

# Newsletter

Issue. 109

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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>NHS Asymptomatic Staff Testing</b></p>	<p>Please click <a href="#">here</a> to see publication C1276 - NHS asymptomatic staff testing: Lateral flow device distribution and assuring compliance to testing regimes.</p>
<p><b>COVID-19 Vaccination Autumn/ Winter 2021</b></p>	<p>Please click <a href="#">here</a> for publication C1327 - COVID-19 Vaccination Autumn / Winter (Phase 3) planning guidelines.</p>
<p><b>Suffolk Children and Young People's Emotional Wellbeing Hub Update</b></p>	<p>Over recent months, the Suffolk Children and Young People's Emotional Wellbeing Hub has received an unprecedented number of calls and referrals for support. The COVID-19 pandemic has triggered greater demand for mental health services and has put additional pressure on the ability for hub staff to respond in a timely way.</p> <p>To help alleviate the current backlog, additional staff members have been reassigned to the hub from other areas of the NHS. The strengthened hub team are now contacting the families awaiting support by phone and plan to talk to everyone on the waiting list by mid-July.</p> <p>We appreciate that any delay in providing support at this time is frustrating and worrying for families and we will continue to do everything we can to improve the situation as quickly as possible.</p> <p>More information about the hub (including a list of resources to help support families) is available on the <a href="#">Suffolk SEND Local Offer</a> website: <a href="#">Children and Young People's Emotional Wellbeing Hub</a></p> <ul style="list-style-type: none"> <li>• Link to the message on the Suffolk SEND Local Offer website: <a href="https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/advice.page?id=fqCzfe56VEs">https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/advice.page?id=fqCzfe56VEs</a></li> <li>• Links to Suffolk SEND Local Offer social media posts: <a href="#">Twitter</a> <a href="#">Facebook</a></li> </ul>
<p><b>Contraceptive Services in iCaSH Sexual Health Clinics - Update</b></p>	<p>iCaSH clinics are working at full capacity as per current Government guidance and restrictions. All services continue to be provided, with virtual support and remote management where clinically appropriate.</p> <p>We are currently experiencing increased referrals and signposting for contraception services from the wider system, and therefore we have some increased waiting times for routine LARC. With this in mind we have implemented a waiting list for routine LARC procedures, which patients are able to join if they wish. iCaSH continue to offer the full range of contraceptive methods and patients will be made aware of the current wait times and offered the option to bridge or choose alternative methods of contraception. Access to emergency contraception continues to be prioritised.</p> <p>Public Health are working closely with both iCaSH and primary care to explore additional capacity for addressing backlogs in appointments, including work with the Suffolk GP Federation who have supported with appointments from both GP and iCaSH waiting lists. We are aware that primary care is also working hard to reinstate service delivery back to pre-Covid levels. As we work together to manage demand moving forwards, we recommend that practices continue to follow <a href="#">FSRH guidelines</a> and to provide the <a href="#">FSRH advice document for women seeking contraception, abortion and other sexual and reproductive health care</a>.</p>

	<p>If your practice needs support with training or refreshing competencies in order to re-initiate LARC services, please get in touch with <a href="mailto:Sharna.allen@suffolk.gov.uk">Sharna.allen@suffolk.gov.uk</a> who may be able to assist.</p> <p>Access to STI screening has been maintained through the delivery of uncapped/ open access asymptomatic online testing. Patients with symptoms of an STI will receive full clinical assessment and testing will be offered either online or face to face depending on clinical indication. Those patients who are unable to access online facilities will be offered an alternative route for accessing the service.</p>
<b>Cervical Screening Survey</b>	<p>Hello, my name is Helen Ellerby and I have just joined the Suffolk GP Federation as Clinical Lead for the Cervical Screening Project which is aiming to increase the uptake of screening across Suffolk. I am very excited to be part of this project and thought we should canvas experiences of the screening programme. We wish to support women (inclusive of trans and non-binary) so that this sometimes daunting and anxious screening is a positive experience.</p> <p>If you are able to publicise the following survey to your patients that would be much appreciated. Their feedback is very valuable as we continue to deliver the project across Suffolk. <a href="https://www.surveymonkey.co.uk/r/8GC5F7F">https://www.surveymonkey.co.uk/r/8GC5F7F</a></p> <p>If they have any issues past or present with their cervical screening experiences and prefer not to complete the survey but would like a friendly listening ear, I am here for them. <a href="mailto:Helen.ellerby@suffolkfed.org.uk">Helen.ellerby@suffolkfed.org.uk</a></p> <p>Thank you for your support.</p>
<b>Breastfeeding</b>	<p>To mark Breastfeeding Awareness Week, please click <a href="#">here</a> for a facts and advice sheet that some of your patients might find informative and helpful.</p>
<b>Needle Phobia</b>	<p>Vaccinations are in the news daily and the thought can be terrifying for some people. Support is available from Wellbeing Suffolk to overcome this fear.</p> <p>Needle phobia is very common and is something that can be overcome with help. Free help and support is available from Wellbeing Suffolk. The team offers Cognitive Behavioural Therapy (CBT) for needle phobia.</p> <p>CBT is a talking therapy that helps people overcome their problems by changing the way they think and behave. For needle phobia the main part of CBT involves gradual exposure to the fear so that you feel less anxious about it. This is known as desensitisation or exposure therapy. It works by increasing the level of exposure to needles and injections, which allows people to gain control.</p> <p>Nesta Reeve, consultant clinical psychologist said:</p> <p>“Needle phobia is a serious condition which deserves attention. By recognising this, and helping patients receive appropriate help, we can help improve their health care and life choices, now and in the future.”</p> <p>To access this free support, you can self-refer on the Wellbeing website at <a href="https://www.wellbeingnands.co.uk/suffolk/get-support/register-with-our-services/">https://www.wellbeingnands.co.uk/suffolk/get-support/register-with-our-services/</a> or call 0300 123 1503</p>
<b>Security Alert</b>	<p>Suffolk Police has asked us to make all practices aware of a recent crime trend where staff have had their wallets or purses stolen whilst they are left insecure within surgeries. Someone later phones up and pretends to be from a bank and requests PIN numbers. Please see this <a href="#">crime prevention advice leaflet</a> which highlights the issue. It also contains a surgery self-assessment guide to help improve security.</p>
<b>Health and Well-being Events - Summer 2021</b>	<p>As we look ahead to 19<sup>th</sup> July, when it is anticipated we will see the remaining lockdown restrictions lifted, I am pleased to announce a series of community face to face events taking place across parts of east Suffolk. These events, organised by East Suffolk Council in partnership with the Ipswich and East Suffolk Clinical Commissioning Group, are part of a Health and Well-being Roadshow designed to encourage families and residents of all ages to come and meet local groups, organisations and service providers from their local community to find out what help</p>

	<p>and support there is for them in the community to improve their health and well-being. The events will hopefully also encourage people to safely come out of their homes and meet new people, or even sign up to a local group or club.</p> <p>There will be Five FREE events happening towards the start of the school summer holidays and the details of each are as follows:</p> <p><b>Monday 26th July - 11am – 2pm</b>  <a href="#">Framlingham</a>  Framlingham Sports Club  Badingham Road, Framlingham IP13 9HS</p> <p><b>Tuesday 27th July - 11am – 2pm</b>  <a href="#">Kesgrave</a>  Kesgrave War Memorial Community Centre  Twelve Acre Approach, Kesgrave IP5 1JF</p> <p><b>Friday 30th July - 11am – 2pm</b>  <a href="#">Felixstowe</a>  Felixstowe Seafront and Felixstowe Leisure Centre Beachside Events Area IP11 2AE</p> <p><b>Tuesday 3rd August - 11am – 2pm</b>  <a href="#">Saxmundham</a>  Sax'cess House  24 High Street, Saxmundham IP17 1AE</p> <p><b>Friday 6th August - 11am – 2pm</b>  <a href="#">Melton</a>  Burness Parish Rooms  38 The Street, Melton IP12 1PW</p> <p>Free refreshments will be provided for attendees with freebies/giveaways/children's activities and lots of important information will be available to take away.</p> <p>The purpose of this email is to ask for groups, organisations and services supporting each of the communities listed above to come along to the events and showcase the fantastic support you are currently able to offer residents of all ages. This includes statutory services such as police and health providers or charities, clubs, groups and organisations supporting communities to improve their health and well-being. There will be opportunities to bring pull-up banners, table-top displays, flyers, handouts or even run an activity if you prefer. Depending on the location and weather on the day, we plan to hold the events mostly outside with the option to move indoors if necessary.</p> <p>This <a href="#">booking form</a> will need to be completed by anyone wanting to attend to promote their group, organisation or service and you are asked to select which events you will be attending. This could be just the one event, or more if you are able to.</p> <p>For more information please contact <a href="#">Louise Hardwicke</a>.</p>
<b>Safeguarding Primary Care Bulletin June 2021</b>	Please click <a href="#">here</a> to access the latest Safeguarding Primary Care Bulletin.
<b>#wawm Multi-Ethnic LGBTQI+ Webinar</b>	<p><b>Tuesday 6th July 2021 5pm – 6.30pm</b></p> <p>We would like to invite you to our first LGBTQI+ Webinar. In the spirit of Pride month and to celebrate UK Black Pride, #wawm would like to honour our diverse communities through this webinar. We have the pleasure of welcoming a panel of highly specialised and knowledgeable speakers both nationally and local to Suffolk. Join us by clicking <a href="#">here</a>.</p>

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  
[www.ipswichandeastsuffolkccg.nhs.uk](http://www.ipswichandeastsuffolkccg.nhs.uk) 01473 770000

Visit the [CCG Covid-19 webpage](#) where you can find many useful links and resources