



## Message from Medical Director and CEO

We have spent considerable time looking at how we can best financially support our workforce this year, given the current standard of living crisis is the worst any of us have experienced. Whilst we are in a more stable financial position than we have been for some time, we have to be mindful that the NHS is only increasing the value of our contracts by 2% at most. As an organisation, we also have to contend with the corporate tax rises, which are in addition to those paid by individuals.

We want to give as much support as possible to all of our workforce but there is no way we will be able to match inflation. The Fed Board and Exec team are currently considering how best we can support as many people as possible. Once we have been told by NHSE the pay changes for staff on Agenda for Change contracts, we will be able to make a wider announcement covering all staff.

Ruth Bushaway – Fed Medical Director  
David Pannell – Chief Executive

## Phising incident

We had a potentially serious incident this month when someone clicked on a link in an NHS mail message. Please continue to be really vigilant. We are all aware of the dangers from external email but the risk is also now high for NHS Mail. In this case, a person's NHS Mail had been hacked. The only clue, for the person receiving the message, was it was from someone who does not normally send us emails. If you receive an NHS Mail from someone new please be careful and ask the Support Desk if you are at all concerned.

Please also now look out for invites to join a new group on Teams as this is the latest phising scam. If this is from someone you do not know please be careful and ask for help.

## CQC – good news

The Federation is now rated Good in all of the domains inspected by CQC. Unity Health in Haverhill, our GP practice, is rated separately and recently had a review at which we demonstrated excellent progress. This will mean Unity should soon have a full inspection at which we would hope to also get Good.

## IG training – big thanks

We have to demonstrate to the NHS that 95% of our staff have completed information governance training. Thank you to everyone that completed this and allowed us to meet the target.

## Exec members attending team meetings

Individuals from the Exec will be joining your team meetings. Please don't be concerned we just want to listen and identify any issues we need to address. It will also help us work out how well we communicate messages across the Fed. This is really difficult as we work in different locations and varied hours.

## HMRC mileage reimbursement rate

HMRC have announced 2022 reimbursement rates for employees using their own cars for business purposes. The rate remains at 45p per mile for the first 10,000 miles. HMRC calculate this continues to adequately cover fuel, wear and tear and depreciation.

## Thank you to our nursing team

Thursday 12th May marked International Nurses Day. We know our nurses make an incredible difference to our patient's lives. We recognised the day by inviting the Fed to complete a survey to recognise and appreciate our nursing colleagues. We had an overwhelming response and clearly have compassionate, caring, hardworking, supportive nursing colleagues, whom we truly appreciate. We will be writing to each person nominated with a little something.



## Covid infection control

The ONS survey on the 6th of May says that in England it is estimated that 1 in 35 people are currently positive for COVID-19. This is the third week in a row that the number of positive people in the community has decreased. This makes a huge difference when we look at risk when delivering services.

If your service is looking to start doing something new or make changes in the way they are delivering services it is essential that we risk assess the proposed activity. Please contact the Chief Nurse to talk things through before making changes.

We must continue:

- Wear a mask in all settings
- Continue to wash/sanitise hands regularly
- Keep a safe distance from other people
- Encourage ventilation
- We must continue to remind our patients that they should be wearing a face covering in all healthcare settings
- Patients must be reminded not to attend appointments if they have symptoms
- Continue to test twice a week

## Monkeypox - Short Guide

This is an emerging situation and there is new guidance being released regularly both nationally and regionally. We will ensure that this is made available to you – if you are unsure please don't hesitate to ask for advice or if you want more information on monkeypox, here is a link to the main Government page: <https://www.gov.uk/guidance/monkeypox>.

### Background

Currently experiencing outbreaks in many non-endemic regions of the West African clade (confirmed by RT PCR) including 70+ cases in the UK

### Transmission

Monkeypox does not spread easily between people – it requires close contact with an infected animal (rodents are the primary reservoir), infected humans or materials contaminated by the virus.

The virus enters the body through broken skin (even if not visible), the respiratory tract, or the mucous membranes (eyes, nose, or mouth).

### Symptoms

- The symptoms of monkeypox begin 5-21 days (average 6-16 days) after exposure with initial clinical presentation of fever, malaise, lymphadenopathy and headache.
- Within 1 to 5 days after the appearance of fever, a rash develops, often beginning on the face or genital area then spreading to other parts of the body.
- The rash changes and goes through different stages before finally forming a scab which later falls off. Treatment for monkeypox is mainly supportive.
- The illness is usually mild and most of those infected will recover within a few weeks without treatment

## Do you use LinkedIn

We have a growing Fed community on LinkedIn so if you use it please send a link request to Amelia Curtis-Deer or David Pannell. For those who don't use it, LinkedIn is a nice welcoming social media platform.

## Want a BlueLight NHS discount card?

How to sign up:

<https://www.bluelightcard.co.uk/newuser.php>

- Select 'NHS' from the drop down menu
- Fill in the 'Personal Information' section.
- In the 'Employers Information' section, pick 'Other' in the division drop down list.

You need Fed ID and the easiest is to use your payslip or we can make you an ID card. Email [hr@suffolkfed.org.uk](mailto:hr@suffolkfed.org.uk).

## Meet the Rota Team

**Donna Holmes** – Operations Manager (Rota) – I have been working the Fed for 5 years in November, initially I joined as Medical Secretary for GP+ and have progressed on to Operations Manager (Rota) for Urgent Care Services. My role alongside Delroy is ensuring the rota for Urgent Care Services is covered to the required rota fill agreed by Service Managers for OOH and Extended Hours and to manage the rota team administrators. Over the past couple of years, the rota has increased, as well as our rota team and we continue to work to the daily challenge of providing a safe and sufficient rota for the whole service.

**Delroy Mountford** – Operations Manager (Rota) – I have now been with the Fed for just over 3 years and progressed from Rota Administrator to Operations Manager. Myself and Donna share responsibility to support and not only manage but lead the team to a safe and effective rota fill for Urgent Care Services as well as managing day-to-day challenges and tasks.

**Valerie Footer** – Rota Administrator - I have worked within the OOH service for 15 years in various roles from HR Administrator to Rota Administrator and gone through 3 Tupe processes. Working in the Rota Team for the past seven to eight years has seen many changes in that with the Suffolk Federation the OOH Rota runs alongside the GP+ & ED Streaming, but we are all one big team working together and supporting each other. My aim is to keep a well filled rota at all times to enable a safe service to the patients.

**Lauren Nightingale** – Rota Administrator - I have been with the Fed for over 3 years now working in the Rota team. My main role is to cover Streaming shifts at Ipswich Hospital and West Suffolk Hospital, Front Door Streamer and Streaming Support Nurse. The Role includes a lot of admin work, contacting clinicians throughout the week and checking clinics/ appointments etc.

**Rachel Leek** - Rota Administrator - I started working for the Fed in September last year. I work on the GP+ rota, alongside Natalie and Lauren. I regularly send out correspondence of available shifts to our GP+ clinicians and assist in finding admin cover where needed.

**Pavla Hynkova** - Rota Administrator - I am responsible for filling in the Ooh rota. I have just recently joined the OOH team so still learning but so far enjoying it as no week is the same and you never know what the day brings. It feels great when all the work comes together at the end of each week

**Natalie Coulson** – Rota Administrator - I have just joined the Rota Team after transferring from the Podiatry department, I have worked for the Fed for just over 2 years now starting out as bank at the MIU. I am enjoying the new challenge, every day there is something new to learn and opportunities to speak with and meet new people, I look forward to learning more!



## The Integrated Community Cardiology Service who are they.....

The Federations Integrated Community Cardiology Service (ICC) works in partnership with The Ipswich Hospital to provide specialist cardiology care to patients within a community setting. The ICC hold weekly clinics at Framfield Medical Centre, Woodbridge and Riverside clinic, Ipswich. The ICC are a dedicated team of Cardiology Consultants, GPs with specialised cardiology training, Administrators, ECG technicians and Medical Secretaries. The ICC work closely with the Ipswich Hospital cardiology team to ensure that consistency of care is maintained across both settings for all cardiology patients. The ICC pride itself on delivering a caring, compassionate and efficient service to all patients.

## Suffolk Podiatry Team

On the 9th May, the Suffolk Podiatry Team participated in a joint multidisciplinary CPD teaching event in conjunction with AHP Suffolk and the West Suffolk Orthopaedic service looking at pathologies of the rearfoot. This evening occasion was very successful, and was designed not only to provide CPD but also to strengthen the links between the various stakeholders in the musculo-skeletal pathway in west Suffolk. The event is intended to be the first of a series of collaborative training events, to which any Federation staff are, of course, welcome. A recording of the meeting can be accessed on MS Teams at: [https://nhs-my.sharepoint.com/:v/g/personal/melissa\\_mcdonnell\\_nhs\\_net/EXeKqYQLThLnc7rwTEuaDUBjHdwt57hBYth228yjmDOHw](https://nhs-my.sharepoint.com/:v/g/personal/melissa_mcdonnell_nhs_net/EXeKqYQLThLnc7rwTEuaDUBjHdwt57hBYth228yjmDOHw)

Tina Belsom, MSK Specialist Podiatrist

## Green Car Scheme

Knowles Fleet car benefit scheme offers a simple way to lease a brand new car of your choice that suits your lifestyle and monthly budget. You can choose from a huge range of electric, hybrid and lower emission petrol and diesel vehicles, then select how you would like to pay from two simple options. All main running costs such as insurance, servicing, maintenance and breakdown are included in a fixed monthly cost, with no deposit or credit checks required. To find out more visit [www.knowlesfleet.com](http://www.knowlesfleet.com).