

Newsletter

Issue. 102

14 May 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>Improving and Psychological Therapeutic Services (IAPTs)</p>	<p>IAPTs are age inclusive and accessible via professional and self-referral from 16 + years onwards, which can be accessed by the web link or phone number below</p> <p>The service wants to be more involved with older adults and carers, so please do encourage adults of all ages to use this service to help with anxiety and depression.</p> <p>Mental Health, Wellbeing and Emotional Support (wellbeingnands.co.uk)</p> <p>Urgent Help? Call: 0808 196 3494</p>
<p>Emotional Wellbeing Hub</p>	<p>Please click here to see an update regarding the current delays in accessing the Emotional Wellbeing Hub from Jaime Hawkins, Transformation Lead (Children and Young People’s Mental Health) for the Suffolk and North East Essex Integrated Care System. If you have any queries please email jaim.hawkins@suffolk.nhs.uk. The update contains all the latest information regarding direct referrals into the hub.</p>
<p>Update from Allied Professionals</p>	<p>This GP update from Allied Professionals details a change to service delivery from 1st June.</p>
<p>Diabetes Prevention Programme</p>	<p>There has been local media coverage this week regarding the NHS Healthier You: Diabetes Prevention Programme. This might prompt patients to ask to be referred by GPs onto a free course to help them significantly reduce their chances of developing diabetes and your practice staff should be told to expect to receive such calls. Across our system referral targets are currently well short of the number required by NHSE/I, which funds places on the programme. This is to be expected given the Covid-19 pandemic and current vaccination roll-out. However, we do need to try and meet these targets now we are in the Covid-19 recovery phase. The top five referring surgeries in Ipswich and east Suffolk are listed in the National Diabetes Prevention Programme newsletter. Also, here is a helpful referrer information sheet. If you have any further questions please contact Robert Perrement, Xyla Healthcare Engagement Officer, on 07929-015025 or email him at this address: Robert.Perrement@xylahealth.com.</p>
<p>Community Infection Prevention and Control Team</p>	<p>Tracey Sharpe and Grace Magani are the Infection Prevention and Control (IP&C) Nurse Advisors for Ipswich and East Suffolk and West Suffolk CCGs respectively for community care settings. They work with part-time IPC care homes practitioners across the two patches.</p> <p>The team was established early this year to work collaboratively with colleagues e.g. Local authority, Acute Hospitals, Public Health England Health Protection Team and Community staff, to support with COVID-19 incidents and outbreaks across all community care settings including care homes, supported housing, learning disabilities and mental health, hospices, and domiciliary care services.</p> <p>For more information about their role please click here.</p> <p>To make contact, please email this generic email inbox: wsccg.carehomes.ipc@nhs.net</p>

<p>Wellbeing Suffolk Sleep Interventions</p>	<p>Wellbeing Suffolk have the following sleep interventions available:</p> <ul style="list-style-type: none"> • Improving Your Sleep Webinar (single session) – self-referral via https://www.wellbeingnands.co.uk/suffolk/get-support/courses/ • Living Life to the Full Module ‘Getting a better night’s sleep (under optional modules) – self-referral via www.LLTTF4Suffolk.com <p>Webinars are single session psychoeducational workshops delivered online and can be accessed via any device connected to internet. These can be accessed by anyone aged 16 years or over. Participants will not be able to see each other but can communicate with the facilitator via a text box.</p> <p>The following are also offered which might be of use for improving sleep:</p> <ul style="list-style-type: none"> • Relaxation Station Webinar (single session) – self-referral via https://www.wellbeingnands.co.uk/suffolk/get-support/courses/ • Coping with Worry (single session) – self-referral via https://www.wellbeingnands.co.uk/suffolk/get-support/courses/ • Introduction to Mindfulness (single session) – self-referral via https://www.wellbeingnands.co.uk/suffolk/get-support/courses/ <p>If there is also concurrent anxiety or low mood, a referral to Wellbeing Suffolk is recommend.</p> <p>Professional referral via https://www.wellbeingnands.co.uk/suffolk/professionals/</p> <p>Self-referral via https://www.wellbeingnands.co.uk/suffolk/get-support/</p>
<p>Patient Carer Experience</p>	<p>We are looking for patients and carers to be part of two projects to share their experiences and ideas of how to shape and improve pathways for dementia and older people’s mental health.</p> <p>If you, or someone you know, would be interested in taking part in this work please may I ask that you contact me so I can discuss the projects in more detail. Your voice is key to changing the current services, so if you are able to support this work please do come forward, thank you.</p> <p>Gail Cardy</p>
<p>ICS Staff Consultation</p>	<p>This link contains early details of an ICS-wide staff consultation designed to provide colleagues with any support they may require going forward as a result of the Covid-19 pandemic. Also available is a useful graphic giving links to NHS wellbeing support currently available.</p>
<p>One Team Monthly Newsletter</p>	<p>The latest regular newsletter for Integrated Neighbourhood Teams across Ipswich and East Suffolk can be found here.</p>
<p>ESNEFT Staff Newsletter</p>	<p>You can view the latest edition of ESNEFT’s staff newsletter here.</p>
<p>Sustainability</p>	<p>The Chief Sustainability Officer’s Clinical Fellow Scheme presents an opportunity for clinicians with a particular interest in sustainability and carbon reduction within our health services. The scheme is open to allied health professionals, doctors in training, nurses, midwives, public health specialist registrar trainees, pharmacists, healthcare scientists and dentists who meet the essential eligibility requirements, and will present a chance to work on the new Greener NHS National Programme’s broad remit to deliver a ‘net zero’ health service. Qualifying fellows will learn how sustainability and carbon reduction principles align with delivering high quality care and protecting wellbeing. Applications for the scheme close on May 24. You can find more information here.</p>
<p>Insulin Safety Week: 17th - 23rd May 2021</p>	<p>Cambridge Diabetes Education Programme is collaborating with Insulin Safety Week, the national insulin safety campaign, to raise healthcare staff’s awareness of the risk of insulin errors and how to use insulin safety.</p> <p>To this end, we would like to invite as many healthcare staff as possible to undertake our award-winning online insulin safety training w/c 17th May.</p> <p>Please do not hesitate to contact me if you have any questions.</p> <p>Candice Ward</p>

<p>Your Chance to Inform Staff Training in Primary Care</p>	<p>Health Education England and NHS England and NHS Improvement would like to hear from GPs, practice nurses, practice/PCN pharmacists, practice managers and administrative staff about their experiences of remote triage (navigating patients to the right person at the right time), online, telephone and video consultations in general practice. Your input will be crucial in designing effective training to support all primary care staff and trainees to confidently work with these approaches.</p> <p>Virtual focus groups will be run in May-June 2021.</p> <p>If you would like to participate, or find out more about the study visit https://bit.ly/3dyYp19</p>
<p>Safeguarding Adults & Children - Primary Care Education 19 May 2021</p>	<p>On Wednesday 19 May, our education afternoon will be offering safeguarding adults and children training. As in previous years, this session will form part of your additional level 3 hours for both adult and children's safeguarding so can be counted for both. In summary, we'll cover Looked After Children / Children in Care and Care leavers update; the safeguarding admin network; The current picture of Domestic Abuse in Suffolk followed by a survivor of DA telling her story; an overview of the MARAC process and of the MAPPA process. See agenda for more details and MS Teams links</p> <p>For more information about the CCG safeguarding team mandatory L3 training 2-hour joint adult and children's offering (to be completed when new in post and at least every 3 years thereafter), dates for sessions and booking details are advertised in the CCG safeguarding bulletin, which is sent to all surgeries. More information can be found in Safeguarding Children and Adult Level 3 Update Guidance and Opportunities</p>
<p>Evening Education: Wellbeing Among Children and Young People in the Current Context</p>	<p>On Tuesday 25 May, we are pleased to welcome Clinical Psychologists Dr Beth Moseley and Dr Hope Westgate from NSFT Psychology in Schools Team who will cover the impact of Covid on children's mental health, low mood and anxiety, using every interaction as an intervention, red flags and opportunities to involve the community.</p> <p>We'll also hear an update on Kooth.com, the online mental wellbeing community that offers free, safe and anonymous support to young people in Suffolk.</p> <p>Session starts at 7pm (finish by 8.15pm) on Microsoft Teams. View flyer for more details</p>
<p>A Time to Change: Ethnicity Data Webinar (Recording and Resources)</p>	<p>As part of the 'Time to Change' series following our Annual Public Health Report 2020, Public Health Suffolk are delighted to launch the recording of the ethnicity data webinar and resources. This is the first webinar of the series focusing on the importance of ethnicity data including adopting inclusive language and starting the conversation on how we can improve the way we collect ethnicity data moving forwards. As part our priorities in addressing health inequalities as a collective, we would encourage you to share this information with colleagues and your networks.</p> <p>Ethnicity Data Webpage (including resources and webinar recording)</p> <p>If you have any questions about any of the topics included in the webinar or the resources, please do not hesitate to get in touch: adelle.stopher@suffolk.gov.uk</p>
<p>ICS Briefing</p>	<p>The Suffolk and North East Essex Integrated Care System briefing, released on 7th May, for stakeholders and community leaders can be accessed here.</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
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Visit the [CCG Covid-19 webpage](#) where you can find many useful links and resources