



# Weekly Inbox

Happy New Year!

6 Jan 2020 Issue 355

## YOUR WEEKLY INBOX

The Weekly Inbox is produced by the Ipswich and East Suffolk Clinical Commissioning Group for circulation in your practice, to provide you with essential clinical guidance and useful support.

The key below indicates the intended audience of each article:

<b>GP: General Practitioner</b>
<b>PM: Practice Manager</b>
<b>Ad: Administrative staff (including medical secretary, care navigator)</b>
<b>PN: Nurses (including HCA, Practice Nurse, Nurse Practitioner)</b>
<b>OC: Other clinicians (including ECP, Pharmacist, PA)</b>

<b>FOR ACTION</b>	<b>SOCIAL PRESCRIBING</b>
1. <a href="#">Suffolk How Are You? Campaign Videos</a>	10. <a href="#">Connect for Health website upgrade</a>
<b>FOR INFORMATION</b>	<b>EDUCATION &amp; TRAINING</b>
2. <a href="#">PCN draft service specifications - IMPORTANT</a>	11. <a href="#">Free educational evenings on mental health and emotional wellbeing</a>
3. <a href="#">Mental Health Education videos: Personality disorder</a>	12. <a href="#">A Domestic Abuse Conference is being held at the University of Suffolk</a>
4. <a href="#">Highlight your multi-disciplinary teams with new materials</a>	<b>DID YOU KNOW...?</b>
5. <a href="#">NHS Primary Care: the voice of PCNs</a>	13. <a href="#">Did you know..?</a>
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7. <a href="#">Great East Swim - Alton Water</a>	14. <a href="#">Contact us</a>
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## FOR ACTION

PM Ad

### 1. Suffolk How Are You? Campaign Videos

Suffolk How Are You? is a campaign to give people tips, advice and ideas on moving more, eating well and sleeping well for good mood, more energy and less stress. Find out more at [www.suffolhowareyou.co.uk](http://www.suffolhowareyou.co.uk).

10 short films have been produced for your GP practice TV screens. The films are all about encouraging people to move more and are between 10 seconds and 1 minute. You can download the videos from <https://onelifesuffolk.co.uk/move-more/> to add to your own practice websites and TV screens in your waiting rooms (videos can be embedded into PowerPoint if required).

The subjects over the 10 films are:

- Try the One You health quiz
- Take part in RED January 2020
- Getting moving to feel better with a long term condition – Daphne film
- Be inspired to move more with This Girl Can
- Try Couch to 5K – Rushmere Runners film
- Get walking with Health Walks
- Move More, Sleep Well – Dance East Film

Please contact [howareyou@suffolk.gov.uk](mailto:howareyou@suffolk.gov.uk) with any questions.

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## 2. PCN draft service specifications – IMPORTANT

NHS England has published the draft PCN service specifications (see link [here](#)). This link takes you to the draft specifications and the details about 3 webinars being held shortly.

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## 3. Mental Health Education Videos: Personality Disorder

The first of our series of videos from last year's evening education meetings are now available to view online. The first session on Personality Disorder is now available in 3 bite size sections; the password for each is: End3av0ur!P

Part 1: How best to practically manage patients with personality disorder and the skills to achieve this in a 10 minute consultation

<https://vimeo.com/382412405>

Part 2: Living with a Personality Disorder

<https://vimeo.com/368268913>

Part 3: Diagnosis formulation and the world of medication within personality disorders

<https://vimeo.com/382416237>

We thank you for your patience and hope you find these videos to be a valuable resource. All the videos will shortly be available via the [CCG website](#).

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## 4. Highlight your multi-disciplinary teams with new materials

A series of new national materials are available to GP practices to help highlight the varying roles in multi-disciplinary practice teams, which may be available to patients and support confidence in emerging roles. The roles highlighted include care navigators, clinical pharmacists, paramedics, physician associates, mental health therapist, social prescribing link workers, healthcare assistants, general practice nurses and advanced clinical practitioners. The materials which include leaflets, posters, digital screens and social media assets are now available to use from the [Campaign Resource Centre](#).

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## 5. NHS Primary Care – the voice of PCNs

The NHS Confederation is establishing a new network to provide support to primary care networks (PCNs).

NHS Primary Care will ensure PCNs have access to a wide range of expertise, resources and guidance. It will provide a range of support to PCNs, including creating a unique and independent voice for clinical directors.

To read more about NHS Confederation, please click [here](#).

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## 6. RED Jan – Fitbit competition

Fancy yourself a FitBit to help you continue achieving your physical activity goals throughout 2020?

As part of the RED January campaign, we are working with the Public Health Team at Suffolk County Council and Suffolk MIND to offer five lucky, Suffolk RED'ers a new FitBit. Over on our Twitter, Instagram and Facebook page, in partnership with Abbeycroft Leisure, we will be sharing suggested exercises and activities that you can do throughout the month to be more active.

If you share your RED January activities with us, you will be entered into a draw to win one of the five FitBits up for grabs!

Simply tag us @ActiveSuffolk in your RED January post on Facebook or use the hashtag #REDJanuarySuffolk on Twitter and Instagram to be entered.

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## 7. Great East Swim – Alton Water

Do you know someone who might benefit from taking part in a swimming programme and who is currently inactive and will be over the age of 18 by 29 March 2020? If so, please provide them with a factsheet and direct them to this [website](#) where information about the programme and how to register can be found.

The Great East Swim outreach programmes, being held in Ipswich and Bury St Edmunds, are targeted at adults doing less than 0-1 x 30 minute's physical activity per week. The programmes aim is to create long term behaviour change and support individuals to become more active for life. Prospective participants must be able to swim 50 metres at the start of the programme. The challenge is to swim ½ mile or 1 mile on the day of the Great East Swim. More details regarding the programme can be found [here](#).

Please find here the [poster](#) and [factsheet](#).

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## 8. Local Vacancies

Please click on the above link to see the local GP and practice staff vacancies currently advertised on our website. Some of the vacancies include:

- Experienced Medical Receptionist at Wickham Market Medical Practice
- Administrator at Framlingham Medical Practice
- Part time Care Navigator at Framlingham Medical Practice
- Care Navigator / Telephonist at Chesterfield Drive Practice

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## PCN CLINICAL DIRECTORS INFORMATION

### 9. Primary Care Network (PCN) webpage

We have added [this webpage](#) to the GP Practice Member Area as a way of sharing articles and information of value to Primary Care Networks, not just via the Weekly Inbox or emails.

If you have any articles or links to interesting information please let [David Brown](#) know and [Back to top](#) we can add them

## SOCIAL PRESCRIBING

### 10. Connect for Health website upgrade

Please see [here](#) attached a page on the Ipswich and East Suffolk CCG website with Connect for Health information and contact numbers for areas. We would encourage Practices to please add a Connect for Health section to your Practice website to promote Connect for Health to patients.



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## EDUCATION & TRAINING

### 11. Free educational evenings on mental health and emotional wellbeing

***"...excellent speakers presenting fascinating and relevant topics."***

Our educational evenings on mental health and emotional wellbeing for primary care have proved to be very popular, so we are pleased to advise that we have extended the programme into 2020 and we will cover topics suggested by you. Each evening session is open to ALL practice staff, includes a two-course dinner served from 6.45pm followed by 2 hours of quality teaching from 7.30pm – 9.30pm. In [feedback](#), 97% of respondents who have attended said they are extremely likely or very likely to recommend to a colleague so if you've not been to any of the sessions in 2019, speak to someone who has and don't miss out this year!

At our first evening of 2020 on Wednesday 26 February, we welcome back Dr Paul Everden for a longer session as a follow up to his excellent talk in April on Consultation Skills. The session aims to help increase your confidence in dealing with patients with mental health problems, how to communicate better, to motivate patients and how great communication skills can result in fewer referrals and more job satisfaction for clinicians. If you missed him first time around or want to refresh your memory on what was covered before attending part 2 in February you can [watch the video](#) online with password Pr1maryCar3IES. If you'd like to attend this or any future session, please contact [Shelley Hart](#); booking is essential if you require food. Dates for 2020 (& topics where known) are now listed on the [CCG website](#).

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## 12. A Domestic Abuse Conference is being held at the University of Suffolk in May 2020

The [Domestic Abuse Research Network \(DARNet\)](#) is pleased to announce the Domestic Abuse Conference to be held on the theme: "Multiple perspectives and interconnectedness". It would be fantastic to get representatives for primary care services to attend as you are crucial frontline professionals that victims of domestic abuse will often turn to first when they need support. These hours would count twice towards your level 3 training requirements as relevant to both adult and children's safeguarding. Please see all details and booking information in link [here](#).

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## DID YOU KNOW...?

### 13. Digital resources for help with mental health

There is a wealth of digital help out there for your patients. Our [website link](#) has a selection of recommended local and national options. [Download a print version](#).

"None of these resources can, in themselves (just like a packet of antidepressants) comprehensively manage risk. They may form part of a safety plan that you agree with a patient - but if you are concerned about risk in a patient then you should take the usual steps that you would usually take to refer them for urgent specialist help"

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## CONTACT

14. Your views and feedback are very much appreciated. If you have any comments, suggestions or contributions for inclusion in The Weekly Inbox, [please email us](#).

If you work in general practice in Ipswich and east Suffolk and are not currently on the regular distribution list for the Weekly Inbox but would like to be, you can [sign up here](#).

For queries relating to contracts, please email [IESCCG.gp-contract-queries@nhs.net](mailto:IESCCG.gp-contract-queries@nhs.net) with **Contracts** in the subject line.

### Want to become a Dementia Friend?

**Watch an online video** by clicking [here](#) and entering your unique code: **Ips6900** (for all Ipswich & east organisations)



**Safeguarding Children is Everyone's Responsibility:** news, guidance and resources can be found on the [CCG's Safeguarding Children webpage](#).

Please follow the link for **Safeguarding Adult** information [CCGs Safeguarding Adult webpage](#) and click [here](#) for local information

### Useful links:

- [Bookmark the CCG website](#)
- [Latest news from the CCG](#)
- [Who's who in the Clinical Executive](#)
- [Useful links to NHS and other websites](#)
- [Living Life to the Full for Suffolk](#)
- [New to the area? Our Clinician Welcome Pack includes useful information](#)
- [Ipswich and East Suffolk Falls Directory](#)
- [Referrals, Briefings and Pathways](#)
- [Download Digital Campaign Resources](#)
- [NHS England](#)



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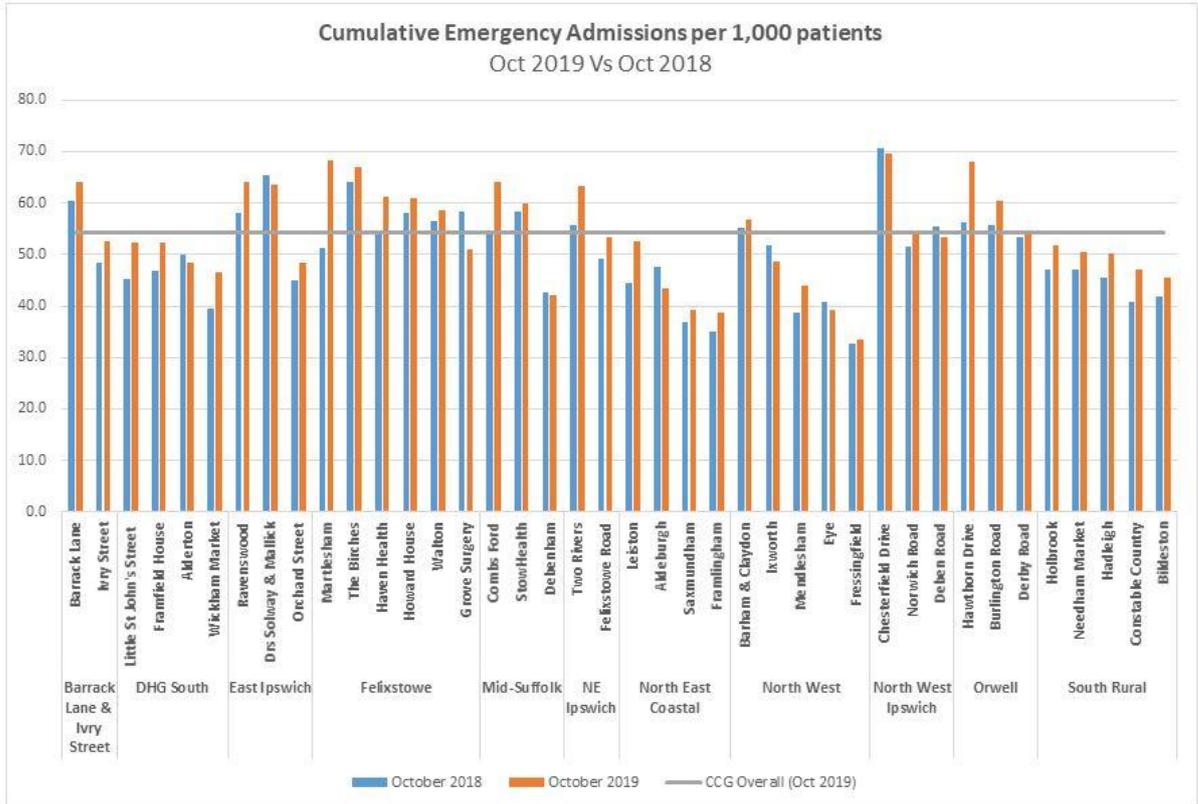
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## CHART OF THE WEEK

15. We are often asked for more comparative information to enable practices to know where they stand on a variety of indicators in comparison with other practices. Therefore, we publish a chart every week. Please [let us know](#) if there are any topics that you would find it useful for us to cover.

This week we are looking at: Cumulative Emergency Admissions per 1,000 patients – October 2019 vs October 2018



[Click on chart to enlarge](#)

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