



Weekly Inbox

14 Oct 2019 Issue 344

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:

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

FOR ACTION	SOCIAL PRESCRIBING
1. Tell us about your experience of Integrated Community Paediatric Services	12. Coming up.... Connect for Health Woodbridge
2. Safeguarding leads sessions for Primary Care focusing on domestic abuse	EDUCATION & TRAINING
	13. Developing Nursing Leadership in Primary Care
FOR INFORMATION	14. Workforce Trans Awareness Training
3. Kooth online counselling and wellbeing service for 11-18 year olds	15. ARPT Accredited Spirometry Course
4. Latest update from mental health transformation programme	16. Appliance Update
5. Formulary Update	17. Standard Level Prescribing Clerk Training
6. Suffolk and North East Essex ICS Newsletter	18. PACT
7. GP Practice and Care Homes networking session	DID YOU KNOW...?
8. Housing related support - Ipswich Borough Council	19. Did you know..?
9. Primary Care Networks - Next steps for Practice Managers	CONTACTS and USEFUL LINKS
10. Latest vacancies	20. Contact us
PCN CLINICAL DIRECTORS INFORMATION	CHART OF THE WEEK
11. PCN Pharmacists webinar Wednesday 16 October	21. Chart of the Week: Antibacterial items per STAR-PU by practice

FOR ACTION

OC GP PM Ad PN

1. Tell us about your experience of Integrated Community Paediatric Services (ICPS)

The NHS West Suffolk and NHS Ipswich & East Suffolk clinical commissioning groups (CCGs) are conducting a review of Integrated Community Paediatric Services (ICPS) and want to hear about your experiences.

[ICPS](#) consists of eight specialist services that work together in the community to support children and young people with complex health and developmental needs.

Please click [here](#) to view and complete the survey.

[Back to top](#)

OC GP PM Ad PN

2. Safeguarding leads sessions for Primary Care focusing on domestic abuse

Our latest safeguarding leads sessions for primary care had a focus on Domestic Abuse, cases were discussed and for the west session we had Teri Cudby come to speak about her role as the Domestic Abuse Champions co-ordinator. It would be fantastic if we could have a champion in each surgery and would really encourage anyone from your practice who is interested to contact Teri to discuss this. A champion can be anyone within the practice and does not have to be a clinician.

Please see below some resources for your practices, we would encourage you to display the posters and ensure they are on the back of toilet doors in particular (both male and female).

Many thanks to all those who attended, we look forward to seeing you at our next session on: Wednesday 27 November 12:30 – 14:30 Landmark House, Conference room, Ipswich.

[Champions flyer](#)

[Mankind poster](#)

[Lighthouse poster](#)

[Bright Sky #WhatICanDo poster](#)

[ROW – Coercive control and the law](#)

[Power and Control wheel](#)

[Back to top](#)

3. Kooth Online Counselling and Emotional Wellbeing Service for 11 – 18 year olds in East and West Suffolk

A new free online counselling and emotional wellbeing support service for young people in east and west Suffolk aged 11 – 18 is being launched on World Mental Health Day (October 10).

Called Kooth, young people will now be able to access online counselling through their mobile device, 365 days a year.

Kooth has been commissioned by NHS Ipswich and East Suffolk and NHS West Suffolk clinical commissioning groups, as part of their ongoing commitment to improving local mental health services and the county's Children & Young People's Emotional Wellbeing Plan.

Dr John Hague, mental health lead for NHS Ipswich and East Suffolk Clinical Commissioning Group, said: "With young people using online channels regularly it makes sense to develop emotional wellbeing support services using the medium with which they are often most comfortable.

"Online chat is second nature to them and Kooth is a really good example of a service that will support them to best deal with issues or worries. Young people who are emotionally well supported have a far greater chance of enjoying a happy adult life and I am delighted that Kooth is being made available."

For more information please click [here](#).

Access the website and learn more about Kooth [HERE](#)

[Back to top](#)

4. Latest update from mental health transformation programme - #AVERYDIFFERENTCOVERSATION

After listening to the views of more than 4,000 people regarding what future mental health services should look like in east and west Suffolk, we are now ready to move forward again together. To read more about this please click [here](#).

[Back to top](#)

5. Formulary Update – Continence, Stoma, Skincare and Wound Care

The System One appliances formularies have now been updated to include all formulary-approved products for continence, stoma accessories, skin care and wound-care.

For further formulary and appliances guidance, you can access the Wound care, Catheters, Stoma and Skincare [section](#) on the Ipswich & East Suffolk CCG website. Here you will find simple switch charts and algorithms to assist with changes from non-formulary items to formulary ones.

[Back to top](#)

6. Suffolk and North East Essex ICS Newsletter

Please see the latest edition of the [Suffolk and North East Essex Integrated Care System newsletter](#) which includes information on a new campaign about to start to encourage people to volunteer, Social Prescribing initiative expanded across east Suffolk and lots more.

[Back to top](#)

7. GP Practice and Care Homes networking session

As part of the care homes LES it is a requirement for the Care Homes Lead GP and/or Ward Round Clinician to attend the CCG annual Care Homes LES peer to peer. The CCG GP's along with the care homes team have decided to have a new approach for this year.

We will be holding, in place of the peer to peer, a GP Practice and Care Homes networking session. We will be inviting care home managers and their deputies (if they wish) to come along too. We will have table top discussions and joint working towards 'next steps'. [The agenda is attached](#). The session is only 1.5 hours so the main aim will be to collaborate and open up new and improved ways of working together.

The session will be on **Wednesday 6 November 2pm – 3.30pm at Trinity Park**.

The CCG will proactively be speaking to care homes. We know we will not get all care homes to attend but are hopeful to have a mix from all areas across Ipswich and East Suffolk. Please could you encourage at least one of your aligned care homes to attend? We already have good attendance noted from lots of care homes which is brilliant.

The CCG has not held an event like this before so it is exciting to see how this could positively impact patient outcomes.

It is expected that at least one person as mentioned above, will attend from each GP Practice where you deliver the Care Homes LES. Laura Krolik will be contacting practices to confirm.

Thank you. Laura Krolik, Primary Care Manager
laura.krolik@ipswichandeastsuffolkccg.nhs.uk

[Back to top](#)

8. Housing related support – Ipswich Borough Council

Home group offer housing related support to anyone who lives within the Ipswich Borough Council area via local drop ins and their advice and support is free, confidential and open to anyone over the age of 16 years.

You can find the Ipswich drop in locations and dates [here](#) and more information [here](#) about what Housing related support includes.

[Back to top](#)

PM

9. Primary Care Networks – Next Steps for Practice Managers – East of England 7 November 2019

NHS England and NHS Improvement are holding a series of dedicated regional events this autumn for Practice Managers, focussing on:

- Hearing about the fundamental role of practice managers and the development support available
- Providing an opportunity to talk to practice managers working within PCNs and understanding how their roles have developed
- Getting involved in interactive workshops

To find out more details about this please visit [NHS England events](#).

For further information please contact england.gpdevelopment@nhs.net

[Back to top](#)

OC GP PM Ad PN

10. Local Vacancies

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

The Peninsula Practice are advertising for a Practice Nurse, please click [here](#) for more details.

DHG South are advertising for a Clinical Pharmacist, please click [here](#) for more details.

[Back to top](#)

PCN CLINICAL DIRECTORS INFORMATION

OC GP PM

11. PCN Pharmacists webinar Wednesday 16 October

The Centre for Pharmacy Postgraduate Education are hosting a webinar on Wednesday 16th of October at 12 noon to look at the issues regarding pharmacists and PCNs. If you want to join the webinar please follow the link [here](#).

[Back to top](#)

SOCIAL PRESCRIBING

OC GP PM Ad PN

12. Coming up.... Connect for Health Woodbridge

The next Connect for Health launch event is being held in Woodbridge on Tuesday 22 October 2019 at Woodbridge Community Hall, IP12 4AU between 9.30am – 12.30pm. This event will give you an opportunity to learn more about Connect for Health and some of the organisations available in your area. Please drop in if you are able to and promote to your patients.



[Back to top](#)

EDUCATION & TRAINING

GP PM PN

13. Developing Nursing Leadership in Primary Care

Free conference to develop nurse leadership in Primary Care Networks (PCNs):

General Practice nurses working in East of England are invited to a free conference which aims to unleash their talents to support the development of Primary Care Networks.

The conference takes place on Wednesday 27 November from 09:30 – 15:45 at **Rowley Mile, Newmarket Racecourse CB8 0TF**. The event is sponsored by NHS England and NHS Improvement through the [GP Nursing 10 Point Plan Programme](#) and is for General Practice Nurses, Advanced Nurse Practitioners, and Health Care Support Workers based in GP practices. PCN Clinical Directors and their deputies are also invited to attend. You can find the agenda for the day [here](#).

Places are limited and can be booked here.

<https://www.events.england.nhs.uk/events/regional-round-table-event-newmarket>

The event will include 'round table' discussions which will help to shape initiatives to develop General Practice nursing into an attractive long-term career option with increased opportunities for training and development.

[Back to top](#)

OC GP PM Ad PN

14. Workforce Trans Awareness Training for Healthcare professionals in November

This training is to increase participant's knowledge and skills when working with people who identify as transgender, enabling them to work more confidently and compliantly within current legislation and guidance.

To read more about this free course and to find the Eventbrite link, please click [here](#)

[Back to top](#)

OC GP PM PN

15. ARPT Accredited Spirometry Course – November & January dates

Please find details below of a course that is designed for healthcare professionals who are responsible for performing, recording and interpreting spirometry in adults or a combination of these. This course is available at both 'Foundation' (performing only) and 'Full' (performing and interpretation level).

To express your interest in undertaking this course please complete the specific expression of interest form which can be found in the [flyer](#).

[Back to top](#)

OC

PM Ad

16. Appliance update for Prescribing Clerks – Wednesday 6 November 2019

Standard Level Prescribing Clerk Training is being held on Wednesday 6th November 2019 at Endeavour House. Please click here to [view](#) the flyer for more information.

The session will be an introduction to Appliances. It will help provide some underpinning knowledge on appliances for prescribing clerks to assist practice staff in implementing the formulary. If you would like to book a member of staff on to this session, please email Denise Hutchinson (denise.hutchinson4@nhs.net) to reserve a space. Spaces are limited and allocated on a first come first served basis.

[Back to top](#)

OC

PM Ad

17. Standard Level Prescribing Clerk Training – Wednesday 11 December 2019

Standard Level Prescribing Clerk Training is being held on Wednesday 11th December 2019 at Endeavour House. Please click here to [view](#) the flyer for more information.

The session will be an introduction to basic repeat prescribing duties for new staff. It will help to identify potential roles for prescribing clerks, provide some underpinning knowledge to assist staff in carrying out the role and update on current policies. If you would like to book a member of staff on to this session, please email Claire Allen (claire.allen9@nhs.net) to reserve your space. Spaces are limited and allocated on a first come first served basis. Dates for 2020 training will be advertised shortly.

[Back to top](#)

18. Suffolk and North East Essex Primary Care Training Hub (PACT)

The training hub weekly newsletter is THE PLACE to find local training, education and workforce development for primary care.

Please follow the link to the latest [Training Hub Newsletter Issue 105 – 9 October 2019](#)

If you would like to sign-up to receive the newsletter directly each week or have any queries please email PACT@suffolkch.nhs.uk.

The Training Hub is working together with representatives from primary and community care services and training providers to address workforce and workload challenges to ensure that we have the right number of health and care professionals with the right skills to meet the evolving needs of local people.



Suffolk & North East Essex
Primary Care Training Hub

[Back to top](#)

DID YOU KNOW...?

19. Waves: Borderline Personality Disorder Service expansion

Suffolk Mind has expanded its service for people with a Borderline Personality Disorder, to help a hundred more people a year across Suffolk.

Waves provides a safe and supportive environment for people, giving them a chance to learn new skills to help them maintain their own mental wellbeing. It also helps people with a diagnosis or traits of Borderline Personality Disorder build their confidence and self-esteem and enable clients to make positive connections and achieve personal goals.

Waves had previously been running weekly sessions in Ipswich and Bury St Edmunds but will now be operating two further days in Ipswich as well as opening new groups in Felixstowe and Haverhill. 160 people a year will now be helped, compared to the 60 being seen previously.

You can read more about this [here](#).

[Back to top](#)

CONTACT

20. 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 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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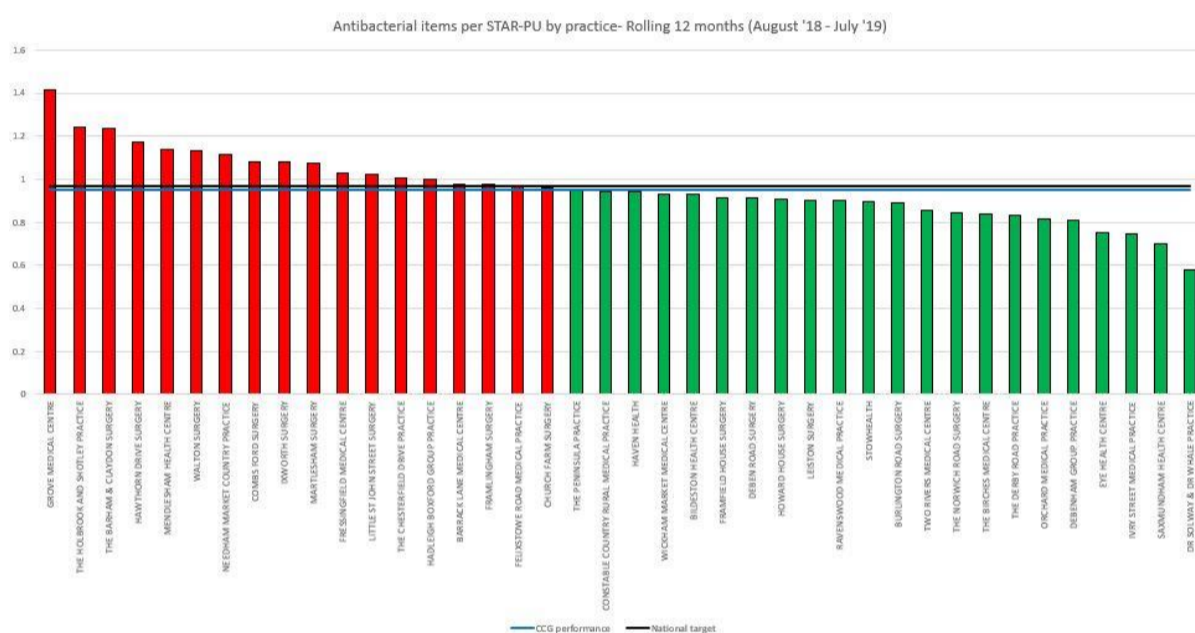
[Back to top](#)

CHART OF THE WEEK

21 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: Antibacterial items per STAR-PU by practice – rolling 12 months (August '18 – July '19)

Top tip: Antibiotics continue to be a national focus with the aim to reduce total antibiotic prescribing. The current target for primary care is to achieve 0.965 or less for the total antibiotics prescribed per STAR-PU. Practices are encouraged to review their prescribing and identify areas where improvements can be made. IESCCG has produced a resource pack which can be adopted by practices to help them achieve this which can be found [here](#). If you require any data regarding antibiotic prescribing please contact [Rifat Choudhury](#) or alternatively phone 01473 770249.



[Click on chart to enlarge](#)

[Back to top](#)