



YMCA DownsLink Group launch online service to help young people in Sussex find wellbeing and mental health advice and support

Do you know a young person that is struggling with their wellbeing or mental health? Perhaps the pressure and anxiety, created by COVID-19, has exacerbated underlying issues? www.e-wellbeing.co.uk is a new website, delivered by YMCA DownsLink Group in partnership with Sussex Partnership NHS Foundation Trust, for young people in Sussex. It provides advice, support and a clear pathway to local services for any young person in need.

The website has been created in partnership with young people and encourages them to practise techniques to support their own mental health and reach out for professional support. This may be a useful resource for colleagues, practice staff and patients.

Update to guidance for people who are clinically extremely vulnerable (shielding)

You will have seen that the Government has updated [the guidance](#) for people who are clinically extremely vulnerable to Covid 19 and have been advised to shield. The update from Government comes into effect from today. In summary the changes are:

- The advice for people identified as clinically extremely vulnerable is that they should continue to shield until at least the 30 June but from 1 June, they can spend a short period of time outdoors each day with members of their household, still maintaining 2m distance from others.
- If the shielded person lives alone, the Government is advising they can meet one other person from a different household, maintaining strict social distancing. The advice is that this be the same person each time.
- Important aspects of Government's policy and guidance remain the same. Apart from going outside once per day, a shielded person should continue to avoid all non-essential face to face contact. This means they should still not go shopping or to pharmacies.
- The support for shielded people remains in place and unchanged.

The Government has also confirmed that it will be reviewing shielding guidance alongside wider changes to social distancing, including plans to write to those on the shielding patients list with information about next steps on shielding after the next review on 15 June.

Medicines Management Update

Anticoagulants – Management during the Covid-19 pandemic

The following guidance has been updated [Anticoagulants | Management during Covid-19 pandemic](#). Information has been included about additional supplies of DOACs that have been nationally procured to counter potential supply issues from switching patients from warfarin to a DOAC during COVID 19.

Access to end of life care medications: Alignment of Emergency Palliative Care Drugs LCS

This information has been added to the prescribing pages of the Sussex CCGs' intranet: [Access to end of life care medications – Alignment of Emergency Palliative Care Drugs LCS](#).

The Emergency Palliative Care Drugs Local Commissioned Service provided by community pharmacies has now been aligned across Sussex. Details of the stock list and current providers across Sussex can be found on the [Local Pharmaceutical Committee's palliative care scheme webpage](#).

Care Quality Commission (CQC) Emergency Support Framework

As part of its recent webinar, the CQC have released this [presentation about the Emergency Support Framework](#), which includes both an overview and a more detailed look the process

Former High Weald Lewes Havens CCG area specific information – Anti-body testing update from Maidstone and Tunbridge Wells NHS Trust (MTW)

The national NHS primary care bulletin issued on 29 May advised the availability of COVID-19 antibody testing. Maidstone and Tunbridge Wells NHS Trust (MTW) are currently in the final stages of preparation to introduce the COVID-19 anti-body test. It is anticipated that this will be available to request via ICE week commencing 15 June. However, a message will be issued to GPs advising exactly when this test will be available.

We will provide an update re. our Sussex Trusts as soon as information is available.

NHS England COVID-19 Primary Care bulletin

NHS England is publishing a frequent bulletin for primary care covering all guidance and information published for general practice, pharmacy, dental and optical on COVID-19. Sign up [here](#) to receive a copy straight to your inbox, and please find an archive of previous editions [here](#).

Sussex CCGs' Primary Care Update

All previous editions of this briefing and its attachments are available on the new Sussex CCGs intranet [here](#). If you have any problems, comments or requests relating to the new site please contact sxccg.digitalcomms@nhs.net

A printable version of today's edition is attached.

Contact Information

If you need to contact the Primary Care Team:

- Call: **0300 131 4380** if you unable to get through, please leave a message
- Email: sxccg.sussexpccovid19@nhs.net