

# Newsletter

## Issue. 77

13 November 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-19 testing</b></p>	<p>Information regarding Covid19 testing in primary care should have been emailed directly to your practice by NHS England, but can also be accessed on the Gov.UK website <a href="#">here</a>. It includes instructions on what your practice needs to do to sign up to the service. <i>Please note</i> - you will also need to use your <i>UON number</i> when contacting us for support, including if you need to call 119. If your practice is unsure of its UON, please go <a href="#">here</a>.</p>
<p><b>Mink variant Covid19</b></p>	<p>Please click <a href="#">here</a> to see an urgent safety alert detailing immediate actions in response to the outbreak of mink variant SARS-CoV-2 virus in Denmark.</p>
<p><b>Supporting Post-Covid Recovery and Staying Active – Resources for Primary Care</b></p>	<p>NHS England have noted that there is increasing medical evidence and patient testimony showing that a small but significant minority of people who contract Covid-19 cannot shake off the effects of the virus months after initially falling ill. Also, Public Health England has recognised that low levels of physical activity in older adults will lead to reduced fitness and may result in loss of independence and increased need for care in the future.</p> <p>This <a href="#">pack</a> has been compiled to support primary care with resources which may be useful for signposting patients to the right support.</p>
<p><b>Easy read shielding letter for patients with Down's Syndrome</b></p>	<p>NHS Digital has produced guidance along with an easy read letter for patients with Down's Syndrome: <a href="https://digital.nhs.uk/coronavirus/shielded-patient-list/guidance-for-general-practice">https://digital.nhs.uk/coronavirus/shielded-patient-list/guidance-for-general-practice</a> If you need any support with this patient group please contact your NSFT Primary Care Learning Disability Liaison Nurse: <a href="mailto:liaison.nursesld@nsft.nhs.uk">liaison.nursesld@nsft.nhs.uk</a></p>
<p><b>Provision of contraception, including LARC during the Covid-19 pandemic</b></p>	<p>Guidance has been released by the faculty of sexual and reproductive health regarding provision of <a href="#">Sexual and Reproductive Healthcare (SRH) services during the second Covid-19 wave and beyond</a>. The local sexual and reproductive health board has pulled together a <a href="#">letter</a> to support the provision of contraception in primary care throughout the pandemic.</p>
<p><b>Social Prescribing – Impact of Covid-19 survey</b></p>	<p>Are you a GP, link worker or other healthcare professional who uses Social Prescribing in your daily practice? The '<a href="#">Role of Social Prescribing During the COVID-19 Pandemic</a>' evaluation study is being carried out by Rania Fernandes on behalf of the NHS National Social Prescribing Student Champion Scheme, under the supervision of Dr Kevin McConville, University of Dundee. Please consider filling in the study survey, which looks into the impact that coronavirus has had on your work. Click <a href="#">here</a> to be directed to the survey, which will take you 10-15 minutes to complete and is open until November 15.</p>

<b>Covid-19 research</b>	Please see below the latest Clinical Research Network (CRN) Eastern Covid-19 update from the National Institute for Health Research (NIHR). <a href="#">Covid 19 Research</a>
<b>Mental Health and Wellbeing – Courses and Online Webinars</b>	Wellbeing Suffolk offer a range of <a href="#">Courses and Online Webinars</a> , many related to maintaining Mental Health and Wellbeing during the pandemic. Suitable for staff and patients, each webinar is a live presentation where a clinician will present the workshop via webcam. You will not be seen by other attendees and you can ask questions to the facilitator in real time via a chat function that is private and not visible to the rest of the group.  Two webinars that may be of particular interest are <a href="#">Improving your Sleep</a> and <a href="#">Living Well through Lockdown Lows</a> , details of which can be found in these attachments.  <a href="#">Improving Your Sleep Webinar</a> <a href="#">Living Well through the Lockdown Lows Webinar</a>
<b>Mental Health and Wellbeing Impact of Covid-19 in Educational Settings</b>	NSFT Psychology in Schools Team have developed a <a href="#">School Staff Professional Development Pre-recorded Training Programme</a> on the Mental Health and Wellbeing Impact of Covid-19 and How to Support Colleagues and Students (Sept 2020). The core training objectives identified throughout these training sessions are to increase knowledge of the potential mental health and wellbeing impact of Covid-19 on staff, children and young people, and parents and carers, and build understanding of evidence-based and straightforward responses and resources to support recovery. General practice staff may also find the training useful.  Also, click <a href="#">here</a> for slides on Working with Emotionally Based School Avoidance (EBSA).
<b>COVID-19 FAQ bulletin for parents and carers of children and young people with SEND</b>	The fourth COVID-19 question and answer bulletin for parents and carers of children and young people with SEND in Suffolk can be accessed <a href="#">here</a> .
<b>Ipswich Cancer Hub</b>	Please click <a href="#">here</a> for information regarding the launch of the <b>Ipswich Cancer Hub</b> .
<b>Cold Weather Alerting Service</b>	Public Health England’s Cold Weather and Heat-Health Alerting Service, operated by the Met Office, has moved to a new, up-graded platform. Both current and new users must register their email address with the new system. Due to compliance with GDPR, it has not been possible to subscribe current users to the new system automatically. You can register for the PHE alerting service <a href="#">here</a> .
<b>Application for school places</b>	At this time of year Suffolk County Council (SCC) normally sends posters and leaflets out to all GP surgeries asking them to display <a href="#">this poster</a> on their noticeboards. The poster is to alert parents who have children born between September 1, 2016, and August 31, 2017, that they must make an application for a full-time school place by the closing date of January 15, 2021. With the current Covid19 restrictions in place, SCC has asked that you consider including the poster on your practice website. Please also see SCC’s <a href="#">letter to practices</a> .
<b>Frailty Survey</b>	The Pallup Study Team from the University of Surrey has asked primary care colleagues for their views on palliative care for older people living with severe frailty. The study is funded by the NIHR and has HRA approval. You are invited to take part in the first of two online surveys that aim to find out what you think are the most important palliative care needs for older people living with severe frailty who are living at home (domestic dwellings, including residential care settings, but not long-term care facilities with on-

	<p>site nursing or medical care). More information on the study can be found in the study participant information sheet <a href="#">here</a>. If you are happy to participate, please copy and paste the following link to the first online survey into your browser:  <a href="https://surreyfahs.eu.qualtrics.com/jfe/form/SV_9HpNCTmTM1akN3n">https://surreyfahs.eu.qualtrics.com/jfe/form/SV_9HpNCTmTM1akN3n</a>.  Completion of the survey should take less than 30 minutes. The deadline for completion of the first survey is Friday November 27. If you have any questions please email <a href="mailto:richard.green@surrey.ac.uk">richard.green@surrey.ac.uk</a>.</p>
<p><b>National support resources for NHS staff</b></p>	<p>Captured here are a number of resources about national support resources for NHS staff.</p> <ul style="list-style-type: none"> <li>• <b>Practitioner Health:</b> <a href="https://www.practitionerhealth.nhs.uk/">https://www.practitionerhealth.nhs.uk/</a> 1-2-1 support and virtual staff common rooms</li> <li>• <b>COVID services for health professionals:</b> <a href="http://www.practitionerhealth.nhs.uk/support-services-access-to-therapy">www.practitionerhealth.nhs.uk/support-services-access-to-therapy</a></li> <li>• <b>Trauma Response Network:</b> <a href="https://www.traumaresponsenetwork.org/turn-to-us-covid19">https://www.traumaresponsenetwork.org/turn-to-us-covid19</a></li> <li>• <b>NHS England Coaching</b> for all staff in primary care: <a href="https://people.nhs.uk/lookingafteryoutoo/">https://people.nhs.uk/lookingafteryoutoo/</a></li> <li>• <b>NHS confidential staff support line:</b> (7am – 11pm) text FRONTLINE to 85258 or call 0800 069 6222</li> <li>• <b>BMA Wellbeing Support:</b> <a href="https://www.bma.org.uk/wellbeingsupport">https://www.bma.org.uk/wellbeingsupport</a></li> <li>• <b>FACE COVID Video:</b> <a href="https://www.youtube.com/watch?v=oojLBsem978&amp;t=2s&amp;ab_channel=10MinuteCBT">https://www.youtube.com/watch?v=oojLBsem978&amp;t=2s&amp;ab_channel=10MinuteCBT</a></li> <li>• <b>Free GP support module: Mental Wellbeing During COVID:</b> <a href="https://elearning.10minutecbt.co.uk/courses/emotional-wellbeing-during-covid-19">https://elearning.10minutecbt.co.uk/courses/emotional-wellbeing-during-covid-19</a></li> <li>• <b>Apps that are currently available free to NHS staff</b> <a href="https://www.nhsemployers.org/news/2020/03/free-access-to-wellbeing-apps-for-all-nhs-staff">https://www.nhsemployers.org/news/2020/03/free-access-to-wellbeing-apps-for-all-nhs-staff</a></li> <li>• <b>Wellbeing Suffolk Online Courses and Webinars</b> See earlier item. Public resources that may be of use to NHS staff.</li> </ul>
<p><b>Free Early Diagnosis of Cancer Webinar 18/11/20</b></p>	<p>Gateway C are running a free webinar on Early Diagnosis of Cancer on 18<sup>th</sup> November between 1 and 2pm.</p> <p>More information is available here:  <a href="https://www.gatewayc.org.uk">https://www.gatewayc.org.uk</a></p> <p>To register click here:  <a href="https://bit.ly/3mUsz0S">https://bit.ly/3mUsz0S</a></p>
<p><b>Inclusion Training</b></p>	<p>Below are details of LGBTQ+ inclusion training being offered by Dr Jamie Willo, LGBTQ+ Inclusion Training Lead and CAMHS Transgender Pathway Training Lead for the Sussex Partnership NHS Foundation Trust (SPFT). Dr Willo has worked for SPFT for the last 12 years and designed his LGBTQ+/ Gender Identity training packages alongside Health Education England. He delivers training across the UK to NHS trusts and outside organisations as well as within his own trust. Also included below are two flyers and a training menu overview.</p> <p><a href="#">LGBTQ Inclusion Training Introduction</a></p> <p><a href="#">LGBTQ+ - Training Menu</a></p> <p><a href="#">LGBTQ+ - Gender Identity Basic Awareness Training</a></p> <p><a href="#">LGBTQ+ - Gender Identity Intermediate Mental Health Training</a></p>

<b>Education Afternoon 12/11/20</b>	<p>Thanks to those of you who joined the education afternoon on 12 November. Please let us know what you thought by completing this <a href="#">short feedback form</a>. All responses are anonymous.</p> <p>Recordings will be available via the <a href="#">CCG website</a> shortly.</p>
<b>Nurse Forum 12/11/20</b>	<p>Thanks to those of you who joined the Nurse Forum on 12 November – we hope you found it useful. As ever, we really value your feedback so please let us know what you thought by completing our short online survey: <a href="#">Leave feedback</a></p> <p>We always read all responses because what you say helps us to know we're getting it right, and so we can plan for future sessions. All responses are anonymous.</p>

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

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