

Welcome to "IESCCG Practice Nurse News"; a monthly newsletter to update you on work at the CCG and to provide the opportunity for **YOU** to share **YOUR** news and successes.

The Nurse Forum is for nurses working in general practice across Ipswich and east Suffolk to share information, link with each other and engage in shaping the future of practice nursing in East Suffolk.

If you have any comments to make about the newsletter or the forum, or would like to contribute to either please get in touch. Contact [Louise Hardwick](#), Head of Operations.

## The next Practice Nurse Forum

Date: **Thursday 28 June 2018**  
Time: **2.15pm - 5.10pm**  
Where: **Trinity Park Conference Centre**

We very much hope that you will be able to join us for the next Practice Nurse Forum at the end of June. We have a packed agenda that we hope will provide you with plenty of really useful advice and information. Lunch will be available from 1pm. Tea and coffee break mid-afternoon.

Please let us know if you are coming as it helps with catering etc:  
[shelley.mitchell1@nhs.net](mailto:shelley.mitchell1@nhs.net)

### AGENDA

1. Welcome and Forum Update including outcomes from March meeting
2. Meet the new Chief Nursing Officer - Lisa Nobes
3. Educational Hubs/ Leadership Programme - Julie White, Primary Care Development, CCG
4. Spirometry Training Opportunities - Chris Loveridge, Education for Health
5. Flu immunisation update
6. Evaluation and close

## Welcome Message from our new Chief Nurse, Lisa Nobes

Lisa (pictured) is the CCG's new chief nurse who started on 1 April.



Dear all,

I am really excited to have started at the Suffolk CCGs as Chief Nursing Officer and

look forward to working with you all in the future.

My background is in adult's and children's nursing across the country and I have worked across Higher Education as a lecturer, community services for East Anglia Children's Hospice, senior nursing roles in both West Suffolk and Ipswich Hospital with my previous role before this role as Director of Nursing at Ipswich Hospital.

The Nursing and Allied Health professions are really important to me and nurse leadership is a role I have always enjoyed and taken great pride in. I believe the role of nursing/AHP in primary care is ideally placed to contribute to many of the strategic discussions we are having around end of life care, keeping our elderly fit and well in their own homes and the frailty/falls agenda and I plan to work closely with primary care teams to understand what you need from a Chief Nursing Officer and how I can help you to support our communities with these and wider agendas.

I look forward to meeting you all soon,

*Lisa Nobes,  
Chief Nursing Officer, IESCCG*

## Ipswich and East Suffolk Collaborative Nurse Leadership Development Programme - Applications now open!

The CCG and Ipswich Hospital have come together to fund a new leadership development programme for local nurses, starting in September 2018.

The programme is for nurses working in primary and secondary care who would like to produce practice solutions to health economy issues, achieve improvements in the quality of patients' experience and care, learn new tools and techniques and strengthen collaborative working.

Click on the poster (right) for more information and how to apply. [Download Application form](#)

**Ipswich and East Suffolk Collaborative Nurse Leadership Development Programme 2018-19**

**Course Dates**

- Joint Enquiry Event: 20<sup>th</sup> September 2018
- Module One: 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> October 2018
- Module Two: 27, 28, 29<sup>th</sup> November 2018
- Module Three: 12<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup> February 2019
- Module Four: 12<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup> March 2019
- Learning set dates: TBC

The Ipswich and East Suffolk Clinical Commissioning Group and Ipswich Hospitals NHS Trust are delighted to sponsor a new high impact leadership development programme designed for Nurses working in Primary and Secondary Care starting in September 2018.

**Who is this programme is for?**  
24 places are available for a mixed group of Hospital, Practice and Community Nurses who would like to:

- Produce practical solutions to health economy-wide issues;
- Achieve real improvements in the quality of their patients' experience of healthcare and their health outcomes;
- Strengthen collaborative working across our health economy so that we truly work as one clinical community now and in the future;
- Learn a wide range of practical tools and techniques and gain from others' experience to help them to be highly effective leaders and role models in their fields of practice.

**What is the programme structure?**  
The programme will run from September 2018 to March 2019. It will consist of an initial Joint Enquiry Event to set the context and challenges, followed by four three-day taught modules. Participants will also work in small teams/learning sets on a specified project which will be sponsored by the Collaborative and supported by Project Mentors. Participants will be expected to attend a total of 16 days over the seven month period and the programme will be based in Ipswich.

**What will the benefits for people who take part?**  
These are likely to include:

- Greater understanding of how the system works
- Greater insight into the opportunities and challenges
- Exposure to very experienced leaders in the NHS and other sectors
- A network of colleagues who also want real change
- Greater confidence and a wide range of practical tools to help you to be a better clinician as well as a leader.

**How to apply:**  
If you would like to take part in this programme or would like further information please contact Louise Hardwick at Ipswich and East Suffolk Clinical Commissioning Group: [louise.hardwick@ipswichandeastsuffolkccg.nhs.uk](mailto:louise.hardwick@ipswichandeastsuffolkccg.nhs.uk) or telephone: 01473 770038. The deadline for applications to the programme is Friday 13<sup>th</sup> July 2018.

## Living Life To The Full

Ipswich and East Suffolk CCG have been working in partnership with Living Life to the Full and Wellbeing Suffolk to develop a localised pilot of Living Life to the Full materials for the 13 Ipswich Practices to support making access easy for patients with emotional distress and common mental health conditions.

The training session to show how this can be used to support your patients in Primary Care and launch of this exciting new service will take place on **28 June 2018 between 6pm and 7pm in the Bucklesham Suite at Trinity Park** (after the Practice Nurse Forum meeting).

To ensure that practices have a good understanding of how this will work, the CCG will require some attendance from all Ipswich practices. It is important that a mix of GPs and practice nurses have an awareness of this resource and for whom it is suitable. Practice Managers and/or reception staff are also welcome for awareness.

[View flyer \(below\) for more information.](#)

Please email [sheri.probert1@ipswichandeastsuf.folkccg.nhs.uk](mailto:sheri.probert1@ipswichandeastsuf.folkccg.nhs.uk) to book your place and to enable us to order refreshments and sandwiches as we appreciate it will have been a long day.

## News in brief...

### NHS England blog: BME nurses and midwives instrumental in helping shape the NHS of today

The latest nursing, midwifery and care staff communication in the build up to the NHS's 70th anniversary has been published on [NHS England's website](#).

In the blog, NHS England's Chief Nursing Officer shares the amazing achievements and notable milestones of black and minority ethnic (BME) nurses and midwives over the past 70 years.

### RCN Patient Safety and Quality Conference - 11 July

The Royal College of Nursing Patient Safety and Quality Conference in Peterborough on 11 July will explore safer staffing, safer nursing, brave leadership and leading a healthy lifestyle to maintain physical and mental health.

Open to RCN members and non-members, nurses working at band 7 and above across the NHS. More information and details of how to book are available [here](#).

### Your role in a CQC inspection

On inspections the CQC consider whether staff, including practice nurses, have the skills, knowledge and experience to deliver effective care and treatment.

Take a look at the mythbusters on the [CQC website page: the role of practice nurses](#) to see what the CQC look for come inspection time and how it relates to you.

**THE LIVING LIFE TO THE FULL COURSES**

**wellbeing**  
Helping you live your life

*Supporter Pack Quick Guide*

**Background: About the course:**  
The Living Life to the Full courses (LLTFF) teaches several different ways to help tackle and improve how you feel using key life skills based on a cognitive behavioural therapy (CBT) approach.

**Courses and topics cover different themes:**

1. Understanding your feelings (Why do I feel so bad?).
2. Doing things that make you feel better (I can't be bothered doing anything).
3. Looking at things differently (Why does everything always go wrong?).
4. Building inner confidence (I'm not good enough).
5. How to fix almost everything (Practical problem solving).
6. The things you do that mess you up (- and how to stop doing them).
7. 1,2,3 Breathe. Are you strong enough to keep your temper? (Overcoming problems of irritability and anger).
8. 10 things you can do to feel happier straight away (Building emotional and physical wellbeing).

Plus courses designed for those facing diabetes, chronic pain, struggling with physical health problems, or are a new mum or day looking for information and support through pregnancy and the early years of your child's life.

**Who are the courses for:**  
Anyone and everyone. Whether attendees want to tackle a specific difficulty or just want to learn more ways to stay mentally fit, then the course has something for everyone.

**Length and duration of the courses:**  
Typically we recommend you do one or to modules a week- lasting about an hour- and then put into practice what you've learned. Most people use a course for between 1-6 weeks depending on their goals of what they wish to learn.

**Get the support you need - if you want it**  
Remember New Year's resolutions? It's sometimes hard to change by ourselves. We therefore offer the option of friendly, supportive help in getting started and working through the course, by phone or online from a psychology assistant employed within the local NHS.

**Find out more. Visit:**  
[www.ipswichwellbeing.com](http://www.ipswichwellbeing.com)

**wellbeing** Ipswich and East Suffolk  
Helping you live your life Clinical Commissioning Group

**NHS**

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**Come along to the training event for Ipswich Practices at 6pm on 28 June 2018 at Trinity Park** and find out how you can enrol your patients – spending an hour or so doing this will help you understand the principles, and help make your referrals much more effective.