

# Newsletter

Issue. 107

18 Jun 2021

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>New Coronavirus Resources Available</b></p>	<p>Following the PM's announcement on Monday 15<sup>th</sup> June there are now new assets available for the PHE '<a href="#">Step 3 Update</a>' campaign which includes new resources for weddings, residential visits and June 21st information. There are also new resources for '<a href="#">Euro 2020</a>', '<a href="#">Self Reporting Toolkit</a>' and '<a href="#">Community Collect</a>' campaigns.</p> <p>There are also resources from <a href="#">Let's Talk Loneliness website</a> to help support and share advice on the importance of social connections.</p>
<p><b>Improving Women's Health in Suffolk</b></p>	<p>In Suffolk, SCC are starting a local conversation to understand Women's experiences and what is important to them when it comes to their reproductive health. Please share this <a href="#">document</a> with patients in whatever ways you deem appropriate, so that they can have the opportunity to share their views.</p>
<p><b>Diabetes</b></p>	<p>Attached <a href="#">here</a> is June's health and wellbeing newsletter for GPs from Xyla, along with the latest <a href="#">league table</a> for referrals from practices in the I&amp;ES CCG.</p>
<p><b>Pelvic Health</b></p>	<p>The Suffolk and North East Essex Integrated Care System has been chosen as one of 14 national early implementer sites for perinatal pelvic health services. See this <a href="#">media release</a> for further details.</p>
<p><b>Change to the DXS Tree</b></p>	<p>There has been a change to the DXS Tree making it easier to differentiate between local and national content. Please click <a href="#">here</a> for full details.</p>
<p><b>Suffolk Parkinson's Helpline</b></p>	<p>From <b>July 1</b>, a Suffolk-wide Parkinson's Helpline will offer a single point of contact for information and support, no matter what stage of the illness someone is at when they need help or information. This means that someone will not have to repeat a potentially difficult or upsetting story to multiple people in order to access the help they desperately need. The helpline will support each person as an individual and aims to enable and empower people to make their own choices and feel in control of their own lives. The helpline operators will be on hand to answer questions and provide information tailored to the caller's needs. If appropriate they will also be able to signpost to other local services and sources of help, such as support groups, or refer someone to an organisation that can help. The helpline number is 08081-642028 and it will operate from 9am to 5pm Monday to Friday and 10am to 4pm on Saturday, Sunday and Bank Holidays. Please see attached a <a href="#">referral form</a> for healthcare professionals. If you need any further information please call Alana Page at Sue Ryder on 01473-295200 or email <a href="mailto:alana.page@suerydercare.org">alana.page@suerydercare.org</a>.</p>
<p><b>This is me</b></p>	<p>'This is me' is a simple leaflet for anyone receiving professional care who is living with dementia or experiencing delirium or other communication difficulties. The kind of information it captures includes a person's cultural and family background, important events, people and places from their life and their preferences and routines.</p> <p>'This is me' helps health and social care professionals better understand who the person really is, which can help them deliver care that is tailored to the person's needs.</p> <p>It can therefore help to reduce distress for people with dementia and their carers. It can also help to overcome problems with communication and prevent more serious conditions such as malnutrition and dehydration.</p>

	Download the leaflet from <a href="#">The Alzheimer's Society Website</a> .
<b>Kooth – Supporting LBGTQI Young People</b>	<p>With June being Pride month this is a good time to highlight that Kooth, the online resource that provides anonymous and personalised mental health support for Children and Young People, has lots of forum threads and articles related to identity, gender and sexuality and regular live forums.</p> <p><a href="#">About Kooth</a></p> <p><a href="#">Kooth Website</a></p>
<b>One Team Newsletter</b>	The latest regular newsletter for Integrated Neighbourhood Teams across Ipswich and East Suffolk can be found <a href="#">here</a> .
<b>ESNEFT Newsletter</b>	You can view the latest edition of ESNEFT's staff newsletter (14 <sup>th</sup> June) <a href="#">here</a> .
<b>Suffolk Voluntary and Statutory Partnership (VASP)</b>	Click <a href="#">here</a> for the latest news from The Suffolk Voluntary and Statutory Partnership, a welcoming network of more than 1,200 people, sharing news relating to mental health and wellbeing and helping to enable people from groups and services to come together through Locality VASP groups and a Strategic VASP.
<b>FREE Training for Voluntary Sector, Community Groups and Local Councils in East Suffolk</b>	<p>East Suffolk Council are offering a number of free courses on a range of dates on Domestic Abuse Community Advocates Training, Mental Health First Aid Aware Training and Suicide Awareness Training.</p> <p>Full details and a contact point for bookings can be found <a href="#">here</a>.</p>
<b>Cancer Education Session</b>	The next cancer education session takes place on <b>Tuesday 29<sup>th</sup> June</b> at 1pm, when Susan Robertson and Louise Forster of Cancer Research UK will discuss 'Helping to meet the DES requirements – a taster session on Safety Netting and Audit'. The full cancer education timetable for 2021 is available <a href="#">here</a> .
<b>PCN Cancer Early Diagnosis Specification 21/22 Webinar</b>	Please click <a href="#">here</a> for details of a Webinar on <b>8<sup>th</sup> July 2021</b> about the PCN Cancer Early Diagnosis Specification.
<b>OptimiseRx Webinar</b>	<p>On the <b>8<sup>th</sup>, 13<sup>th</sup> and 21<sup>st</sup> July</b>, FDB are running their second Lunchtime Learning webinar about FDB OptimiseRx®. The sessions are aimed at end users of OptimiseRx (e.g. GPs, PCN Pharmacists, Non-medical prescribers), it may also be of interest to Prescribing Leads/PCN Clinical Directors.</p> <p>The session will cover:</p> <ul style="list-style-type: none"> <li>• Learn about the in-house OptimiseRx clinical content team</li> <li>• Discover how FDB clinical content experts build local and national content for OptimiseRx</li> <li>• Understand how the clinical content process can help PCN and practices meet their medicines optimisation priorities</li> <li>• Using examples, demonstrate the depth behind the logic of OptimiseRx messages and how the clinical content team endeavour to make them concise and specific to each clinical scenario</li> </ul> <p>There are 3 webinars to choose from. Follow the link to choose a webinar to join, approximate run time will be 45 mins. Each date will include the same format and presentation.</p> <p>This second webinar will be recorded and available to watch on-demand in your own time. If you are unable to join any of the dates live, please register as normal to receive email notifications as to when the recording is ready for viewing.</p> <p><a href="https://interactive.fdbhealth.com/optimiserx_lunchtime_learnings_2021">https://interactive.fdbhealth.com/optimiserx_lunchtime_learnings_2021</a></p>

<b>Urology and Men's Health, Sustainability and Haematology TED</b>	Thanks to those of you who joined the Teams sessions on 17 <sup>th</sup> June. We hope it was all useful. Please leave us your feedback below. We really appreciate it and it helps us with planning relevant and valuable sessions in future. All responses are anonymous, and you can download and keep for your own reflections. Many thanks for your time. <a href="https://forms.office.com/r/7vqfsLrZcA">https://forms.office.com/r/7vqfsLrZcA</a> .
<b>ICS Briefing</b>	The latest Suffolk and North East Essex Integrated Care System briefing for stakeholders and community leaders can be accessed <a href="#">here</a> .

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

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](#)