

Telford & Wrekin GP Practice

Newsletter - Issue 53

26th September 2018

Contents

Updates for Primary Care

- [Mentoring for GPs](#)
- [Flu Season - Summary of vaccine selection](#)
- [Updates from TRAQS](#)
- [e-RS Worklists](#)
- [GP Premises Improvement Grant](#)

Provider News

- [2WW Referrals](#)
- [New aspirations](#)

Safeguarding

- [CSE News/Update](#)

Training and Events

- [External PLT Event](#)
- [GP online services](#)
- [Could it be Sepsis?](#)
- [Suicide Prevention training](#)

Wider News

- [NHS Choices rebranded](#)
- [Knife Crime](#)

Updates for Primary Care

Mentoring for GPs

GP-S, the mentoring service in Nottinghamshire, Derbyshire and Lincolnshire, and Paeon, the mentoring service for Telford and Shropshire, are now working together as GP-S Paeon to share expertise and the economies of scale.

This new venture was launched in January and an injection of capital has enabled mentoring to be offered more widely.

Mentoring is a close ally of coaching. It has been recognised as intensely valuable in business and was adopted by the Northern and London Deaneries initially, where it proved equally invaluable to doctors. Using a validated discussion tool, Egan's "Skilled Helper" model, GP-S and Paeon have had successful mentoring relationships with over 200 GPs and the many doctors have commented that the outcomes have been life-changing.

Try it for yourself by contacting GP-S in confidence through their web site: <https://www.gp-s.org/>

Flu Season – Summary of vaccine selection

Public Health England have issued a [summary of vaccine selection](#) which also includes the order of priority for issuing the adjuvanted trivalent influenza vaccine (aTIV), due to the impact of the phased delivery of the vaccine.

Updates from TRAQS

There have been some changes to the TRAQS Team, please see below for current team members.

TRAQS & e-RS Co-ordinator

Stuart McClymont

TRAQS Patient Advisers

Clive Duckett

Emma Burgess

Kelly Lawrence

Jack Weaver

George Beck

Cathie McKenzie

Marie Brazier

Kate Bradley

e-RS Worklists

It is important that the Medical Practice worklists within e-RS are actioned regularly and kept up to date. Referrer Action Required and Advice and Guidance worklists are particularly important as they may have actions for you to take.

GP Premises Improvement Grant

NHS England, North Midlands has secured capital funding to support GP practice improvement grant schemes. Applications for improvement grants will be managed in accordance with the NHS (GMS – Premises Costs) Directions 2013 and must comply with section 7-12. Please find attached the [GP](#)

Provider News

Message from Glen Whitehouse SATH Radiology Centre Manager

Further to earlier correspondence updating on the success of changes to the 2WW breast pathway, we are happy to announce that we have sustained the 14 day referral to appointment target throughout the summer holiday period. This is a turning point for us as we anticipated the holiday period posing a real challenge to maintaining the target we achieved prior to that.

Currently the waiting time for an appointment at RSH is 10 days and PRH is 14 days with the under 39s pathway achieving a 9 day referral to appointment time. Again, I would like to reaffirm that some of the measures we have put in place to resolve the performance issues have an element of fragility around them until our longer term plans take hold in supporting the on-going sustainability of the service. However, we should once again take a moment to congratulate the teams on a real success story achieved through working together with all our partners.

New aspirations 1:1 Physical Activity Programme

Just a reminder that the Fit 4 Life exercise referral scheme no longer operates in Telford and Wrekin. The new commissioning emphasis from Telford and Wrekin Council's Public Health Team has been placed on targeting those patients who are physically inactive (doing less than 30 minutes of Physical Activity per week). Telford and Wrekin Leisure Services launched the new aspirations 1:1 support programme in May 2018.

The move to this new physical inactivity focus means that the Fit 4 Life scheme hasn't been available since December 2017. Telford and Wrekin Leisure have continued to receive Fit 4 Life Referrals and have assessed the need of these clients on an individual basis.

The new Aspirations 1:1 programme, which launched in May 2018, has been formulated and designed utilising the latest evidence and research with the primary aim of supporting reluctant exercisers to visit their local leisure facility and enjoy getting active. This will be achieved by providing one to one support from specialist staff using behaviour change methods, goal setting and an approach of gradual acclimatization to exercise.

The 'aspirations 1:1' programme will welcome those joining who do less than 30 minutes of physical activity each week - memberships start from £25 per month. When a new member, who meets the criteria, takes out a standard aspirations membership, in addition to the benefits of unlimited access to gym, swimming and fitness classes, they will also receive a free package of support from friendly and qualified fitness staff. This will include one to one advice and support for a 12 week period with bespoke exercise plans designed to include activities that the patient enjoys at times that fit in with their lives.

The implementation of this new scheme means that clients will no longer need a referral from their GP or Health Professional and will be able to self-refer to the programme (even if they have a long-term health condition). Medical Practices were visited in July 2018 with new promotional resources which look like the [attached](#).

If you have any further questions about the new programme or would like any additional promotional materials, please contact Karen Harley on Karen.harley@telford.gov.uk

Safeguarding

Telford & Wrekin Council – CSE News/Update

The Local Authority's Corporate Communications team have been working on creating a '[one stop shop](#)' for information relating to CSE. The [site](#) is still evolving as more information becomes available and the Telford & Wrekin Council's Independent Inquiry process continues to develop.

Additionally, as discussed at the Telford & Wrekin Safeguarding Children Board in June, partners agreed to assist in promoting the [Tell Someone Campaign](#), which raises awareness of CSE within Telford, Shropshire and surrounding counties. The Board is keen to promote this campaign as widely as possible and have resources available to help you spread the message such as flyers, leaflets, beer mats and car stickers. Please do help in raising awareness of CSE through these marketing materials and e-mail partnerships@telford.gov.uk of the materials you need and where you are promoting the message.

Training & Events

External PLT Event

The next external PLT event will be held on Thursday 18 October at the Darby Building (SC Conference Centre), Wolverhampton University, Telford Campus, Priorslee.

The topic covered will be: Healthy Hearts, "Revolutionise your Practice's Management of Hypertension"

GP Online Services

The Royal College of General Practitioners (RCGP) has teamed up with NHS England to run workshops to show how to use GP online services as part of a person-centred approach to care that empowers patients and carers.

The events will use clinical exemplars (diabetes, dementia, inflammatory arthritis, end of life care) to show how records access can help patients and/or their carers to take greater management of their long-term conditions.

There will also be practical examples of how GP online services have been used to support forward planning and how it can be used in your practice.

To register: [10 October, Manchester](#) and [23 October, Birmingham](#)

Could it be Sepsis?

Conference brought to you by School of Health and Social Care on Wednesday 24 October 2018, from 09.30 – 15.00 . The programme aims to be very informative and will explore best practices into the fight against Sepsis.

For further details and to register your attendance please go to the conference webpage: www.staffs.ac.uk/sepsisconference Please note this conference is free of charge and includes a buffet lunch. Places are limited; early booking recommended.

Suicide Prevention Training

This link is being shared following a highly successful Suicide Prevention Joint Event for Telford & Wrekin and Shropshire which was attended by 150 delegates. The real life impact of the training was highlighted by two of the speakers on a professional and personal level.

One was motivated by the training to engage with a member of the public in a vulnerable position and engage with them to move away. The other used the example of a member of the public who had done the training seeing an individual on a bridge, called 999 and engaged with them until the emergency services arrived. The individual afterwards shared with police that had that person not stopped they would have jumped.

If you wish to undertake the Zero Suicide Alliance Free Online Training which is a 20 minute interactive training session tackling how to talk to someone about suicide risk and concern please follow this

link https://www.relias.co.uk/hubfs/ZSACourse3/story_html5.html?utm_source=Relias&utm_campaign=Training-Landing-Page

If you require any more information regarding the joint strategy or the local action group please contact – Lyn.stepanian@telford.gov.uk

Wider News

NHS Choices rebranded simply as ‘the NHS website’

The NHS Choices name is to go as part of changes to the UK’s largest health website by NHS England and NHS Digital. These include more accessible content, better mobile device experience, new content for helping people to manage long-terms conditions, and improved page design. The NHS Choices logo will disappear but the web address remains the same, www.nhs.uk.

Organisations are asked to replace existing references to NHS Choices to “the NHS website” when possible. There is also [guidance](#) to help NHS organisations refer correctly to the NHS website.

Knife Crime

Download '[Save a Life - Surrender your Knife](#)' and '[Get Caught carrying a knife and you face...](#)', posters for use in your waiting areas.

