



Among other things...

Looking to the future

Blog from Ruth Bushaway – Federation Medical Director.

Life is very busy at the moment and it can be difficult to think about anything other than the end of the day or week. Recruitment and retention have been on my mind and I have spotted a glimpse of much welcomed light on this topic.

The Fed's new Wise5 sessions start this month. We have some excellent speakers talking about life after partnership. I hope this will become a supportive self-led group for anyone who feels they fit in the 'wise' bracket.

There have been three East **First5** meetings and the West group continues under Dr Victoria Wilson's leadership. It has been great to see so many faces across the patch join in and we've even waved at some babies and dogs!

The group has covered various topics such as appraisal and careers as well as the key 'getting to know everyone' part.

We have been very pleased to have GPST trainees back in the urgent care service. We've missed you and training and supporting you is a rewarding part of our work. Please let us know if there are any areas you need more support with as things have changed since pre-Covid.

I had the pleasure of doing foundation programme teaching this month. It always gives me a strange feeling of being young and very old at the same time! They are a great group to teach and I hope this strange time so early in their careers settles soon so they can move towards their potential.

We have signed up to the **Next Generation Health and Care Ambassador programme**. Several of us have signed up as ambassadors - available (at our own pace) for events to promote health and care careers by talking to young people across the Suffolk and north east Essex area. Wouldn't it be great for our young people to find role models in the great teams we work in everyday?

I hope these initiatives will have a good outcome for all those involved. There is certainly a lot of enthusiasm and effort being put in.

Thanks to all involved, here's to a bright future...



Dr Ruth Bushaway
Medical Director

Dr Fayeze Ayache Award

Dr Ayache, known locally as Fayeze, passed away with Coronavirus in April this year. Fayeze had a long association with primary care in Suffolk and north east Essex and we have established an award in his memory.

Fayeze was born in Damascus, Syria and moved to the UK in 1973. He was a partner for three decades at member practice East Bergholt. He later became one of our first employees as clinical lead for our community ENT service.

Fayeze had an enthusiasm for primary care and was working until his mid 70s. Talking to his colleagues they mention his care of patients, support for colleagues and commitment to medical education including in Syria.

In memory of Fayeze we have established an annual award of £1,000 to be used for the benefit of a local community. We welcome applications from:

- A clinical team or individual.
- Part of a Fed member practice or employed by the Federation.
- The recipient should demonstrate the exceptional qualities that Fayeze possessed namely support of colleagues and their learning, and a compassionate commitment to patient care.
- Nomination is via a short letter.

The judging panel will consist of two non-executive directors from the Federation's Board and Dr Charity Tetteh from East Bergholt.

Please email Charlie.Page@suffolkfed.org.uk with your nominations.

First5

These are now meeting again. If are within five years of qualification and would like to network with like-minded colleagues please contact info@thegphub.org.uk to join the next virtual meeting.

Mental health

Suffolk is at the start of a ten year journey to transform our mental health services. The wider transformation plan, covering adult and children, family and young people (CFYP) community services, will commence mobilisation on 1 June 2021 and will be phased over several years. The implementation programme is being led by an alliance of ESNEFT, WSFT, NSFT and the Fed.

NSFT and ourselves have briefed PCN Clinical Directors and are happy to do the same for PCNs if this would be helpful.

LARC fitting backlog

Due to the Covid disruption of LARC fitting, the Fed is setting up LARC clinics in Ipswich and Bury. This is a six month service to reduce the waiting lists for contraceptive implants, coiling fitting and removals.

We will be accessing the waiting lists provided by member practices and contacting patients directly to offer this service to them. The clinics will run alongside GP+ in the evenings and on Saturdays.

Additional nurse GP+ incl. cervical screening

We are offering screening from Ipswich and Wickham during the evenings and at the weekend. To improve take-up, practices can send us their list of eligible patients and we will contact them.

Additional practice nurse clinics are opening over the next few weeks alongside the usual GP+ clinics. These will be available to see patients for dressings, injections, pill checks, swabs, suture and clip removal and cervical screening. As there are now multiple practice nurse clinics can we just ask that extra care is taken when booking to make sure the correct location is selected for your patients.

Please note that patients must bring any dressings they need with them and any medication they require administering.

Covid vaccination programme

The Fed is working with PCNs who don't have the capacity to deliver the Primary Care Network (PCN) element of the programme. Currently, this covers around 110,000 of Suffolk's population patients predominantly around Ipswich and Woodbridge plus the Haverhill area in the West. It is obviously going to be a really busy six months and we will be supporting member practices where we can, for example with extra GP+ sessions.

Staffing the vaccination centres is going to be a significant challenge as we will need several hundred people. We will be issuing a 'call to arms' to all member practices and the public in the near future. We have already had a great response from retired clinicians and administrators offering to help. If you or anyone you know is interested please email covid19@suffolkfed.org.uk

Open urgent care clinical meeting (via Zoom)

The next meeting is this Wednesday, 2 December at 7pm and it is open to all clinicians. We cover learning from incidents/complaints so is suitable for locums wanting evidence of CPD. Please follow link below to join:

<https://us02web.zoom.us/j/84249000971?pwd=Vm9zQ1BESm12dVAzOFArZCtha1FmZz09>

Meeting ID: 842 4900 0971

Passcode: 790323

Video of workshop for those approaching retirement and considering options?

Unfortunately, we had some technical gremlins so not everyone could log in and hear the excellent speakers. If you would like to see the video please email info@thegpclub.org.uk Speakers included Dr Simon Rudland on doing something different after partnership; Dr Kev Hopayian on becoming a GP appraiser and working for GP+; Dr Gary Taylor from partner to locum and Dr Lucy Henshall on the Welcome Back to Work Scheme and Practitioner Health.

