



Weekly Inbox

24 DEC 2018 Issue 303

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)



The Ipswich and East Suffolk Clinical Commissioning Group would like to wish you all a Happy Christmas!

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FOR ACTION

OC GP PM Ad PN

1 Data Security and Protection Toolkit (DSPT)

Hopefully you are all now registered with the new data Security and Protection Toolkit and have started to look at the assertions.

A **Data Security and Protection Toolkit workshop** will be held at Endeavour House, IP1 2BX on Friday 8 February 2019 at 2:30pm.

This will be an informal session to bring queries for discussion. It is expected that those attending will have already registered on the Toolkit and have begun looking at the assertions.

Please click [here](#) to download the documents to aid you in completing the DSPT. There is a "Quick Checklist" in which you can consider what you have already prepared and what requires more work.

If you would like to attend, please email [Jodie Stutely](mailto:jodie.stutely@nhs.uk) to book your place.

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FOR INFORMATION

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2 Pharmacy Opening Hours over Christmas and the New Year

NHS England have published the list of pharmacies that will be open over the Christmas period. Click [here](#) to take a look.

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3 New Dietetic-Led Enhanced Lifestyle Support Service for Individuals with Type 2 Diabetes

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A new dietetic-led Enhanced Lifestyle Support Service for individuals with Type 2 Diabetes in East Suffolk is being launched in January 2019. Please click [here](#) for further information.

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4 Practice Nurse – Non-Medical Prescribers

Suffolk GP Federation are planning to commence a forum for non-medical prescribers commencing in March 2019. This is primarily for GP Fed employees but they would like to extend the invitation to Practice Nurse NMPs as well, as part of the wider Fed family.

The main purpose of the forum is networking, as NMPs are often spread out geographically. However, it is also hoped that it will assist with CPD, peer support and revalidation. Guest speakers are to be invited on topics identified by the forum members.

The meetings will be held at Stow Lodge Centre, Chilton Way, Stowmarket IP14 1SZ and the dates for 2019 are as follows:

- Friday 15 March 2019: 9am -1pm
- Thursday 11 July 2019: 9am-1pm
- Monday 21 October 2019: 9am-1pm

We are also in the planning stages for another NMP Conference in association with Ipswich Hospital and UOS which is to be held at the University on Monday 1 July.

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5 Woolly Pully Week

Thanks to those of you who sported your Christmas jumpers last week in support of St Elizabeth Hospice. We raised £64.51 across the CCG and GP training afternoon. Thank you!

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6 Promoting Self Care: Five Ways to Wellbeing

Public Health Suffolk have commissioned to two short films around Five Ways to Wellbeing, promoting ways to help people improve their mental health and wellbeing. The short film (30secs) is available here

https://youtu.be/4Kvz_hCIB-A which practices are welcome to use on their screens in waiting rooms. There is also a full length version with subtitles (2mins30): <https://youtu.be/dYthD1TfRQI>

There are also some still slides that you can use if you are unable to play video: [5 ways to wellbeing still image](#) and [Prevention grid](#).

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7 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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EDUCATION & TRAINING

PM

8 Practice Manager Development – Coaching and Mentoring Sessions

NHS England is offering practice managers in England coaching and mentoring sessions. Up to four 90-minute sessions will help identify goals and think through challenges. Places are limited and subject to a suitability assessment and first come first serve basis. The deadline is 21 January 2019. Please apply via this link <https://www.engage.england.nhs.uk/survey/16ac35ef>. For any queries email england.gpdevelopment@nhs.net.

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9 Mental Health and Emotional Wellbeing Education Sessions

Coming in 2019 – a series of FREE educational evenings on mental health and emotional wellbeing designed for primary care practitioners in Ipswich and east Suffolk. Includes dinner, 6.45pm for 7.30pm – 9.30pm.

Topics will include children and young people, personality disorder, psychosis, depression and anxiety, learning disabilities, consultation skills, Dementia, Drugs & Alcohol Dependence and substance misuse and more.

Please look out for more information in the coming weeks. In the meantime, save the dates for your diary: Thurs 7 February, Wed 6 March, Tues 2 April, Tues 7 May. Please see [flyer](#) or contact [Shelley Mitchell](#) for more details.

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10 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 63](#).

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

- 11 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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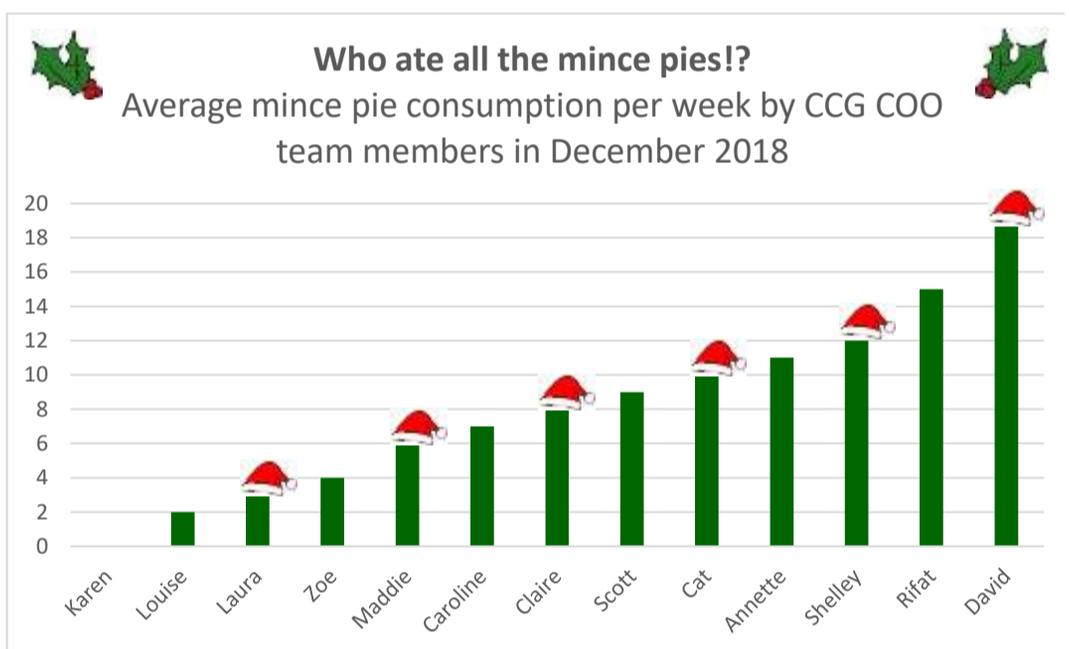
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CHART OF THE WEEK

- 12 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.

Happy Christmas! This week we are looking at the average mince pie consumption per week by CCG COO team members in December 2018!



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