients. We are grateful to the Patient Participation Group for their hard work in judging the competitions. I really do not envy their task as each nomination was an example of the best care and special relationship between patients, their GPs and their surgeries. A huge thanks to all the patients who took the time to nominate their doctor or surgery”

Dr Mair Hopkin, Joint Chair RCGP Wales

City Hall, Cardiff
GP & PRACTICE TEAM OF THE YEAR
AWARDS 2019
in association with the RCGP Wales Patient Group

Does your GP provide an outstanding level of care?

Does your local practice receive the recognition they deserve?

NOMINATE NOW
Closing Date: 26 July 2019

rcgp.org.uk  0203 188 7755
/RCPWales  @RCGPWales
jennie.pilkington@rcgp.org.uk
Helping GPs to Improve Cancer Care

The Macmillan Primary Care Cancer Framework

The Macmillan Primary Care Cancer Framework (MPCCF) programme was launched in June 2015, in partnership with Macmillan Wales and the Wales Cancer Network. The MPCCF programme aims to support GPs and Primary Care Health Care Professionals, GP Practices and Cluster networks to improve cancer care. Our main aims are:

- To develop and support Primary Care professionals.
- To improve communication and integration between Primary and Secondary Care.
- To develop and grow a community of practice of experts and leaders to support cancer service improvement in primary care.

The MPCCF is a unique initiative utilising primary care leadership to influence and improve services in a specialist clinical area, involving partnership working between all seven LHBs, Velindre NHS Trust, Wales Cancer Network and Macmillan Wales. The team consists of GP Cancer Leads, GP Facilitators and regional lead nurses. We currently have 17 clinicians working on the programme. Our team have been working with colleagues within their health boards and with the Cancer Network to improve integration between cancer services and primary care and leading on projects and service improvement work across Wales to facilitate improved cancer care in the community setting.

Over the last three years, our team has contributed to the development of the Cancer Delivery Plan, developed National Clinical Priorities for the GP contract, assisted in setting up Rapid Diagnosis Clinics (RDCs), developed new diagnostic pathways for lung cancer, and implemented electronic cancer decision tools and dashboard for use in primary care.

The programme isn’t just about pathways and health board meetings. Our GP Facilitators and Nurses have been working directly with primary care teams to help them develop and maintain the skills they need to deliver good cancer care to their patients. We have commissioned several “GP Cancer Update” courses, run training for Allied Health Professionals and non-clinical staff on cancer awareness and symptom recognition, and set up a website where you can access up to date information (http://www.primarycareone.wales.nhs.uk/macmillan).

Next Steps – Macmillan Cancer Quality Toolkit for Primary Care

During the next month general practices in Wales will be invited to participate in the Macmillan Cancer Quality Toolkit for Primary Care (MCQT). The MCQT is a resource to help primary care teams across Wales to better support increasing numbers of people diagnosed and living with cancer. It provides an opportunity to share good practice and learning. It will also help practices to work towards the vision of Person Centred Care as described in the Welsh Government’s Cancer Delivery Plan (2016 –2020).
The aim of the MCQT is to:

- Enable the whole primary care team to review and improve services to diagnose, care for and support people affected by cancer.
- Provide a framework of peer support to facilitate cancer service improvement in primary care to ensure seamless co-ordination of care and improve patient experience.
- Provide a current picture of cancer services in primary care to support future developments.

The MCQT offers a practical and innovative way of supporting service improvement in primary care, utilising peer support from the network of Macmillan GP Facilitators (GPFs) and Macmillan Primary Care Regional Nurses.

It is anticipated that the MCQT will improve practice and processes around recognition and referral of cancer, support through and after treatment.

It will also improve transition points throughout the cancer pathway which will have a direct impact on overall patient experience.

The Macmillan Cancer Quality Toolkit comprises five modules:

- Module 1: Detecting cancer earlier.
- Module 2: Prompt recognition and early referral.
- Module 4: Cancer care reviews and long term consequences of cancer and its treatment.
- Module 5: Identifying and supporting patients with advanced serious illness.

Practices will work through three out of five modules - a mix of case studies, reflective practice, data collections and analysis to gain clarity on your current cancer care situation. You then reflect and review - as a whole practice team - and consider introducing new ways of working that will deliver improved cancer care. GP Practices completing three modules, of which module four is mandatory, will receive a small grant from Macmillan. For more information on how to participate, email: ToolkitExpressInterest@wales.nhs.uk

Through the work of the MPCCF and the MCQT we aim to improve cancer outcomes in Wales and show that primary care teams are an important part of the solution and need to be supported.

Dr Cliff Jones FRCGP

RCGP Research Ready® Consultation

Have you used the RCGP Research Ready tool? Help us to improve our support for research in #generalpractice.

RCGP Research Ready® is a quality assurance programme for all research-active UK GP practices. It was developed by RCGP and National Institute for Health Research - Clinical Research Network (NIHR CRN) in England, Northern Ireland Clinical Research Network, NHS Research Scotland, and Health and Care Research Wales.

To ensure Research Ready® continues to be a useful tool for GPs, practice staff and patients, we are seeking practices’, stakeholders’ and patients’ input on their experience of research in general practice, whether they have used Research Ready® or not.

Complete our survey to tell us what support you need for research and what tools can we provide: https://bit.ly/2IqLxfS.
Royal College of General Practitioners Wales

South Wales
‘Leaders for the Future’
Leadership programme 2019 / 2020

Applications are now being accepted

Programme is open to all GP members of the College in Wales:
First5s / Locums/ Partners / Salaried GPs / OOHs

Closing date for applications: 7 June 2019
Programme start date: 17 October 2019

The aim of the RCGP Wales Leadership Programme is to develop the person and their belief / confidence in their own leadership capabilities and abilities. This is achieved by providing an integrated approach to learning and development, consisting of individual, small group and whole group sessions together with three 1-2-1 coaching sessions which is a key element of this programme. Your growth throughout the programme will be fluid as your skills and knowledge develop.

There is no cost to RCGP members or fellows for the programme.

Non-members please direct enquiries to RCGP Wales, as a commitment to becoming a member of the College before the end of the programme would be required.

For an application form and / or to request additional information concerning the RCGP Wales Leadership Programme 2019/2020 please contact:
Lesley Hills E: Lesley.hills@rcgp.org.uk

We are pleased to be able to offer backfill costs subject to agreed criteria

The Leadership Programme takes approximately nine months to complete and begins on 17 October 2019 with the 2-day Introductory Study Block and finishes on 10 July 2020.

Successful leadership candidates are required to attend all meetings (except in exceptional circumstances)

For an application form and / or to request additional information concerning the RCGP Wales Leadership Programme 2019/2020 please contact:

Lesley Hills Email: Lesley.hills@rcgp.org.uk Tel: 020 3188 7759 (local number).
All Wales GP Mentoring Scheme

After a few fallow years, RCGP Wales has now been able to reinstate the All Wales Mentoring scheme. The aims and objectives of the scheme are:

- To give qualified GPs the opportunity to enter a mentoring relationship.
- To use that mentoring relationship to provide support and signposting of educational, career and developmental opportunities.

Following a recent training session held in the Cardiff headquarters of RCGP Wales, we now have mentors available to take on mentees and continue in that relationship for a two-year period if needed. At the outset the new scheme will be run as a pilot to determine uptake and the offer to have a mentor will initially be extended to those GPs who are in the first five years of their career. Depending on demand and assessment of the scheme, further places will be offered to GPs at any career stage.

Mentors on the scheme will be supported by a lead mentor and will be part of a supportive group of mentors across Wales. Training will be offered to all new mentors and six monthly meetings will be arranged to reinforce learning and discuss developmental needs. It is anticipated that the mentoring contract will stretch over two years or can be terminated earlier if the mentee wishes to stop. Meetings are likely to be, in the main, face to face and are likely to occur every couple of months or so, though this can be quite fluid.

We are initially piloting the scheme with First5s as we feel it can help with the transition from vocational training scheme to working in independent practice. It was clear from the training however and from the experience of mentors who themselves are a varied bunch that mentoring would be useful at any stage of ones’ career.

The mentors are all either practising, or recently retired GPs who live or work in Wales who have volunteered to be part of the scheme. We hope that in time some of the recently mentored GPs will train to become mentors for future cohorts and the scheme will be self-perpetuating.

The idea of the mentoring network is to provide a confidential relationship between two individuals, where time and space is given to enable a mentee to reflect upon their career. The remit of this relationship is as broad as it needs to be, and this is often determined by both parties in the initial part of the relationship as we recognise that this time of life is often full of personal events (such as marriage, pregnancy, moving to a new house etc) that will impact upon career decisions.

We would anticipate that the relationship will last up to two years, depending upon circumstances. The first meeting will usually be face to face at a mutually agreed, preferably neutral, venue (if possible) then there may be email or telephone contact as well as, or instead of, face to face meetings. Our experience of schemes elsewhere in the country suggests that contact will be every six to eight weeks although obviously this varies between individuals.

The mentoring scheme is free of charge and as mentioned previously the scheme is designed to provide a confidential, supportive relationship.

If you think this service may be of benefit to you or if you are still unsure about participating in the scheme or have any further specific questions then please contact the Support Officer at: kirsty.dodd@rcgp.org.uk

Dr Rob Morgan, Vice Chair, & Executive Membership Officer, RCGP Wales

THE THRIVE GP! AWARD.

General practice faces an ever-growing number of challenges. Yet GPs themselves have shown time and time again how such challenges can be met and overcome, either collaboratively or alone. GPs demonstrate skills in resilience that enable them to continue delivering high quality care.

The Thrive GP! is an annual award that will be presented to a GP in Wales at the RCGP Wales Gala Awards Dinner. Recipients will have demonstrated to a judging panel what mechanisms they use to ensure an appropriate work life balance and how this has contributed to their ability to thrive on a day to day basis. The award is made for a piece of work involving any media. The submission will be made along with a brief reflective comment about how the construction of that work has contributed towards resilience.

The winning entry will receive a one day entry to the RCGP Annual Conference and a family ticket to Folly Farm.

Full details together with an entry form can be accessed at https://tinyurl.com/y5pbvta2, or by emailing welshc@rcgp.org.uk.
The North Wales GP Schools Session—Sharing the Merits of a GP Career

In October 2016, I received an e-mail circular from the RCGP North Wales Faculty, asking for those interested in school engagement to get in touch. I had little hesitation in responding to this appeal. I felt that if I didn’t get involved, it would be inappropriate of me to moan about the GP recruitment crisis. Back then, most formal school engagement events were heavily influenced by what some refer to as ‘sexy’ secondary care specialities. I held the view that more could be done to portray general practice in a positive light.

Having later spoken to Dr Rob Morgan of RCGP Wales, it wasn’t long before I found myself leading on the faculty’s school engagement approach, something that came as a bit of a surprise. Quite a few different approaches crossed my mind, but crucially, whatever I chose needed to maximise school engagement impact, without dividing my time, and that of other GP volunteers, across each and every secondary school and college in North Wales. It was one thing deciding on an approach, but quite another knowing whether school pupils would be at all interested in what I had in mind, or whether it would be a useful thing to do.

With this in mind, I created a scoping questionnaire using the Google Forms platform, and during these early stages, spoke regularly to a Careers Wales advisor and Seren Network Coordinator. A link to the questionnaire was forwarded to all North Wales sixth form link teachers. The questionnaire’s feedback and suggestions were heartening, providing just the kind of information I needed to plan for what later became known as the North Wales GP Schools Session. Virtually everything about the planned session, such as its location, the time of year, day of the week, target pupils, length and content would be based on this information.

I applied for sponsorship from the RCGP North Wales Faculty, presenting its board with a detailed proposal document, headlined with the following core objectives:

- To promote, and highlight the benefits of a career as a General Practitioner.
- To encourage North Wales school pupils to consider a career in general practice.
- To help GPs and pupils identify the potential opportunities and perceived barriers when considering a career in general practice.
- To share information that will help school pupils understand the processes involved in applying for a place in medical school and GP training.
- To help maximise the likelihood that North Wales pupils interested in undertaking a career in general practice realise their goal.

The faculty board responded positively, and throughout this whole process, I have endeavoured to remain true to the above objectives and to widening access to a GP career. I emphasised the importance of the project being a two-way process; we as GPs also needed to learn from pupils, teachers and parents, and try to better understand how they perceived our profession and general practice in general. It was not to be about pressuring school pupils into choosing a GP career, but about sharing with them its merits, and negating some well-documented denigration of the profession. It would target pupils in school years 11 and 12, particularly those who remained undecided about a medical career, or, for one reason or another, felt it was beyond their reach.

Promotion would make good use of digital media platforms and create ‘noise’ about general practice, fuelling a legacy effect by means of a digital footprint. This noise would lead to school pupils, parents and teachers, talking about general practice, irrespective of how many would turn up at the session. I planned to capture some of the session’s content on camera, and use it to promote future school engagement activity. ‘GP Schools’ would help ingrain in people’s minds a link between GPs and schools, and, importantly, would be visible across all promotional platforms. I designed a logo aimed at cultivating the notion of reaching towards the top of a career ladder, and becoming a GP.

Dr Dylan Parry, GP, Old Colwyn
I had no idea whether this noise would be heard, or how popular, or maybe unpopular, the session would turn out to be. Keeping track of potential attendees became a challenge in itself, with pupil numbers constantly changing, up until a few days beforehand. Fortunately, I received invaluable support from RCGP North Wales Faculty Support Officer, Angela Thomas, who liaised patiently with pupils, parents and teachers. Information about the session was made available on the Padlet platform (https://padlet.com/gpschoolssession/2017) and enquiries were dealt with via a dedicated gpschoolssession@gmail.com e-mail account.

I had lots of fun filming and producing bilingual promotional videos, these eventually proving to be the most effective means of publicising the session via Facebook (https://bit.ly/2OWHyqR), Twitter (https://twitter.com/gp_schools) and Instagram (https://bit.ly/2KJh3Sd). They included contributions from those who would speak at the session.

Careers Wales and the Seren Network also helped with the promotional side. A dedicated YouTube channel (https://bit.ly/2yF6ScJ) included other, briefer videos, of local GPs sharing an enthusiasm for their work; along with others such as RCGP’s ‘Think GP’ campaign. It would play an important role in contributing to the desired legacy effect, utilising footage from the session, such as one about life at medical school (https://bit.ly/2MfEHf2).

When the moment of truth arrived in September last year, I was delighted, and somewhat relieved, to see 84 school pupils from across North Wales turn up. This was way beyond my expectations, taking into consideration the turnout at similar events elsewhere. The session proved to be such a positive experience, one made so much easier with the help of other volunteers, all keen to share their enthusiasm for general practice. Formal feedback collected following the session was very positive, and things had worked out as well as I could have expected. There was a lot of positivity amongst those who helped me run the session, and a desire to build on the experience.

Based on this feedback, and ongoing support from the RCGP North Wales Faculty, I repeated the session this September (https://bit.ly/2xS0DuA), on this occasion lengthening it to accommodate small group work. Once again, my expectations were exceeded, when 58 school pupils turned up to the session. Including small group work on communication skills and GP ethical dilemmas turned out to be very popular with GP volunteers and school pupils alike, as did the opportunity to be able to speak to several medical students, five of them from Cardiff University’s ‘CARER’ cohort, and embedded in local GP surgeries for the whole of their third year.

During the course of this project, I have built valuable links with others involved in school engagement, such as Careers Wales, Coleg Cymraeg Cenedlaethol, the Seren Network, Cardiff University, Manchester University, Swansea University; and most importantly, with other inspirational GPs across Wales who have a keen interest in school engagement, inspiring me to move things forward. It’s been very rewarding, especially when speaking to school pupils at subsequent engagement events and hearing of their enthusiasm about a GP career. The last couple of years, especially in North Wales, have witnessed a proliferation of school engagement and widening access to medicine activity. This is to be welcomed, and it’s against this backdrop that I have endeavoured to keep general practice at the forefront of the school engagement agenda.

Dr Dylan Parry GP, Old Colwyn

RCGP Wales Cluster Innovation Award
‘Recognising Innovation at the Front Line’

RCGP Wales is pleased to announce the launch of this inaugural award, developed following feedback from our Advocates who have experienced first-hand the innovative work emerging from clusters across Wales.

We wish to invite GPs and multi-disciplinary teams within clusters who have been actively engaged in cluster projects that have benefited the community they serve, to submit an entry. Entry forms may be completed online by visiting our website at https://tinyurl.com/y5pbtva2. Alternatively, you can email jennie.pilkington@rcgp.org.uk for a form. The closing date for receipt of entries is 31 May 2019.

Entries will be judged in June, and the top three finalists will be invited to attend our annual Gala Awards Winter Ball at The Exchange Hotel in Cardiff Bay in November, when the winner will be announced. All entries will also be submitted to the RCGP UK Bright Ideas Awards 2019 panel (with prior consent). The Bright Ideas project also recognises and celebrates fresh approaches frontline professionals are making to improve primary care.
RCGP Wales Upcoming Events

Women’s Cancer Event—2 May 2019

This RCGP South East Wales Faculty study afternoon hopes to refresh your knowledge on women's cancers. These are often difficult to diagnose and can be missed so doctors should always be cautious about having a high index of suspicion. We are inviting local consultants to speak about these topics, as well as a patient talking about their experience. To be held at Holiday Inn, Cardiff North on 2 May 2019, at 13:45 - 17:00. Pricing: £25 for trainees, £35 for members & £50 for non-members

Bring your Baby with you to a CPD Event! - 16 May 2019

Created by two doctor mums, PLUSbaby stands for Parental Leave Update Seminars and provides infant friendly CPD points for GPs and other healthcare professionals that are keen to mix parental leave up a bit and have a fun day out networking with their little ones.

This RCGP Wales and PLUSbaby event will include an exploratory and sensory play area for baby, three clinical update lectures by local consultants / specialists including a paediatric first aid session delivered by St John’s Ambulance.

The event will be held at Village Hotel in Cardiff, on 16 May 2019, at 09:30 until 16:00. Lunch provided. Pricing: members / AiT’s: FREE, non-members: £50.00

Dermoscopy for Absolute Beginners—PCDS and Spotlight RCGP Event—22 May 2019

This one day course aims to introduce GPs to the RCGP toolkit on dermatology and introduce them to dermoscopy. It is aimed at those who have access to a dermatoscope but have not felt confident to use it as much as they would like, and would like to know how to diagnose some commonly seen lesions.

Please bring your dermatoscope along with you if you have one, as there is a practical session where you will have a chance to practice using it on your colleagues. This is a basic level course, including practical tips on how to look after your scope, keep it clean and how to take good pictures through it. It is very interactive and we aim to help you increase your confidence in diagnosing the common benign lesions and obvious malignancies. To be held in the Swansea Marriott Hotel, on 22 May 2019, at 09:00 to 16:45. Pricing: £125 for members, and £150 for non-members.

For more information on the above events, please visit http://tinyurl.com/y5tfnhvp
or contact: jennie.pilkington@rcgp.org.uk

Royal College of General Practitioners
Coleg Brenhino Meddygon Teulu

Royal College of General Practitioners Wales
4th Floor, Cambrian Buildings, Mount Stuart Square, Cardiff Bay, Cardiff, CF10 5FL. Tel: 020 3188 7755
Website: www.rcgp.org.uk

Royal College of General Practitioners is a registered charity in England and Wales (Number 223106) and Scotland (Number SC040430)
The Royal College of General Practitioners is a network of over 52,000 family doctors working to improve care for patients. We work to encourage and maintain the highest standards of general medical practice and act as the voice of GPs on education, training, research and clinical standards.

Tell us What You Think! Please send any feedback to: welshc@rcgp.org.uk
Questions, comments and suggestions for future articles are all welcome