



Welcome to the "IESCCG Care Navigator News". A quarterly newsletter to update you on work at the CCG and to provide the opportunity for **YOU** to share **YOUR** news and successes. The Care Navigators Forum is for Care Navigators working in general practice across Ipswich and east Suffolk to share information, link with each other and engage in shaping the future of practice Care Navigation in Ipswich and east Suffolk.

Summary of Care Navigator Forum Feedback

Session Strengths	What will you now do differently?
Pharmacist talk was very interesting	Use GP+ for appointments
Speaking to other Care Navigators regarding different ideas and policies	Have more faith in the Pharmacy
Question and Answer session was informative	Using the Care Navigator dashboard

Care Navigator Training

Some practice staff have expressed interest in further training for the Care Navigators. We have arranged two one-off training sessions for those who are engaged in Care Navigation who haven't received the training.

The training will be a reduced session, combining Level 1 and 2 into one 4 hour session. We have two dates planned, both on training and education afternoons: 10 October 2019 and 4 March 2020 (1pm-5pm)

There are currently 3 places in October and 21 places in March. If you would like to book staff onto a session please email Shelley. (places are on a first come first served basis).

Picture: Care Navigators completing their care navigator training.



Contact the Elderly

At the June 2019 Care Navigator forum, Contact the Elderly presented information about the monthly tea parties they organise for older people suffering from loneliness and isolation. There are groups running in Eye and Ipswich and Contact the Elderly are looking to start groups in the near future in Stowmarket and other areas. Please see the attached links for further information on [how to refer](#) and a [case study](#) of a participant.

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June 2019 Care Navigator Forum

The forum held on 20 June 2019 involved a number of presentations, including Community Pharmacy and Contact the Elderly. The network discussion was hosted by Care Navigators, Jess and Christine, who will be hosting this part of the next forum on 11 September. Please send your topics for discussion for 11 September in advance to [Jessica Gaskell](#) or [Christine Bond](#).

Wednesday 11 September 2019

The next forum will be held on Wednesday 11 September at Trinity Park. Click [here](#) to view the agenda. Please notify [Emily](#) of your attendance by 2 September 2019.

Connect for Health update

The Connect for Health social prescribing programme is taking shape in east Suffolk. The providers of the service are currently asset mapping local clubs, societies and organisations within each integrated neighbourhood team area (INT). It is anticipated that all areas will go live for referrals in August 2019.

The providers are:

- Eye and NW INT, Stowmarket INT and South Rural INT – Suffolk Family Carers
- Saxmundham and NE INT, Felixstowe INT – Access Community Trust
- Woodbridge INT – The Shaw Trust



The Food Growing Project

There is a Food Growing Project held in Stowmarket every Tuesday between 10am-1pm at the Museum of East Anglian Life. The sessions enable participants to learn how to grow and harvest vegetables, gain new skills and are a great opportunity to meet new people. These are fun, free of charge drop-in sessions - please get in touch to book a place. You can email [Chloe Robison-Smith](mailto:Chloe.Robison-Smith@eastanglianlife.org.uk) or ring 01473 350370 to book or find out more.



HEE Dementia; e-Learning Resources

Health Education England e-Learning for Healthcare has been working with the University of Bradford to undertake a review of sessions within the e-Dementia e-learning programme. The programme about dementia care has been re-designed to enhance the training and education of the health and care workforce in line with the <https://www.hee.nhs.uk/our-work/dementia-awareness/core-skills>. It focuses on the essential knowledge and skills needed to support and enable people living with dementia and their family carers to live as well as possible, wherever they live.

For more information about the e-Dementia programme and for details of how to access please visit: <https://www.e-lfh.org.uk/programmes/dementia/> The e-learning is available via the e-LfH Hub, <https://portal.e-lfh.org.uk/> For more information about HEE's dementia education and training programme please visit: <https://www.hee.nhs.uk/our-work/dementia>

Safe Journey cards

First have designed 'The First Safe Journey cards' specifically for customers who may need some extra help on their journey. The card gives the customer the chance to tell the driver what extra help they may need to make their bus journey more enjoyable. They can be used in a private and discreet way to help the customer feel at ease. There are blank spaces for the customer to fill in themselves regarding their destination or special instructions. You can visit their website for more information and to download the cards. <https://www.firstgroup.com/help-and-support/safe-journey-card>



Mental Health and Emotional Wellbeing Training sessions

The CCG's series on Mental health and Emotional Wellbeing Clinical education continues. Please take a look at the flyer for details of sessions still to run. Please email [Shelley Mitchell](mailto:Shelley.Mitchell@ccg.nhs.uk) to book. For more details please click [here](#).

Practice Nurse Appointments at GP+

Practice Nurse appointments are available at The Riverside Clinic, Ipswich – Saturday 09.00-17.00 and Sunday 09.00-13.00

What can they see?

- Pill checks – routine, not initiation
- Depo, Clexane and B12 Administration – the patient needs to bring the injection with them
- Dressings – the patient will need to bring appropriate dressings with them
- Hypertension Reviews – they are unable to take bloods but can provide them with the required blood forms
- Suture Removals

What can they not see?

Any acute medical issues including new wounds that have not been assessed.

How can you book in to these appointments?

If you are a SystemOne Practice you can book direct through SystemOne

If you are an EMIS Practice please speak to your admin team who will be able to book in via EMIS Web.