

# Newsletter

## Issue. 57

24 July 2020

Welcome to the latest edition of our newsletter for primary care. We issue this newsletter to general practice on a regular basis to give you the latest updates and guidance. This is in place of the Weekly Inbox, publication of which has been suspended.

**Previous issues** – with attachments and [other useful links and resources](#) can be found [here](#). Clicking this link will not just give you access to archived newsletters but enable to access all the past resources and separate attachments plus a wealth of other resources that may not be in the newsletters. So please give it a go!

<p><b>Covid home visiting service</b></p>	<p>With the significant reduction in the incidence of Covid it has been agreed that the Covid visiting service provided by the Suffolk GP Federation will cease at the end of July. The CCG has written to the GP Federation to express thanks for getting the service up and running so quickly and for being so flexible in its development and to thank those who worked in the service.</p> <p>The GP Federation are exploring the potential to provide an end of the day visiting service.</p>
<p><b>Face coverings</b></p>	<p>NHS England has said it is expecting guidance to be issued later this week. They have confirmed there is no plan to include exemptions.</p>
<p><b>ENT</b></p>	<p>The CCG are working with ENT clinicians and managers at ESNEFT to support them in managing the demand that flows into the hospital but ensuring that only the most appropriate patients are referred for a face to face consultation. As part of this work, the ENT team would like to engage with any GPs or Nurse Practitioners who have a special interest in ENT or would like to develop one.</p> <p>As well as this we would also like to understand if you have any specialist equipment within your practice.</p> <p>Please could you email Angela Ashton, Transformation Lead on <a href="mailto:angela.ashton@ipswichandeastsuffulkccg.nhs.uk">angela.ashton@ipswichandeastsuffulkccg.nhs.uk</a> with your responses.</p>
<p><b>GP Microsite</b></p>	<p>This is where all the latest information on waiting time and services that the hospital are offering will be held so please register to access all the useful information. Visit: <a href="http://esneftlink.org">esneftlink.org</a></p> <p><a href="#">Practice briefing - The Link ESNEFT July 2020</a></p>
<p><b>Contraceptive Supply shortages</b></p>	<p><b>Oral contraceptive supply disruption</b></p> <p>Some brands of oral contraceptives are currently unavailable:- Brevinor<sup>®</sup>, Norimin<sup>®</sup>, Synphase<sup>®</sup>, Yiznell<sup>®</sup> and Zoely<sup>®</sup>. Please see the attached document for further information and advice on alternative treatment options. Searches have been set up to aid practices to identify patients.</p> <p>These can be found on SystemOne under IESCCG, Medicines Management, Drug shortages.</p> <p><a href="#">Meds Supply Notification Oral Contraceptive tablets</a></p>
<p><b>CQC's annual update on safely managing controlled drugs</b></p>	<p>The Care Quality Commission (CQC) has today published its annual overview report on the prescribing data and trends for controlled drugs across England.</p> <p><a href="#">The Safer Management of Controlled Drugs Report</a></p>

<p><b>Care Navigators &amp; Social Prescribers Wellbeing event</b></p>	<p>The aim of this event is to provide staff working in these busy and challenging roles with protected time to explore and experience some self-care techniques ensuring you feel valued within our primary care system. This event will provide the opportunity for you to participate in the following three wellbeing sessions;</p> <ul style="list-style-type: none"> <li>• <b>Mindfulness</b> - This session will include a brief introduction to mindfulness. It will include an invitation to participate in a short taster during which we will practice bringing conscious awareness to our whole selves in the moment.</li> <li>• <b>Gratitude Journaling</b> - This session will explore the different approaches to gratitude practice enabling everyone to choose the way that resonates most with them personally.</li> <li>• <b>Creativity</b> - This session in the creative workroom will offer a hands on activity to create something beautiful from simple things that are lying around the home or workplace.</li> </ul> <p>This event will take place on <b>Wednesday 12 August 2020</b> at 2pm via an online virtual platform.</p> <p>If you are interested in booking onto this event please email Jennifer Lawton on <a href="mailto:Jennifer.Lawton@ipswichandeastsuffolkccg.nhs.uk">Jennifer.Lawton@ipswichandeastsuffolkccg.nhs.uk</a> to secure your place.</p> <p>Please note; these sessions are limited and are offered on a first come first serve basis so early booking is advised.</p> <p>Further details and an invitation link will be sent to those who have booked a place.</p>
<p><b>Weekly stakeholder briefing</b></p>	<p>Please see attached the latest stakeholder update from Dr Ed Garratt, Chief Executive of the NHS Ipswich &amp; East Suffolk, NHS West Suffolk and NHS North East Essex CCGs and Executive Lead for the Suffolk and North East Essex Integrated Care System.</p> <p><a href="#">Ed Garratt stakeholder update</a></p>

If have any questions or important information to share in the next edition, please contact [Caroline Procter](#).

Issued by NHS Ipswich and East Suffolk Clinical Commissioning Group  
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Visit the [CCG Covid-19 webpage](#) where you can find many useful links and resources