

Newsletter

Issue. 105

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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>Mental Health and Young People</p>	<p>Young people in Suffolk have faced different pressures over the past year, from managing school and college work during lockdown to missing those important face-to-face connections with friends and loved ones. There are a number of places where young people can go to find information and support in Suffolk. Please click here for a selection of useful websites, organisations, helplines and apps that offer a range of support. Parents, carers, professionals and school staff who work with young people can find information, advice and guidance, as well as wellbeing workshops to support young people's mental health, on the Emotional Wellbeing Gateway website and the Wellbeing in Education website.</p>
<p>Support for Trans Patients</p>	<p>A recent survey (to be published later this year) by Transactual found that 45% of UK-based trans people feel that their GP doesn't have a good understanding of their healthcare needs. Transactual has worked with GPs and members of the trans community to create the guides which offer information at a glance with quick hyperlinks to more detailed sources of information. The resources have been designed to ensure that GPs and surgery staff are able to quickly access accurate and up to date information, ensuring that they are able to offer trans patients good quality care in line with best practice.</p> <p>Supporting Trans Patients – GP Quick Guide</p> <p>Supporting Trans Patients – Surgery Staff Quick Guide</p>
<p>Lead Pipes - Anglian Water Engagement</p>	<p>Please click here to access an email from Anglian Water, which is wishing to engage with healthcare professionals (including GPs and practice staff) regarding pregnant women and children aged 10 and under, who are among those identified as most susceptible to adverse health issues from exposure to lead.</p>
<p>Polypharmacy in Asthma Patients</p>	<p>Maram Zahraa, a PhD student researcher at the University of Edinburgh, is looking to interview physicians, nurses and pharmacists from across primary and secondary care who have treated asthma patients within the last year. Maram is looking for any practicing GPs, asthma specialists, pharmacists and nurses who work with asthma patients regularly and have encountered polypharmacy in any capacity while working. The interview should take no longer than 45 minutes and includes a series of open-ended questions asking about asthma patients, prescribing and how polypharmacy is dealt with. These interviews will add to key research in the area and the data will, possibly, be published to help improve managing polypharmacy and medication reviews. If you have any questions, or would like further information about taking part, please contact maram.zahraa@ed.ac.uk.</p>
<p>Domestic Abuse Campaigns</p>	<p>Euro 2020 Tournament (June/July 2021) Attached here is a poster which is relevant to the upcoming soccer European Championship tournament. Please use as you see fit.</p> <p>Online Safe Spaces Initiative The Online Safe Spaces initiative is an initiative led by the Royal Mail group and charity Hestia, part of the UK Says No More campaign against domestic abuse and sexual violence, providing provide Online Safe Spaces for victims of domestic abuse to access specialist support and information.</p>

	<p>Organisations can install a Safe Spaces Button on their website which, when clicked on, provides information on domestic abuse, and signposts any individual to national or local support, as well as being easily exited on a computer if needed. Furthermore, the page is not recorded in a user's browsing history.</p> <p>Find out more here or contact community@royalmail.com to join the scheme.</p> <p>Suffolk Domestic Abuse Champions Network Suffolk County Council have set up a Network of Champions across the County. Champions are within the Public, Voluntary and Private Sectors. The Champions will be provided with FREE training to have the skills to spread awareness to other colleagues and act as the 'Go to Person' for Information between their own agency and local support services.</p> <p>For more information, click here.</p>
Support for General Practice	<p>The National Association of Sessional GPs (NASGPS) is keen to support practices in light of the 'Supporting General Practice - Additional £120 million funding for April-September 2021' letter from the directors of NHSE/I issued on March 19. For further details see the letter from Jacqueline Clink, GP VTS Liaison Officer for the NASGPS, an organisation founded by locum GPs for locum GPs.</p>
ESNEFT Staff Newsletter	<p>You can view the 24th May edition of ESNEFT's staff newsletter here and the 1st June edition here.</p>
GP Appointment Data: Briefing Sessions	<p>The following sessions, hosted by NHS Digital, will introduce recently issued national categorisation guidance and show practices how to carry out mapping to the new national standard categories.</p> <ul style="list-style-type: none"> • Wednesday 9 June, 11.30am – 12.30pm • Tuesday 15 June, 5pm – 6pm <p>Click the link above to register.</p>
Diabetes Webinar	<p>Xyla, providers of the National Diabetes Prevention Programme (NDPP), is hosting a webinar in Diabetes Week (w/c 14 Jun) for GPs to learn more about their services. NHSE has granted funding to the CCGs for GPs to refer all pre-diabetic patients onto the NDPP to help them reduce their chances of developing the disease. Registration for the webinar closes on 11 June. Click here for details.</p>
Sustainability	<p>The next meeting of the CCGs' Greener Practice group will discuss the impact of air pollution on health, what primary care can do to raise awareness and how GPs can talk to their patients about it. Air pollution, like Covid-19, is a silent killer, and every year across the UK causes around 40,000 deaths. Air pollution affects us 'from cradle to grave' causing low birthweight, premature births, heart & lung problems, cancer and dementia. The meeting takes place on Wednesday 30th June from 7pm to 8pm. Please email greenerpracticeessexandsuffolk@gmail.com for more details.</p> <p>This year Clean Air Day falls on Thursday 17th June and is a great opportunity to raise awareness of air pollution amongst your staff and patients. Free healthcare posters and resources are available on the Clean Air Day website. A simple action like turning off your car engine when stationary makes all the difference - one minute of a car idling produces enough toxic emissions to fill 60 people's lungs.</p>
National PCN Webinar – Building and Housing your Primary Care Network Team – 23/06/21	<p>Dr Ursula Montgomery, GP and Senior Clinical Advisor for Primary Care, and Emily Henderson, Deputy Director Primary Care Workforce, will host the next in our series of PCN webinars for clinical directors, general practice teams, CCGs and integrated care system leaders. 'Building and housing your primary care network team' takes place on 23 June from 5.30 to 7pm and will focus on the multi-disciplinary team in a primary care network, with colleagues joining from around the country to share their experience of working together as a team and the benefits to local populations. It will also look at ways to accommodate your new workforce making full use of your estate, and hear from Andy Bennett, National Clinical Director for MSK conditions. There will be an opportunity to ask questions throughout the event and share your feedback on how nationally and regionally NHSE/I can support you and your PCN. Please register to attend here.</p>

<p>Ipswich and East Suffolk CCG Innovation Exchange</p>	<p>We are inviting all primary care colleagues to attend an innovation exchange in partnership with Eastern Academic Health Science Network (AHSN) and Ipswich and East Suffolk CCG to hear directly from innovators, review innovations and also share current challenges.</p> <p>Please use the link below to book your place. Click on the date (30 June) to save to your calendar. The agenda is available via the link and includes further information about the innovations. We will be following the timings carefully so please do drop into the session at any point.</p> <p>https://events.eahsn.org/IpswichandEastSuffolkCCGINnovationExchange/#/?lang=en</p>
<p>ICS Cancer Education Session on Upper GI Pathway</p>	<p>Following the education session on 26th May, attached are associated documents and links.</p> <ul style="list-style-type: none"> • recording: https://vimeo.com/555202546/057f9f4117 • Feedback form: https://forms.office.com/Pages/ResponsePage.aspx?id=eK CmRrCgNEqi3Ce611t1MvaQVjn8cPhHg8VxOXIBGiUNExFOEJ ESERTUUwwMVdBREJYNFRPMkZNSS4u <p>Attachments:</p> <ul style="list-style-type: none"> • Dr Alice Parr's PowerPoint slides • Certificate of attendance for CPD purposes <p>We are keen to understand how useful you found the session and if there's anything else we can do to support you in primary care, so please use the link above to give some feedback.</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](#)