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| **Welcome from CCG Chair** |

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| **Welcome to this week’s edition of Practice News**  It is with no apology that on Suicide Prevention day we have included many items related to mental health crisis and information on some of what we have available locally for patients as well as support for staff. Do click on the links to our local dearlife site and information that is on the LA websites as well as the MENtalk events and the NHS Crisis line. Do note again the Kooth site and updated information. No newsletter is complete without a few surveys and the irony does not escape me as we are being asked to fill out a survey or two aimed in the long run to save us time! For those with a long weekend looming the article on PCN plans will pass some time and it’s good to know what your PCN directors are wading through and working towards.Please take time to breathe this weekend, lets practice kindness and look after one another. We have a great job with the opportunity to make a real difference despite the current tide of difficulties. Thanks as always. |

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| **Dr Sarah Raistrick**CCG ChairNHS Coventry and Warwickshire Clinical Commissioning Group |

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| If you'd like to have Practice News and other relevant CCG updates sent to you directly, please email communications@coventryrugbyccg.nhs.uk. |

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| World suicide prevention day - 10 September**NHS Urgent Mental Health Crisis Lines**NHS 24/7 all-ages crisis lines were rolled out last year and have since supported around 250,000 people a month across England. Before March 2020, most areas did not have urgent mental crisis lines with 24/7 hours of operation for all ages, and access to crisis support was often restricted only to people who were already known to services. But as of May 2020, all NHS mental health Trusts in the country have an open urgent mental health crisis line; fully operational for all ages four years earlier than planned. The crisis lines provide direct access to information, advice, brief psychological interventions, and a crisis response where needed.Fewer than 2% of the calls received between April and November 2020 have resulted in people being referred to A&E or needing a blue light response from ambulance or police.In a context of increasing mental health need across all age groups, we aim to promote the new lines at the national, regional and local levels so that people facing a mental health crisis know where to get support.             This winter will be the first time ever we are able to communicate at a national, regional and local level an NHS option for urgent mental health needs other than to go to A&E or dial 999.   The lines can be accessed via the webpage [nhs.uk/urgentmentalhealth](https://cwccg.net/5ECH-FA6T-3W4C1S-B5KC0-1/c.aspx), which provides a service finder where people can look for their local line with their post code.**Coventry and Warwickshire Safe Haven****Are your patients struggling with their mental health? Do they know where to turn for out-of-hours support?** The Coventry Safe Haven and Warwickshire Safe Haven may be able to help.The Safe Havens offer out-of-hours mental health support to anyone aged 18+ in the Coventry area and aged 16+ in the Warwickshire area. The service is open every night 6pm-11pm and offers walk-in and virtual support with no need for a referral or appointment.Clients are supported in a safe, comfortable, non-judgmental, and non-clinical environment. Clients can come just for a chat, or to access one-to-one emotional support from trained mental health professionals. Clients are offered help in creating staying well and crisis plans, and support to access other services and organisations that may be useful to them. Those using the Safe Havens are also supported by a 24/7 helpline, which offers access to emotional support and information even when the Safe Haven is closed.For more information for the Coventry Safe Haven service, please visit [the website](https://cwccg.net/5ECH-FA6T-3W4C1S-B5PZ5-1/c.aspx) or contact directly via coventryhaven.mhm@nhs.net. For more information on the Warwickshire Safe Haven service, [click here](https://cwccg.net/5ECH-FA6T-3W4C1S-B5PZ6-1/c.aspx) or contact directly via safehaven@cwmind.org.uk.**MENtalk sessions in Warwick****Sent on behalf of Maria Ceurstemont, CCG Primary Care Educational Programme lead**Sky Blues in the Community’s mental health team will start to deliver MENtalk at St Nicholas Park Leisure Centre in Warwick (CV34 4QY) starting on Tuesday 21st September from 11am till 1pm. Each session is led by our Mental Health Co-ordinator with support from SBitC’s professional sports coaches. MENtalk is co-produced ensuring beneficiaries choose activities and discussions. Course content varies based on selected modules but ice-breaking and get to know you activities help men feel welcomed and part of the team. Beneficiaries participate in a range of sports and physical activities, group exercises, team games, gardening, yoga and creative activities. We offer a menu of workshops related to mental health such as anxiety and stress management, feeling low, self-compassion, mindfulness, sleep hygiene, healthy eating, substance misuse and smoking cessation, among others. [This film](https://cwccg.net/5ECH-FA6T-3W4C1S-B5KC3-1/c.aspx) captures how MENtalk has supported Dave.Please share with your networks and if you know any men who would benefit from this kind of mental health project, please contact Robbie Chandler, our Mental Health Co-ordinator. **We accept referrals through professionals and men can self-refer at any time**. We just need your help to ensure potential beneficiaries hear about this new opportunity. Robbie’s details are:Email - Robert.Chandler@sbitc.org.ukCall - 07845 812 639**What beneficiaries have said so far:**“I’m not exaggerating when I say this course has been a lifesaver as I was really struggling and running out of options about how I was going to keep going before being introduced to this course.”“I have gone from Zero to Hero. I can control my anxiety attacks to an extent now using the methods we were shown in the sessions, and I have stopped taking medication because of the training I’ve received.”“You’ve helped in so many ways. I’m not sure you realise how awesome this project is from a person to have lived with this illness for so long. Talking with you has helped to calm me down and get me in a better place. This group is awesome for me. My wife wants to thank you as well as she’s seen a change.”“Safe environment and it’s also helpful to see others in the same situation regarding feelings and thoughts to understand I'm not alone and this makes our team a team.”       “I found the sessions have improved my mental health. It helped me to talk about my feelings and thoughts about my mental health. It was useful listening to others about their experiences also. I feel I can talk more now about how I feel.”Please see attached [flyer.](https://cwccg.net/5ECH-FA6T-3W4C1S-B5R6H-1/c.aspx)**World suicide prevention day - Primary Care local links**Please see below links to mental health support resources available locally including resources for Primary Care staff and the general population:[Dear life](https://cwccg.net/5ECH-FA6T-3W4C1S-B5QF4-1/c.aspx)[Warwickshire City Council](https://cwccg.net/5ECH-FA6T-3W4C1S-B5QF5-1/c.aspx)[Suicide Prevention in Primary Care](https://cwccg.net/5ECH-FA6T-3W4C1S-B5QF6-1/c.aspx)[With staff in mind](https://cwccg.net/5ECH-FA6T-3W4C1S-B5QF7-1/c.aspx)Latest information for practices**Midlands Shingles Toolkit and Awareness Campaign 2021**In a bid to support Practices to reduce health inequalities for vulnerable patients, NHS England Midlands Public Health Commissioning are running a campaign to raise awareness of the shingle vaccination programme for patients who are 70-79 years of age. This is in line with the from Public Health England who has recently changed their guidance for practices to offer shingles all year round, as soon as patients reach the eligible age of 70 or 78. (Please note that not all patients within these age ranges will be eligible for vaccination due to their medical history).This initiative is aimed at addressing health inequalities in shingles vaccination rates across the Midlands.  Both nationally and locally there has been a decline in the uptake of the shingles.  We are fully aware of the extreme pressures that Practices have been facing in light of Covid-19, so we have attached a Shingles Toolkit aimed to support Practices to increase/maximise uptake.  With Shingles vaccinations now added to QOF, we hope that you will find this toolkit useful.  There is also a simple, short Survey for Practices to complete to help us better understand if and how we may be able to offer further support if needed.  If you could please kindly complete and return this short [questionnaire](https://cwccg.net/5ECH-FA6T-3W4C1S-B5KBW-1/c.aspx) by 15/09/2021, it would be very much appreciated.  Thank you for your support with this important public health initiative and we hope it supports you to provide an effective shingles programme. **Midlands Shingles Toolkit and Awareness Campaign 2021**Attached is a new PGD for [Shringrix](https://cwccg.net/5ECH-FA6T-3W4C1S-B5NWO-1/c.aspx) and a revised one for [Zostavax](https://cwccg.net/5ECH-FA6T-3W4C1S-B5NWP-1/c.aspx).  Just one version of each PGD is now being produced for the whole of the Midlands Region however, if you have any queries please contact the SIT that covers your area: East england.emids-imms@nhs.net  or West england.wmid-imms@nhs.net - the details are clearly set out in the documents.  A reminder that PGDs are enabling documents and do not change your contractual obligations.  Also note that Shringrix should only be given to patients eligible for shingles vaccine who are contra-indicated to receiving Zostavax.  The three SITs will continue to publish these on local websites (details unchanged). **Severe combined immunodeficiency (SCID) screening**On behalf of Public health Commissioning Team. We wrote to practices recently about the introduction of SCID screening and the implications for general practice (see email below sent on 26/8/21). In light of the concerns raised about the potential impact on GP workload we are pleased to confirm that there will be no requirement for GP practices to proactively inform maternity/TB services of the final SCID result within 48 hours of receipt although they should provide the result if contacted.The main impact for GPs will be the need to check the SCID results of babies before offering Rotavirus. SCID positive babies must not be offered Rotavirus vaccination as it is a clinical contraindication. In addition, maternity services or BCG providers may very occasionally contact practices to check the final outcome of diagnostic testing from immunology, where the initial result was ‘SCID condition suspected’- this only affects around 1 in 2500 pregnancies. This is because the final SCID results in these rare circumstances are only sent directly to GP practices. If the baby has normal flow cytometry, the immunologist will send a discharge letter to the parents and GP. The letter will say that the baby can have routine vaccinations including BCG and rotavirus. If the flow cytometry is abnormal, an appropriate letter will be sent to the GP.We are exploring whether immunology and maternity services/BCG providers can work together so GPs do not need to be contacted to confirm the final SCID result where the initial result is ‘SCID condition suspected’. Most babies with ‘SCID condition suspected’ will have a final result from immunology indicating that BCG can still be given. As previously, if you have patients who missed their BCG immunisation (eg: unimmunised movers-in) then please refer to maternity or community TB services as appropriate.Should you have any questions please contact england.phadmin@nhs.net  **Reducing the impact of Covid - Grant 2021-23- Building resilience in ethnically diverse communities**Warks County Council have a grant available for groups to apply for funding new projects targeting the following issues: • improving mental health and wellbeing;• improving physical health;• reducing unemployment; and • reducing social isolationSee [attached](https://cwccg.net/5ECH-FA6T-3W4C1S-B5NWQ-1/c.aspx) poster for more information. £350K total funding available split between three thresholds:• £0 - £2K • £2K - £10K • £10 - £25KThe projects will be funded for minimum of 18 months.  The closing date for the applications is on 26th of September. [Click here to apply.](https://cwccg.net/5ECH-FA6T-3W4C1S-B5KBX-1/c.aspx) GP practice patient participation group would be eligible to apply for the funds.**Reminder: For Action: Xylocaine® 1% (lidocaine) with adrenaline 100micrograms/20mL (1:200,000) solution for injection vials**Please find attached [Medicine Supply Notification](https://cwccg.net/5ECH-FA6T-3W4C1S-B5PZ7-1/c.aspx) for:A Tier 2 medicine supply notification for Xylocaine® 1% (lidocaine) with adrenaline 100micrograms/20mL (1:200,000) solution for injection vials

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| **Medicine** | **Out of stock** | **Alternatives** |
| Xylocaine® 1% (lidocaine) with adrenaline 100micrograms/20mL (1:200,000) solution for injection vials  | From mid-September until mid-October 2021 | * Alternative licensed products containing bupivacaine and adrenaline remain available. Where these are not suitable, unlicensed alternatives may be sourced.
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                                                                                               Please be aware this communication is also being circulated separately to all community pharmacies in England. Please note that for supply issues that have been categorised as tier 1 or 2, DHSC and the MSRG have requested that the NHSE&I commissioning routes are used to reach community pharmacy and GP practices. More serious supply issues are communicated via the Central Alerting System for action. If you have any queries please contact: DHSCmedicinesupplyteam@dhsc.gov.uk**Primary Care Networks – plans for 2021/22 and 2022/23**Please see the following link [NHS England » Primary Care Networks – plans for 2021/22 and 2022/23](https://cwccg.net/5ECH-FA6T-3W4C1S-B5KBZ-1/c.aspx) for plans for the gradual introduction of new service requirements for Primary Care Networks (PCNs) and confirmation of how PCNs will access the funding available for their activities through the Investment and Impact Fund (IIF) across the second half of 2021/22 and 2022/23.**Consultant Connect – Continued record breaking Telephone and Messaging Advice & Guidance in August**Please see attached below monthly highlights, where you can also request your Service Directory which allows you to find your specialty access numbers, which you can call to request Advice & Guidance.[Coventry and Rugby place](https://cwccg.net/5ECH-FA6T-3W4C1S-B5R1M-1/c.aspx)[Warwickshire North](https://cwccg.net/5ECH-FA6T-3W4C1S-B5R1N-1/c.aspx) place**Coventry and Rugby Practice Managers meeting**The CCG Primary Care Team would like to remind Practice Managers that the next Joint Coventry and Rugby Practice Managers meeting is due to take place via Microsoft Teams on Tuesday 14th September at 09.30 – 10.30am. If you require any further information please can you contact the team at cwccg.primarycare@nhs.net                       Training, events & surveys**Disability Summit Event**On behalf of NHS Employers.Join us on 29 September 2021 for our fourth Disability Summit, a safe virtual space where staff with disabilities, leaders, managers, trade unions, HR and equality practitioners from across the health and social care sector, and beyond, will share their experiences of disability in the workplace.Held in collaboration with NHS England and NHS Improvement, we will explore how to create workplaces for the future, where disabled staff feel like they belong. We will also shine a light on good practice from a variety of organisations that have successfully supported disability in the workplace.The programme will be centred around four key themes:**Voice** - the voices of disabled staff**Power** - how to give disabled staff more control and influence in the workplace**Advocacy** - ways to support disabled people into and during employment**Change** - how to change workplaces to better meet the needs of disabled staffFor more details see link: [Disability Summit | NHS Employers](https://cwccg.net/5ECH-FA6T-3W4C1S-B5KC1-1/c.aspx)**GP Practice Staff Feedback**NHSx have been receiving requests from GP staff via their help desks (both clinical and non-clinical) trying to find the answers which they require to direct patients for the COVID-19 Pass, NHS App and GP Online Services.  As you may be aware, there are already numerous guidance tools accessible to frontline staff; they will always remain available and regularly updated.However, in light of the high volume of queries currently, NHSx would like to urgently provide the most helpful guide for GP staff that will provide answers which they require.  In order to facilitate this process and get this as accurate as possible we are kindly asking if GP staff can complete this very short survey by following [this link.](https://cwccg.net/5ECH-FA6T-3W4C1S-B5KC2-1/c.aspx)Thank you in advance for your assistance with this.**Adult Autism Education Courses**Please see [attached](https://cwccg.net/5ECH-FA6T-3W4C1S-B5R1O-1/c.aspx) a flyer for Adult Autism Education Courses by Community Autism Support Service (CASS).        **Reminder: Management of Breast Pain Consultation with Primary Care**To support Breast pathway recovery, the West Midlands Cancer Alliance has been working in collaboration with the Integrated Care System (ICS) cancer teams and stakeholders from Nottingham ICS who have recently established a Community Breast Pain service. You may be aware that Breast Pain can be managed in Primary Care, without referring patients to a breast unit. This is because there is no association between breast pain alone and breast cancer and therefore allows patients with breast pain to be managed in a community setting. This is supported by a statement by NHS Publications, which can be viewed [here](https://cwccg.net/5ECH-FA6T-3W4C1S-B5KC4-1/c.aspx).  Also there has also been a local guideline developed to assist primary care clinicians in the management of breast pain – please find this document attached.As a result of the regional discussions the Cancer ICS team is working with local stakeholders and has recently established a system wide working group to take forward recommendations, in particular mobilisation of a community breast pain service. **As part of the consultation process and to inform next steps we would like to invite you to participate in a survey, found [here](https://cwccg.net/5ECH-FA6T-3W4C1S-B5KC5-1/c.aspx).**We have extended the deadline to **Friday 17th September.**Please share with relevant clinical staff and colleagues at your Practice and PCN.A detailed pathway and relevant documentation will be worked up over the coming weeks.  This will also include patient consultation.If you have any further queries please do not hesitate to contact Michelle Park, System Lead for Cancer – michelle.park@cwstp.uk or Dionne Trivedi, Timed Cancer Pathway Project Lead – dionne.trivedi@cwstp.ukWith best wishes**Dr Hazel Blanchard - Coventry & Warwickshire Primary Care Clinical Cancer Lead****Dr Jim McMorran - NHS West Midlands Cancer Alliance GP lead****Kooth Update - September 2021**As requested by the local Prevent Team, Strategic Lead for Services in Social Care and the CCG's Safeguarding Leads, please could you share the following information and attached posters with primary care colleagues for their information and to display posters within practice to highlight the Kooth service available to support mental health and well-being for parents/carers of children and 18-25 year olds and also professionals.   **What’s on Kooth in September:**Please see attached ['What's on Kooth in September'](https://cwccg.net/5ECH-FA6T-3W4C1S-B5R7J-1/c.aspx) poster highlighting the upcoming Live Forums and also Discussion Boards for September.⮚  **Monday 13th September** – The Importance of Identity⮚  **Friday 24th September** – Overcoming a “Reputation”⮚**Wednesday 29th September**– Social Takeover: Creative Writing            **Eventbrite sessions:**Please see attached [poster](https://cwccg.net/5ECH-FA6T-3W4C1S-B5R7K-1/c.aspx) for details of Eventbrite sessions for professionals, parents and carers of children and 18-25 year olds. Please kindly share these with your wider networks. We are really keen to get as many children and 18-25 year olds signed up to the specific session aimed to support them as well as provide parents and carers the opportunity to learn about Kooth.  |

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