



Weekly Inbox

3 DEC 2018 Issue 300

YOUR WEEKLY INBOX

The Weekly Inbox is produced by the Ipswich and East Suffolk Clinical Commissioning Group for circulation in your practice, to provide you with essential clinical guidance and useful support.

The key below indicates the intended audience of each article:

- GP:** GPs
- PM:** Practice Manager
- Ad:** Administrative staff (including medical secretaries, receptionists)
- PN:** Nurses (including HCAs, Practice Nurses, ANPs)
- OC:** Other clinicians (including ECP, Pharmacists)

300

This is our 300th issue of the Weekly Inbox! It has changed a bit since the [first edition back in February 2013](#) and there are now on average over 600 people viewing it every week so we really hope it remains a helpful tool. We are always keen to hear your views so please [let us know your thoughts](#).

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FOR ACTION

OC GP PM Ad PN

1 Mental health services #AVeryDifferentConversation

Over the past few months, with our partners, we have collected almost 15,000 comments, which have been used to develop a draft mental health and emotional wellbeing strategy for east and west Suffolk.

The draft strategy was presented to our Governing Body last week. It has six key features:

1. Place-based commissioning and provision - i.e. at Ipswich and east Suffolk and Integrated Neighbourhood Team level
2. System-wide culture – making mental health everyone’s business
3. Early help to build individual and community resilience
4. Developing the primary care and community mental health service
5. Mental health crisis system model
6. An integrated children’s service

The full paper can be found on our [website](#).

We'd very much appreciate it if you would take some time to read the [draft strategy and associated documents](#) and give your views. We [welcome your feedback](#).

The strategy will be finalised based on user, provider and partner feedback by January. We envisage that the final strategy will form the bedrock of a new future. We are determined that this will deliver improved safety, quality and experience for patients and carers in our local communities and generate new ownership and confidence in our mental health services for everyone working in our health and care system.

We really want to hear your views on our work to date, so we can continue having a **#verydifferentconversation** to help create a very different future for the people of Suffolk.



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FOR INFORMATION

OC GP PM Ad PN

2 Winter Communications Toolkit

Suffolk & North East Essex Shadow Integrated Care System has developed a winter comms toolkit for GP practices, hospital departments and other departments who could help spread consistent winter messages. The idea is that you can cut and paste articles onto your own practice websites, download approved artwork for the Help Us Help You campaign and print off posters/leaflets for display in your branches.

www.candohealthandcare.co.uk/about-us/resources/

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3 Restrictions to gluten free food prescribing

From 4 December 2018 the prescribing of gluten free foods on the NHS in England will be restricted to bread and mixes only as per the Department of Health and Social Care's consultation held earlier this year. All other gluten free items have been removed from the December Drug Tariff.

In Ipswich and East Suffolk, children and adolescents aged 18 years and under who are diagnosed with Coeliac Disease or Dermatitis Herpetiformis will still be able to have a maximum of 8 units per month of breads and/or mixes that are on the CCG's formulary, but the pastas will be removed from 4 December. As per previous CCG guidelines, there should be no prescribing of gluten free foods to adults aged 19 years and older.

The formulary and guidance for practices will be updated and will be able to be accessed [here](#). The CCG will also provide a standard letter for practices to give to patients who will no longer be able to have pasta and/or other blacklisted items prescribed from 4 December.

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Pharmacies have been advised of the restrictions as per the PSNC notice [here](#).

4 Medicine management newsletter – Nov 2018

Medicine Management newsletter has been published this week with some important drug alert information.

Please [login to GP member area website](#) to view if you've not read it yet.

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5 Local Vacancies

Please click the above link to see the current local GP and practice staff vacancies. New jobs have been added this week.

If you have a vacancy to advertise here and on our website, please contact [Stuart Graham](#).

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6 Find it on our website!

You can find a step by step guide to the Data Security and Protection Toolkit on the website along with some other useful information on data security.

www.ipswichandeastsuffolkccg.nhs.uk/GPpracticememberarea/Practicesupport/Practicesupport/DataSecurityandProtectionToolkit

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10 HIGH IMPACT ACTIONS UPDATES

7 ParkRun Practices

A new national initiative linking local park runs with GP Practices has been set up. Leiston Surgery has already linked with their local parkrun in Sizewell and a number of Practices including Ravenswood, Ivory Street, Burlington Road, Deben Road, Holbrook and Shotley and Barrack Lane are already linking with the Ipswich parkrun.

If you would like more information on how to link up your practice with a parkrun contact [Zoe Knight](#) or 01473 770106.

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8 PPG£

The PPG£ panel met recently to consider the latest round of PPG£ applications.

Inspirational applications received from the PPGs and approved were: purchasing stepometers for a walking club, specific translated health literature for patients for whom English is not their first language, design and publication of health booklets for young people and strength and core exercise classes to help prevent falls.

There are a further two rounds left for PPGs to apply for the £1,000 funding. The next round closes on Friday 11 January 2019.

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EDUCATION & TRAINING

9 Care Navigator Training

Due to a few cancellations, we now have a few spaces available on the upcoming training courses on 12 December and 13 February. If you haven't already booked but have any staff who need to complete the training, please get in touch with [Shelley Mitchell](#) or 01473 770021.

A reminder that clinical practice staff and practice management staff are encouraged to sit-in on the training to see what your reception staff are learning so please let Shelley know if you'd like to attend.

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10 Training, Education and Development Afternoon

The [next education afternoon at Trinity Park](#) will be on 12 December where Consultant Chemical Pathologist Dr Taruna Likhari, lead clinician at Ipswich Hospital for Lipid clinic, will be covering a broad overview for primary care including familial hyperlipidaemia – diagnosis, management in primary care, and the pitfalls that can often befall primary care clinicians. The afternoon will also include speed-dates and a meeting for practice safeguarding leads. Please email [Shelley](#) to let us know if you plan to attend.

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11 Managing success in dementia care

This is a FREE support resource commissioned by Health Education England and developed by Skills for Care, Skills for Health and Leeds Beckett University.

It is designed to support managers, training leads and others responsible for the implementation of training at Tier 2 of the Dementia Training Standards Framework in health and social care settings.

It provides an overview of the subject areas, explanations of the learning outcomes and signposts to relevant freely available resources and information.

Available to download from www.hee.nhs.uk/our-work/dementia-awareness/core-skills

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12 PACT (Primary care and Community care Training Hub)

Ipswich & East Suffolk CCG are working together with neighbouring CCGs, representatives from primary and community care services and training providers to address workforce and workload challenges to ensure that we have the right number of health and care professionals with the right skills to meet the evolving needs of local people.

Please follow the link to [PACT Training Hub Newsletter Issue 60](#).

If you would like to sign-up to the newsletter or have any training queries or suggestions, please email PACT@suffolkch.nhs.uk.

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CONTACT

13 Your views and feedback are very much appreciated. If you have any comments, suggestions or contributions for inclusion in The Weekly Inbox, [please email us](#).

If you are not currently on the regular distribution list for the Weekly Inbox but would like to be, you can [sign up here](#).

For queries relating to contracts, please email IESCCG.gp-contract-queries@nhs.net with **Contracts** in the subject line.



Safeguarding Children is Everyone's Responsibility: news, guidance and resources can be found on the [CCG's Safeguarding Children webpage](#).

Please follow the link for **Safeguarding Adult** information [CCGs Safeguarding Adult webpage](#) and click [here](#) for local information

- [Bookmark the CCG website](#)
- [Latest news from the CCG](#)
- [Who's who in the Clinical Executive](#)
- [Useful links to NHS and other websites](#)
- [Ipswich and East Suffolk Falls Directory](#)
- [Referrals, Briefings and Pathways](#)
- [Download Digital Campaign Resources](#)
- [NHS England](#)



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DID YOU KNOW...?

14 Felixstowe Minor Injuries Unit drop-in sessions

Felixstowe residents are being given an opportunity to discuss changes to the way the town's Minor Injuries Unit (MIU) is accessed at two public drop-in sessions this week. The drop-in sessions will take place at His Lordship's Library in the Orwell Hotel, Hamilton Road, Felixstowe IP11 7DX on Monday 3 December from 6pm to 9pm and Friday 7 December from 9am to 12noon.

Read more [HERE](#)

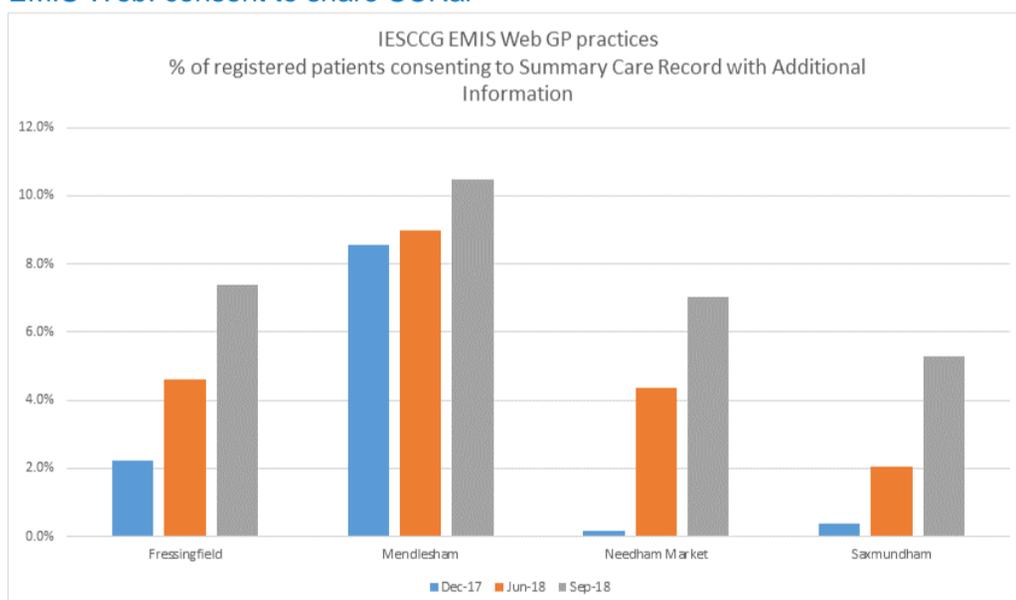
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CHART OF THE WEEK

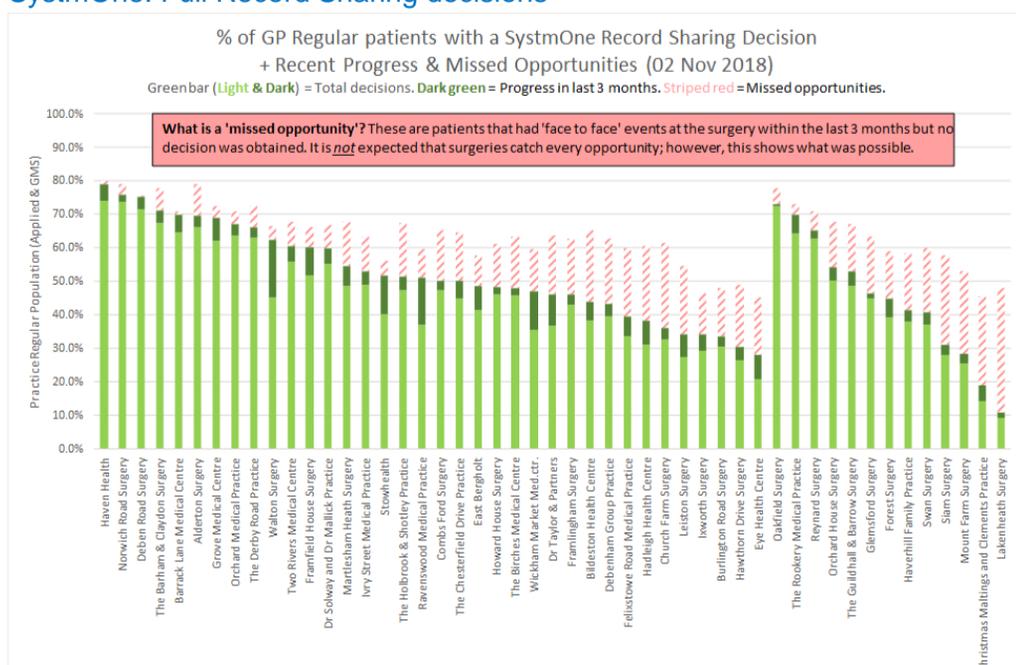
15 We are often asked for more comparative information to enable practices to know where they stand on a variety of indicators in comparison with other practices. Therefore, we publish a chart every week on a variety of topics. Please [let us know](#) if there are any topics that you would find it useful for us to cover.

This week we are looking at Record sharing.

EMIS Web: consent to share SCRAi



SystemOne: Full Record Sharing decisions



[Click on S1 chart to enlarge](#)

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