

Newsletter

Issue. 83

23 December 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>2020 – What A Year!</p>	<p>This is a short note to wish you a happy Christmas and a peaceful, healthy 2021 on behalf of the CCG Primary Care Team.</p> <p>This time last year Covid-19 was just starting to be mentioned. Now, I suspect most of us will be pleased to say goodbye to 2020! It has been a 'testing/tough/tumultuous/' year for everyone (I'm sure you'll all fill in your own adjective, there!).</p> <p>But out of adversity has come some wonderful things. Your individual and collective response has been amazing. Practices have pulled together and done phenomenal things, despite colleagues being worn out and at times down hearted as well as frustrated by unknowns or things we thought we knew, changing.</p> <p>Your professionalism and sheer hard work have made our team proud to work alongside you and driven us forward. I know that sometimes you have not felt appreciated, but I want you to know that we appreciate everything that you have done.</p> <p>On a very positive final note, this week CCG team members had the real privilege to spend time at Two Rivers as they were giving the first Covid vaccinations in primary care. Two Rivers had planned (and planned) every step. The patients were so grateful to the Practice and there was a lovely banter while they waited for their 15-minutes, ending with promises to 'see you in January for the next instalment'. I felt proud to be part of the NHS. The numbers vaccinated are still relatively small, but this is the beginning of a way out of this dreadful situation and you are all leading it.</p> <p>So, on behalf of, and with a huge thanks to incredible colleagues - David, Claire, Caroline, Louise, Rifat and teams - we wish you a happy, healthy Christmas and a more peaceful new year.</p> <p>Maddie Baker-Woods</p>
<p>Covid Vaccination Service to Care Homes</p>	<p>Please click here for Guidance for Practitioners Delivering a Covid Vaccination Service to Care Homes.</p>
<p>Covid-19 Vaccination – text for Practice Websites</p>	<p>Please see below a link to some text that you are welcome to use on your website to reinforce the message that patients should wait to be contacted regarding the Covid19 vaccination and not telephone or call in to surgeries to ask when they can have it. You may also wish to include alongside it this link to a Covid19 FAQs page being hosted on the Essex Partnership University NHS Trust (EPUT) website on behalf of all the CCGs across the Suffolk & North East Essex and Mid & South Essex integrated care systems.</p> <p>Covid-19 Vaccine text for Practice Websites</p>
<p>Covid-19 and Lung Cancer</p>	<p>Below, for your information, is a link to a useful infographic detailing how to differentiate the symptoms of lung cancer from those of the Covid-19 coronavirus.</p> <p>Differentiation between Lung Cancer and Covid-19 Symptoms</p>

Covid Safety Netting Leaflet	Please take a look at the “Isolating at Home Safety Netting” leaflet , for your information and onward cascade.
Needle Phobia	Wellbeing Suffolk provide a service to help people overcome needle and injection phobia. With all that is happening at the moment, some patients may find this useful. Click here for details.
Mencap – Coronavirus Easy Read Guides	The Mencap website contains a number of easy read guides on aspects of coronavirus, including information about the vaccine, face coverings, the latest rules around Christmas and social distancing among many other topics. More detailed guidance on the vaccine can be found on the NHS website .
Safeguarding Training	Following a couple of adult safeguarding issues that have arisen during the C-19 vaccination programme, can Practices ensure they are up to date on their L3 safeguarding and Mental Capacity Act/Deprivation of Liberty Safeguards training. Relevant links are: https://www.scie.org.uk/care-providers/coronavirus-covid-19/virtual-courses/mca-training-webinar-series https://www.scie.org.uk/e-learning/dols Home - e-Learning for Healthcare (e-lfh.org.uk) (log-in required – then search for Mental Capacity Act) COVID-19 - Essex Autonomy Project Please refer to this document for details of all relevant Level 3 Safeguarding Training. “Virtual” face to face joint adult and children's safeguarding level 3 sessions are held monthly, dates and booking details can be found in the latest Safeguarding Bulletin (or e mail caroline.pyrozuk@nhs.net for information). Any queries should be directed to Tabitha Griffin (tabitha.griffin@nhs.net).
Support for Practices	This poster provides details of a range of resources to support those working in health and care.
Kooth	In last the last newsletter we referred to some training sessions about Kooth, a mental health service for young people. This link will take you to some information about the service and details opening hours over the upcoming festive period. The Kooth website can be accessed 24/7. Visit www.kooth.com
Care Home Engagement & Support Service (CHESS)	Please refer to the two items below for information about the Care Home Engagement & Support Service (CHESS), a multidisciplinary team established in December 2019 who are passionate about elderly care, quality improvement and supporting colleagues in both the health and social care sector. A Guide to the Care Home Engagement & Support Service Care Home Engagement & Support Service – Summary Poster
An Introduction to Sexual Health Services in Suffolk	Public Health Suffolk have launched a new video resource, ‘An introduction to Sexual Health Services in Suffolk’. The video was co-produced with young people and raises awareness of the sexual health services that are available in Suffolk, as well as challenging some of the common myths around accessing sexual health services. Please do take time to look at the video on the Healthy Suffolk website (https://www.healthysuffolk.org.uk/advice-services/adults/sexual-health-suffolk/public-information-and-support/sexual-health-clinics-and-support) and share amongst your networks. You may also wish to post the video onto your practice website. The video is primarily aimed at secondary school pupils and has been shared with education settings along with a briefing, lesson plan and information pack to be used as part of relationship and sex education in schools which will become statutory in April 2021. Although the video is primarily aimed at young people, we are sharing more widely as the information included will be relevant for a wide range of people, including professionals.

	If you would like to find out more about the video please contact adelle.stopher@suffolk.gov.uk
Making Every Contact Count Sessions - Feb 2021	<p>OneLife Suffolk has been commissioned by Public Health at Suffolk County Council to deliver free Making Every Contact Count (MECC) training across Suffolk. They have identified some key areas where this training could have a significant and positive impact on encouraging behaviour change in relation to health and wellbeing and improving conversations with those within Primary and Secondary Care is pivotal.</p> <p>You are invited to OneLife Suffolk's CPD Accredited 90-minute Virtual MECC training session on the 10th February 2021 at 2pm. The training session is completely free, will be conducted via Zoom and is easy to register: simply click here.</p> <p>If you have any further questions or would like to know more about bespoke training for your organisation then please contact Mike Shuttleworth (mike.shuttleworth@onelifesuffolk.co.uk) or email training@onelifesuffolk.co.uk</p>
ICS Briefing	The latest Suffolk and North East Essex Integrated Care System briefing for stakeholders and community leaders can be accessed here .

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](#)