

## Your weekly update

This week, we've updated our essential explainers on the GP contract and primary care networks to help you make sense of how Covid-19 has impacted general practice. Plus, we re-share one of the most popular videos from our Leading through Covid-19 series on self care and resilience.

### [Covid-19 and general practice: how has the pandemic impacted the GP contract?](#)

NHS England and the British Medical Association's general practice committee negotiated an update to the five-year GP contract framework published in January 2019. But Covid-19 has led to a number of challenges in implementing the contract, with certain elements being postponed or amended in light of the immediate pressures faced by general practice in dealing with the pandemic.

This updated explainer outlines the changes and explains what they mean for the future of general practice.

[Read the explainer](#)

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### [Quick-watch video](#)

### [How can we practice self care and resilience during Covid-19?](#)

For many people, several months of working through a pandemic has led to a drop in resilience and self confidence. So we're revisiting this interview with Fatima Khan-Shah, Patient Leader and Partnership Lead for the Unpaid Carers Programme, West Yorkshire and Harrogate Health and Care Partnership, where she shares practical advice on how to prioritise self care during the Covid-19 crisis.

[Watch the interview](#)

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## [Explainer](#)

### [Primary care networks explained](#)

A key part of the NHS long-term plan, primary care networks (PCNs) will bring general practices together to work at scale. But what are they? How are they funded and held accountable? And what difference will they make? In this updated explainer, we answer these questions and explain how PCNs have responded to the Covid-19 pandemic.

[Read the explainer](#)

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## [Resource](#)

### [Transgender awareness week](#)

In recognition of Transgender awareness week, our Library service has created this reading list, which pulls together useful articles, reports and online resources on transgender health.

[See the reading list](#)

[Find out more about our Library service](#)

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## [Virtual conference](#)

### [Don't miss our Leading beyond Covid-19 virtual conference](#)

There's still time to book your place on our Leading beyond Covid-19 virtual conference next week. We will share practical ideas about transforming work and workplace cultures and explore how leadership and teamworking influences people's work experiences.

**Sessions start on Monday 23 November, but you can book onto this conference and watch it on demand at a time that suits you up until Sunday 6 December.**

[Book your place](#)

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