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| [Latest information for practices](file:///Applications/Microsoft%20Outlook.app/Contents/Frameworks/EmailRendererKit.framework/Resources/reactRenderer_mac.html#Latest-information-for-practices)     [Trainings, events & surveys](file:///Applications/Microsoft%20Outlook.app/Contents/Frameworks/EmailRendererKit.framework/Resources/reactRenderer_mac.html#Training-events-surveys)    [Newsletters](file:///Applications/Microsoft%20Outlook.app/Contents/Frameworks/EmailRendererKit.framework/Resources/reactRenderer_mac.html#Newsletters)     [Vacancies](file:///Applications/Microsoft%20Outlook.app/Contents/Frameworks/EmailRendererKit.framework/Resources/reactRenderer_mac.html#Vacancies) |

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| **Training, events & surveys**  **How to embrace your limits, say no and deal with pushback**  Want to make 2024 the year you set boundaries, find balance and stop taking on way too much at work?  Make sure you come along to the upcoming online training session on “**How to embrace your limits, say no and deal with pushback”** on **Wednesday 10th January at 7.30pm** led by Dr Rachel Morris.  After all, many professionals are experiencing overwhelming workloads as pressure on our services increases. And yet the reality is - it's just not possible to cram yet more into an already overscheduled day.  The only answer is to prioritise what's really important, set boundaries and say no.  **At this online training you’ll learn:**  ·        How to get crystal clear on what you can control and what you can’t control  ·        How to decide what’s really important so you can prioritise and say YES with purpose  ·        A simple toolkit to help you deal with pushback and say NO    [Register for your free place here](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcwicb.net%2F5ECH-XXJK-3W4C1S-OVZY6-1%2Fc.aspx&data=05%7C02%7Candy.beaumont3%40nhs.net%7Cac92bd3a414947bf05df08dc086e2155%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638394516291980821%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=2qWVrZdBUS6fAyLr1tzpbJyWcfQ8HABxcYPxRLBKdBU%3D&reserved=0)    **Upcoming Webinar - Open to all NHS Staff - WM MMN - Complex Respiratory Cases in Pregnancy**  Please see [attached](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcwicb.net%2F5ECH-XXJK-3W4C1S-OVZY7-1%2Fc.aspx&data=05%7C02%7Candy.beaumont3%40nhs.net%7Cac92bd3a414947bf05df08dc086e2155%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638394516291980821%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=fUPODjeizMa2SbHWj4bH0KVnO%2BlO8pu%2FLotveMFxWmI%3D&reserved=0) for further information on webinar- **Thursday 18th Jan 2024**  **National Diabetes Experience Survey (NDES) - Opt-out poster**  The National Diabetes Experience Survey (NDES) is a new national survey of people living with type 1 and type 2 diabetes which has been commissioned by NHS England. The National Diabetes Audit (NDA) will be used to randomly select people, aged 18 and over living with diabetes for at least 12 months, to invite them to take part in the survey.  We are writing to request that NHS providers display an “opt-out poster” to notify people living with diabetes about the survey and give them the opportunity to opt-out of being selected. This is a requirement of the Section 251 support provided for the survey to run.  More information about the opt-out poster and the survey is provided below. If you have any questions about this please contact [england.digitaldiabetes@nhs.net](mailto:england.digitaldiabetes@nhs.net).  **National Diabetes Experience Survey**  NHS England has commissioned the National Diabetes Experience Survey (NDES) to understand the experience of people living with type 1 and type 2 diabetes. NHS England intend to use the insight gathered through the survey to make informed policy and practice decisions about how best to support patients at both national and ICS level.  For the survey data to be as representative as possible, a randomly selected sample from the National Diabetes Audit (NDA) will be required to be linked with the Personal Demographic Service (PDS) dataset. The NDA enables the identification of people living with diabetes whilst linkage to the PDS is required to obtain contact details to invite people to take part in the survey. There will be no changes to the NDA data collection process; only information currently collected for the audit would be used for the survey. This method of sampling is common practice across the delivery of other national patient experience surveys.  Around 105,000 people living with diabetes will be invited to take part in the survey via letter and text message reminders from March 2024. NHS England have commissioned Ipsos, an independent research organisation, to carry out the survey. Delivery of the survey will be managed by NHS England and Ipsos. Ipsos will also provide a freephone helpline to support participants with queries.  [Section 251 support via the Confidentiality Advisory Group](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcwicb.net%2F5ECH-XXJK-3W4C1S-OVZY8-1%2Fc.aspx&data=05%7C02%7Candy.beaumont3%40nhs.net%7Cac92bd3a414947bf05df08dc086e2155%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638394516291980821%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=yrQ%2F1%2BVKeOaoU1wK2NwFIvfREXcnirVs8HYSZPtQmY4%3D&reserved=0) provides the legal basis for accessing confidential patient data without consent to invite participants to take part in the survey. As a requirement in Section 251 of the NHS Act 2006, people living with diabetes must be notified about the survey and given the opportunity to opt-out of being selected from the NDA. This is achieved through the dissemination of the opt-out poster.  **Opt-out poster**  It is a requirement as per Section 251 (NHS Act 2006) approval that NHS providers advertise the upcoming survey. **We are writing to request that you support with this by:**    1.     Displaying opt-out posters in the places where people living with diabetes, or their carers, are most likely to see them, considering both in-person and online display of the posters.  2.     Displaying opt-out posters as soon as possible after 15th December 2023.  3.     Removing opt-out posters on 17th January 2024 as after this date it will no longer be possible for people to opt-out of the survey.    The poster makes people aware of the upcoming survey and provides an opportunity for them to ask questions or opt-out if they wish to be excluded from taking part. The poster is available in English and 11 other languages on the NDES website: [www.diabetessurvey.co.uk/opt-out-posters](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcwicb.net%2F5ECH-XXJK-3W4C1S-OVZYV-1%2Fc.aspx&data=05%7C02%7Candy.beaumont3%40nhs.net%7Cac92bd3a414947bf05df08dc086e2155%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638394516291980821%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=WFOBFw4CPH6raWc71GAGaczRfAwPu3dwu8S1W2F%2BWCw%3D&reserved=0). You can display the posters which are most relevant to your local population.  If printing the poster in black and white, we recommend choosing the “Pure Black and White” printing option to optimise the poster design.  If someone has questions or wants to opt-out of the survey, they will need to email [agem.diabetessurvey@nhs.net](mailto:agem.diabetessurvey@nhs.net) or call 0121 611 0020 before 17th January 2024. NHS providers will not be required to answer questions and can direct individuals to [agem.diabetessurvey@nhs.net](mailto:agem.diabetessurvey@nhs.net) or 0121 611 0020. The helpline is being managed by NHS Arden and GEM Commissioning Support Unit (CSU) which is part of NHS England.  As noted on the poster, people will still need to contact us if they have a National Data Opt Out. The Department of Health and Social Care has confirmed that this survey is exempt. More information can be found at [https://digital.nhs.uk/services/national-data-opt-out/programmes-to-which-the-national-data-opt-out-should-not-be-applied](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcwicb.net%2F5ECH-XXJK-3W4C1S-OVZYW-1%2Fc.aspx&data=05%7C02%7Candy.beaumont3%40nhs.net%7Cac92bd3a414947bf05df08dc086e2155%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638394516291980821%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=hCJluNO1Obr%2FO3ACXNZijmoInMkM5SsCiRz1ravY2ig%3D&reserved=0).  If you have any questions about the NDES, or feedback on this process, please get in touch with us at [england.digitaldiabetes@nhs.net](mailto:england.digitaldiabetes@nhs.net).  **Helping to shape services to support children and young people**  Warwickshire County Council is asking people who work or volunteer with children and young people to take part in the Empowering Futures JSNA survey.    The purpose of the survey is to understand how those who work and volunteer with children feel about talking to them about their health and wellbeing. This can include anyone who works with children as part of their job or role, or those who volunteer with children and young people in their spare time.    Complete the survey here > [https://ask.warwickshire.gov.uk/insights-service/empowering-futures/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcwicb.net%2F5ECH-XXJK-3W4C1S-OW1N4-1%2Fc.aspx&data=05%7C02%7Candy.beaumont3%40nhs.net%7Cac92bd3a414947bf05df08dc086e2155%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638394516291980821%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=%2Fqw8uOyERBqOQlYvfKO%2BWC%2BZUoD5cfHGdTGUC5YG4bs%3D&reserved=0)    The survey is **open until 31 January** and will aim to understand how those working with young people support them; are they comfortable raising questions and concerns, do they know of the services available to support young people, and what is their experiences of these services.    The results from the survey will help to understand the health needs of Warwickshire’s children and young people and how to deliver those services to meet their needs. The results will also inform the upcoming children and young people MECC to make sure those who support young people are aware of the range of services, how they can offer support and how to access them.  **Newsletters**  **EMIS Now Newsletter**  Please see [attached](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcwicb.net%2F5ECH-XXJK-3W4C1S-OVZYX-1%2Fc.aspx&data=05%7C02%7Candy.beaumont3%40nhs.net%7Cac92bd3a414947bf05df08dc086e2155%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638394516291980821%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=7V3Y9mVfOdbpGpHVWcwGACHnvp%2FPytFQGiFO0ioqmhY%3D&reserved=0) newsletter for your perusal.  **Vacancies**  None |