



**Issue 133 / Thursday 12 May 2022**

This is the latest round-up of information for GP practices, produced by South East London CCG. Should you have any questions or need advice, contact your local borough primary care team in the first instance; they will escalate anything they can't resolve to south east London's Coronavirus co-ordination centre.

Please check for any borough-specific information, which will be attached to this bulletin by your borough primary care commissioning team.

## GP Updates

### Action Required – implementation of Bowel Screening Text Reminders in London

Following a successful pilot across fifty practices and all three clinical systems, NHSEI (London Region) and the London Bowel Screening Hub, in collaboration with iPLATO, will be introducing bowel screening text reminders on 25<sup>th</sup> April 2022. NHSE London is encouraging practices to support this. Please read the notice in full [here](#).

### Hormone replacement therapy (HRT) Shortages

The Department of Health and Social Care have issued Serious Shortage protocols (SSPs) to address the national HRT supply chain shortages.

These SSPs have been issued to limit dispensing to 3 months' supply for the following products:

- Oestrogel® Pump-Pack 0.06% gel
- Ovestin® 1mg cream
- Premique Low Dose® 0.3mg/1.5mg modified-release tablets

This is to ensure more women across the UK will be able to access HRT products. Women who have a prescription for more than 3 months will not have to pay an additional prescription charge. Please see the [SSPs](#) for further information.

Please note that if a patient/carer declines to receive their HRT under this SSP, the community pharmacist may refer the patient to the prescriber for advice and to discuss alternatives as the SSPs do not authorise pharmacists to dispense alternative products.

### **Medicines Supply Tool:**

The DHSC and NHSE/I have launched the [Medicines Supply Tool](#), which provides up to date information about medicine supply issues. The tool is available from the SPS website, and in order to access this information, practices will need to register with the SPS website.

### **Alternative products:**

The British Menopause Society (BMS) has produced [guidance](#) for clinical practitioners, which provides helpful information regarding equivalent HRT preparations. Additional information is also included on the BMS [website](#).

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## **New Guidelines: SEL Adult Nutrition and Appropriate Prescribing of ONS**

New guidelines have been developed to support clinicians in the management of malnutrition across SEL.

These guidelines are designed for use by primary care clinicians who may need to initiate ONS prior to a patient being assessed by a dietitian. These guidelines provide advice for medicines optimisation teams, district nurses, pharmacists, care home staff and other community health care professionals to aid appropriate review and management of ONS prescriptions.

The guidelines are located here: [Adult Nutrition - South East London CCG \(selondonccg.nhs.uk\)](https://selondonccg.nhs.uk)

On the webpage there are a range of helpful resources including:

- Algorithms/ flowcharts to support diagnosis, management and prescribing
- Quick reference guides to support making appropriate product choices
- Resources to aid clinical assessment
- Resources to support patients

Please encourage your teams to access and become familiar with the guidelines.

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## **Primary Care NHS Diabetes Prevention Programme (NDPP) – Return to Face to Face group sessions**

During the pandemic, the NHS DPP took place via remote online sessions. From April 2022 to July 2022 the programme will be phasing in face-to-face group consultations for the majority of patients. Please read the notice in full [here](#).

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## **Input into FIT Admin Pathway poster development**

Request for practice reception and admin staff input for poster related to cancer treatment. The [FIT Admin Pathway poster](#) launched last year, and the [Transforming Cancer Services Team](#) want to create another iteration of the poster to try and further improve the process, which hopefully will mean that less tests get rejected from the labs. Staff are requested to join a short meeting on **Tuesday May 17<sup>th</sup> at 11am** to suggest ways in which to improve the poster and make it easier when trying to explain the process to patients. Interested persons are asked to email [meghan.mathieson@nhs.net](mailto:meghan.mathieson@nhs.net)

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## **EOIs invited: clinical leadership and committee member roles for the South East London Integrated Care Board**

Expressions of interest are being invited from colleagues in clinical and care professions to join the Integrated Care Board leadership team. We have a number of opportunities across a wide range of key programme areas operating in south east London. Roles are usually one or two sessions per week and can be agreed on a flexible basis. There are currently roles available in the following areas:

- Medicines Optimisation
- Diagnostics
- Learning disabilities and autism

Details of all available roles including job descriptions are available on the [SEL CCG Clinical and Care Leadership recruitment webpage](#). Contact details for all roles are also included on the website if you would like to discuss or require further information.

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## **Pan-London discrimination and racism in primary care survey report**

We would like to reshare the [Pan-London Discrimination and Racism in Primary Care Survey Final Report](#), and the [Experiences of primary care staff working in South East London](#). Please also find [Independent article](#) in relation to the survey that may be of interest.

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## **£65k Primary Care Automation Grants funding opportunity**

The NHS England London Digital First Programme would like to make you aware of an upcoming funding opportunity to pilot automation solutions within primary care. They'll be funding automation grants of up to £65k each for pilots and projects across London which use automation to help free up staff's time so they can focus on patients.

[Register for the webinar](#) on 18 May from 12.00 to 13.00, using the password 'AutomationGrants'.

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## **Versatile GP**

[Versatile GP](#) is a SEL locum GP community and free technology platform for practices and locums. It allows locums and practices to advertise availability and arrange work without commission or membership fees. Salaried roles can also be posted and cascaded to the mailing list. With the support of a Lead GP, VGP provides a home to keep locums up-to-date in their local area and connected in a cohesive and supportive team. It started in 2019, is supported by SEL ICS and is open to all SEL practices and all locum GPs for another year. It was created and is run by Bromley locum GP, Dr Gillian Kyei ([gillian.kyei@nhs.net](mailto:gillian.kyei@nhs.net)). Please contact Gillian to join or if you have any questions. [Practice guide](#) and [Locum guide](#) are attached for reference.

## **Information from Acute Providers**

### **GSTT Sexual and Reproductive Health Services**

These are now offering walk-in appointments alongside online and telephone bookings. This change is effective from 11 May 2022. Please see website for more information: <https://www.guysandstthomas.nhs.uk/our-services/sexual-health>

## Important - LGT Radiology information for GPs & OoH services for this weekend

Important information for all GP and CCG staff who order clinical imaging. Lewisham and Greenwich NHS Trust is getting a new cross-site PACS & RIS system on Monday 16 May. [This briefing](#) explains how to prepare for the downtime on the weekend before the launch, to enable you to request imaging and receive radiology reports from our new systems. A [referral form](#) is also attached.

## Cancer updates

### South East London Cancer Alliance

Please find below a link to the latest version of the update, which also includes FAQs for primary care on cancer services in south east London to support GPs and patients during the pandemic. [Cancer updates for GPs 27 April 2022.](#)

## Seminars, events, webinars and e-learning

### Future of Primary Care webinar

Wednesday 18 May 2022 at 19:00. [Webinar Registration - Zoom](#)

East London NHS Foundation Trust webinar to discuss:

- The future of primary care: how to meet need not demand.
- The new long-term conditions of log Covid and waiting: how do we solve them?

Includes Q&A, and participants are also invited to submit questions ahead of time via [elft.communications@nhs.net](mailto:elft.communications@nhs.net).

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### Webinar: The importance of Can't Pass It On/ Undetectable=Untransmittable

Bitesize version of Terrence Higgins Trust's training, offered by HIV Prevention England.

Monday 23 May – 18.00 to 19.30.

It will be of interest to a range of health professionals including within primary, community and hospital settings, including those who work within sexual health services.

More information and book, via the [link](#).

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### Understanding Foetal alcohol spectrum disorders (FASD) webinar

With the recent release of the FASD Nice Quality Standards on February 22, and the DHSC FASD Needs Assessment in 2021, FASD Awareness is offering essential training in understanding FASD.

Wednesday 15 June 2022 at 14.00 to 16.30. Please register [HERE](#) to join the Webinar.

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## Joining up care week - series of multidisciplinary events exploring Domestic Violence by GSTT/Evelina

The Joining Up Care programme looks to improve collaboration between child health professionals working locally in different settings across a number of themes. They are running the following webinars:

**13 May - 15.00 to 16.00 - Solace Advocacy and Support Service.**

**16 May - 13.00 to 14.00. The Gaia Centre – Run by Refuge – Domestic Violence Support Service**

**19 May - 8.45 to 9.30am - REACH Domestic Abuse Service based in Guy's & St Thomas' NHS Foundation Trust Emergency Department**

Please see the [attached flyer for more information and MS Teams Links](#).

For more information, please email [philippa.stilwell@gstt.nhs.uk](mailto:philippa.stilwell@gstt.nhs.uk).

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## London Maternity Clinical Network Events

### Whose Shoes: Maternity Triage Experiences

**Tuesday 7 June 2022 - 10.00-14:00.**

This event is being held by the Maternity Clinical Network to gather experiences of maternity triage in order to inform future work. See [the event flyer for registration and more details](#).

### Pelvic Health and Wellbeing Launch

**Tuesday 24 May 2022 - 13.00-14.00.**

These pelvic health videos have been developed by a team of NHS professionals and maternity service users across London. See [the event flyer for registration and more details](#).

### Primary Care Webinar- Infant Feeding Part 2

**Friday 27 May 2022 – 13.00-14.00.**

The Maternity Clinical Network hosts a monthly webinar for GPs and Primary Care Colleagues to support with optimising the 6-8 week maternal postnatal check. May's webinar will also focus on Infant Feeding. [See the event flyer for registration and more details](#).

## Mental Health Awareness Week

In order to mark [Mental Health Awareness Week](#), (9-15 May), this additional section contains wellbeing and mental health related resources and training.

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## Comprehensive Assessment of At-Risk Mental States (CAARMS) training for GP's

Starting July 2022, (CAARMS) training to NHS England staff working in early detection or intervention psychosis services or similar services, delivered by Maudsley Learning. More information and details on how to enrol are [here](#).

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## Upcoming Kooth webinars

[Kooth](#) are delivering a number of webinars for GPs over the coming months. The webinars will include: an overview of all the features and support available from Kooth,

how to can signpost young people to the service, and an opportunity to ask questions. Sign up for the webinars [here](#).

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## Maudsley Learning - courses for GPS

[Wellbeing in action bitesize modules \(maudsleylearning.com\)](#) - Five sessions which focus on the concept of wellbeing. Sign up online.

**Starting Wednesday 8 June - 13.00 to 14.30.**

[Primary care update bitesize modules \(maudsleylearning.com\)](#) - Five sessions covering anxiety/OCD/PTSD, schizophrenia, Bipolar Affective Disorder, Personality Disorder, Alcohol and substance misuse and ADHD. Sign up online.

**Starting Monday 6 June - 13.00 to 14.30.**

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## Londonwide LMCs GP Professional Support Network (GPPSN)

In August 2020 Londonwide launched the [GPPSN for all Londonwide GPs](#).

This online platform offers a number of specific services from experienced and skilled colleagues and professionals to support GPs.

Please read the message from Dr Sara Riley and Dr Richard Stacey Medical Directors in GP Support [here](#).

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## Londonwide LMCs GPPSN Wellbeing Webinars

Londonwide LMCs [GPPSN](#) is offering a set of six wellbeing webinars. Each webinar can also be attended as a stand-alone event. For more information please visit [londonwide.onpld.com](#). Delegates can book a place by sending an email to [lead@lmc.org.uk](mailto:lead@lmc.org.uk).

- Healthy habits and motivation - 25 May 2022 at 19.30
  - Emotional regulation - 08 June 2022 at 19.30
  - Positive thinking and toxic positivity - 22 June 2022 at 19.30
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## Tackling the Crisis in Youth Mental Health: Helping Young People Help Themselves

Health Innovation interactive webinar - find out how digital peer support is transforming outcomes for young people with mental health issues

**Thursday 26 May, 12.00 to 13.00.** [Register for this webinar](#).

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## Keeping Well in South East London

[Keeping Well in South East London](#) is a staff wellbeing service for health and social care staff across South East London. Staff can self-refer to the service for an assessment or request a callback if preferred. The website includes a wide range of [self-help resources](#), and information about [work-related support](#). Find out more [here](#).

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## OP COURAGE – specialist NHS mental health service

Following the launch of [Op COURAGE](#) last March, a reminder that patients who are veterans may be struggling at this time due to events in Ukraine. OP COURAGE is a specialist NHS mental health service designed to help serving personnel due to leave the military, reservists, veterans, and their families. Patients can contact the service to make an appointment, or ask their GP, charity, family member or friend to do this.

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## Updated Thrive LDN public mental health communications toolkit

Please find an [updated communications toolkit](#) which includes key messages for digital channels to help signpost appropriate resources and guidance with those in your community / networks.

All digital assets can be download directly from the [Thrive LDN Comms Toolkit Google Drive account](#).

This update includes messaging on guidance, training and further resources for [supporting the mental health and wellbeing of displaced Ukrainians](#).

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## Mental Health Awareness Week PHE communications resources

This year's theme is 'Loneliness', which gives the opportunity to focus on the impact loneliness can have on mental wellbeing and steps to take to prevent some of the negative feelings and mental health problems it can lead to. [Find out more](#). Social media assets are available to download from the [Campaign Resource Centre](#).

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### More resources:

- Our NHS People [advice and counselling services](#)
- [Together in Mind](#) – resources and podcasts to support the wellbeing and mental health of staff and patients and is updated frequently
- Updated '[help is at hand](#)' guidance designed for anyone bereaved by suicide or affected by suicide with both emotional and practical support
- [Online](#) peer to peer, team and personal resilience support, including through [Silver Cloud](#), and free mindfulness apps including [Headspace](#).
- Visit [www.people.nhs.uk](http://www.people.nhs.uk) for a full list of support, details of [apps](#) and information
- [Shout 85258](#) is a free, confidential 24/7 text message support service available to all NHS staff to help with issues including anxiety, depression, loneliness, relationship problems and suicidal thoughts. Text FRONTLINE to 85258.

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