 

Dear GP, Practice Manager & Primary Care Staff!

It is our pleasure to write to you as [Deep End: East of England](https://www.deependeastofengland.co.uk/) a network of people serious about improving the health & well-being of those individuals and communities living in the most deprived areas across East of England.

We are writing to you as **we would love to connect you to other ‘Deep End’ Practices within your region**, to build a network for support and collective advocacy. We work with those 143 general practices serving the 20% most deprived populations, based on [Fingertips PHE](https://fingertips.phe.org.uk/profile/general-practice).

**We would love to connect with you** – we have a **C&P WhatsApp group** in addition to this quarterly newsletter, if you would like to be involved.

(We won’t send you anything else and you can unsubscribe whenever you like).

[Please do sign up here](https://forms.gle/AgpnCMJh13DNg7zb7)!

**Within C&P ICS, these are the identified ‘Deep End Practices’**, however we recognise that every practice will serve patients living in challenging socio-economic circumstances, so-called ‘**Deep End Patients’**, and all practices are most welcome to connect with our network. *Please do forward this Newsletter to your interested colleagues, PCN Health Inequality Leads & contacts!*

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| --- | --- | --- | --- |
| **Deep End Practices: C&P** | **IMD** | **‘Rank’** | **Postcodes** |
| Nightingale Surgery *(formerly Dogsthorpe Medical Centre)* | 39.59 | 13\* | PE1 4QF |
| Westwood Clinic | 38.33 | 21\* | PE3 7JW |
| Central Medical Centre | 38.08 | 24\* | PE1 3BF |
| Bretton Medical Practice | 36.89 | 29 | PE3 8DT |
| Welland Medical *(now Nightingale)* | 36.83 | 30\* | PE1 4FS |
| Thistlemoor Medical Centre | 36.07 | 36\* | PE1 3HP |
| Trinity Surgery | 35.78 | 37\* | PE13 3UZ |
| Willow Tree Surgery *(formerly Bushfield)* | 33.07 | 49\* | PE2 5RQ |
| Clarkson Surgery | 32.82 | 53 | PE13 3AN |
| North Brink Practice | 32.51 | 56 | PE13 1JU |
| Boroughbury Medical Centre | 30.02 | 76 | PE1 2EJ |
| Parson Drove Surgery | 29.77 | 81 | PE13 4LF |
| Paston Health Centre | 29.74 | 82 | PE4 6DG |
| Thomas Walker | 29.54 | 85 | PE1 2QP |
| East Barnwell Health Centre | 28.49 | 93 | CB5 8SP |
| Octagon Medical Practice | 27.91 | 101 | PE6 0SD |
| The Grange Medical Centre | 25.63 | 127 | PE3 6HA |
| Old Fletton Surgery | 25.25 | 135 | PE2 8AY |

**KEY:**

**The symbol \*** denotes those CORE20Plus5 general practices identified by NHSE EoE as serving the most deprived 20% of the national population by identified by the Index of Multiple Deprivation (IMD).

**Approved Training Practice** – as per HEE EoE, Dec 2021 *(see ‘Workforce’ below to learn more)*

**‘Rank’** – Severity of IMD across EoE (from most deprived ‘1st’ to least deprived)

*Please note –the latest data held by PHE is 2019 - hence* ***Bretton Medical Centre*** *is not recognised formally by NHSE to be within CORE20Plus5 as it is still considered within Octagon Practice – we are certain at Deep End that the ‘de-merge’ of Octagon practice will reveal a few more smaller Deep End practices (as well as Bretton).*

*Additionally, the creation of* ***Nightingale Surgery*** *‘merged’ IMD scores – please see NHSE EoE slides* [*here*](https://docs.google.com/presentation/d/1X2gtYVKlP07C73cGtQCSW_6Jft5nT7Re/edit?usp=sharing&ouid=108866508499592287980&rtpof=true&sd=true) *of their recognised CORE20Plus5 practices.*

**Our 5 main workstreams are:** “**A-CREW**” –

Please click on the arrows below to expand whichever areas you are interested in!

## **A**dvocacy

of our patients, staff & communities. These graphs show the current remuneration for practices across C&P – it is not equal, nor equitable & we are exploring with ‘System’ alternative calculations. Please [see her](https://docs.google.com/document/d/1-LKEsArIKkm1cmQKTKdtDkN_BHnuGHRm/edit?usp=sharing&ouid=100073518019290564729&rtpof=true&sd=true)e to see these graphs.

[**The government’s levelling up plan: a missed opportunity**](https://drive.google.com/file/d/1PIQ9H7HZDnJ8hLiOu5aGVBpZXeve3B86/view?usp=sharing) BMJ 10 February 2022)

[**Tackling the Inverse Care Law:**](https://drive.google.com/file/d/1vyr5xxgwrgqk-Ff0qBHGQ0502WfmqLuW/view?usp=sharing) Analysis of policies to improve General Practice in Deprived areas since 1990 – The Health Foundation, Jan 2022

[**Healthcare for Migrants - Humanising Medicine**](https://rcgpportal.force.com/s/lt-event?site=a0d1i00000aKQbhAAG&utm_campaign=2075425_Central%20%26%20East%20England%20Weekly%20Digest%20-%2028%20Jan%2022&utm_medium=email&id=a1U1i000000K4vYEAS&dm_i=49LX%2C18HEP%2CJTS2I%2C5OLE4%2C1&utm_source=Dotmailer): **16 March 2022 | 19:30-20:30 | Online Webinar via ZOOM** This FREE RCGP series has our very own Deep End: EoE Research Lead Dr Emily Clark!

This webinar will allow learners to explore their own understanding of working with complex patients and potential barriers to delivering care. It will cover concepts such as trimorbidity, shame, complex narratives and maintaining the patient central to this.

## **C**limate Change & Environmental Sustainability

– see <https://www.greenerpractice.co.uk/> *Engaging General Practice in actions for the health of patients and planet*

**Connect with others** & email your local C&P group Greenerpracticecambridge@gmail.com

**Listen:** 13-15min episodes Radio 4 New Year Solutions (Jan 2022) – Jo Fidgen tackles the ways in which ordinary people can make a difference. <https://www.bbc.co.uk/programmes/m0001t9x/episodes/player>

## **R**esearch

1[**. PhD in Public Health and Primary Care**](https://www.postgraduate.study.cam.ac.uk/courses/directory/cvphpdhpc) – University of Cambridge

Application deadline: May 16, 2022; Course Starts: Oct. 1, 2022

2.[**In-Practice Fellowships**](https://www.wisegp.co.uk/post/building-your-wisegp-career-the-nihr-in-practice-fellowship-scheme) - **Enhancing your clinical skills: “**[**every doctor a scientist and a scholar**](https://www.researchgate.net/profile/Michael-Rees-4/publication/275208147_Every_Doctor_a_Scientist_and_a_Scholar/links/5534d1970cf283a8f60bda7b/Every-Doctor-a-Scientist-and-a-Scholar.pdf)**”**

The NIHR In Practice Fellowship ([IPF](https://www.nihr.ac.uk/documents/nihr-in-practice-fellowships-2021-round-15-guidance-notes/26847)) scheme is open to all qualified GPs, General Dental Practitioners and Community Dentists taking their first steps in formal research training. Fellows are paid at clinical salary rates to undertake predoctoral (e.g. Masters degree) research training.

3. Get Involved! [**Qualitative research (a Delphi study**](https://cdnapisec.kaltura.com/html5/html5lib/v2.86/mwEmbedFrame.php/p/2103181/uiconf_id/38838661/entry_id/1_6kcc3qzk?wid=_2103181&iframeembed=true&playerId=kaltura_player&entry_id=1_6kcc3qzk&flashvars%5bstreamerType%5d=auto&flashvars%5blocalizationCode%5d=en&flashvars%5bleadWithHTML5%5d=true&flashvars%5bsideBarContainer.plugin%5d=true&flashvars%5bsideBarContainer.position%5d=left&flashvars%5bsideBarContainer.clickToClose%5d=true&flashvars%5bchapters.plugin%5d=true&flashvars%5bchapters.layout%5d=vertical&flashvars%5bchapters.thumbnailRotator%5d=false&flashvars%5bstreamSelector.plugin%5d=true&flashvars%5bEmbedPlayer.SpinnerTarget%5d=videoHolder&flashvars%5bdualScreen.plugin%5d=true&flashvars%5bhotspots.plugin%5d=1&flashvars%5bKaltura.addCrossoriginToIframe%5d=true&&wid=1_vppxpnb6)**)**

Really exciting work – Looking for 50 participants to be part of qualitative research, to identify and prioritise practical, achievable and aspirational actions that might be taken by primary care teams and networks, to address health inequities within the communities they serve. [Learn more / Register your interest here.](http://www.yorkshiredeependgp.org)

🗣️ qualitative research of what GPs & Primary Care Professionals believe can genuinely improve their care of populations living in deprived areas

📑 Collaboratively develop an Action Set

📈 Improve health outcomes for vulnerable groups and/or underserved communities

...from our Deep End colleague Ben.jackson@sheffield.ac.uk

## **E**ducation & Training

✨Amazing opportunity✨ for a **Fellowship for First5 / Early Career GPs who are working in areas of deprivation - 2 paid sessions per week** - fantastic CPD & development possibilities. *Perhaps offer to one of your Salaried GPs to work 4 clinical sessions + 2 sessions as Fellow?! Or use to recruit a new GP?!*

Deadline for EoI (was 6th Feb) – has been EXTENDED to **18th Feb**

<https://heeoe.hee.nhs.uk/general_practice/fellowships-primary-care/trailblazer-deprivation-fellowships>

**Only 36% of Deep End Practices across EoE are Training Practices,** yet we know such TP status supports recruitment & retention of staff … become a Training Practice in C&P this year for an additional congratulatory £2000 – contact your local ‘Expansion Leads’ Camilla c.tilbury@nhs.net or Emma emma.hamilton10@nhs.net .

**Get some great CPD & connect with others!**

**Trailblazer Deprivation Fellowship Online FREE Conference: Friday 18th March** 2022: Time: 0930-12:30 (hear from members of Deep End – with presentation on Deep End: EoE at 1100hrs)

Zoom ID: 930 3711 9577 No Password required to join

[**Managing Drug and Alcohol Problems in Primary Care**](https://www.addictionprofessionals.org.uk/event/addiction-professionals-and-rcgp-joint-conference-2021) **ONLINE Conference 2022: Thursday 24 & Friday 25 March 2022 .** Early-bird prices available until 3 March 2022; One-day ticket: £185; Two-day ticket: £260

<https://www.fairhealth.org.uk/courses> FREE online modules from our Partners, Fairhealth “Helping you learn how to reduce health inequalities”

## **W**orkforce & Wellbeing

**Wellbeing & retention of staff is SO important – for individuals,** we would recommend the podcasts from <https://youarenotafrog.com/> “The Podcast for busy people in high stress jobs”

**For those who lead organisations** – The Institute for Healthcare Improvement (IHI) believes an important part of the solution to mitigating burnout is to focus on [restoring joy to the health care workforce](http://www.ihi.org/Topics/Joy-In-Work/Pages/default.aspx) – [read here](https://drive.google.com/file/d/1-q6TU4ep7oKJqjqASVi3VJ9DxAJdXUdm/view?usp=sharing).

Have a look at a paper published Oct 2021 by local C&P colleagues - **Inequalities in the distribution of the general practice workforce in England: a practice-level longitudinal analysis** - <https://bjgpopen.org/content/5/5/BJGPO.2021.0066>

Interactive dashboard (click on the map) & check your practice & area!- <https://www.phpc.cam.ac.uk/pcu/research/research-groups/crmh/research/crmh-health-inequalities/inequalities-in-the-distribution-of-the-general-practice-workforce/>

## Your C&P Deep End Champions

Deep End Champions are individuals who are either community members or Practice staff in these areas of deprivation who would like to help coordinate our Deep End: C&P work. **We aspire for at least two Champions for each ICS**, who would be willing to sit on the Deep End: EoE Steering Group; coordinate with their local practices; and perhaps have a particular passion for one of the A-CREW workstreams.

**Dr Erin Allison** (erin.allison@nhs.net) works at Boroughbury Medical Centre in Peterborough and has a real passion for ensuring and improving the wellbeing of our practice staff; **Dr Jessica Randall-Carrick** (jessica.randall-carrick@nhs.net) works at Thistlemoor Medical Centre in Peterborough and is one of the Deep End: EoE region Co-ordinators, as well as developing the Advocacy work by working with ICS colleagues in Population Health, Health Inequalities and Data analytics.

If you have a passion for mitigating & reducing Health Inequalities & would like to be closely involved with Deep End: C&P, [please get in touch](https://forms.gle/AgpnCMJh13DNg7zb7)!

We would especially love to identify a Champion who **lives or works in Wisbech/March/the Fens** and who could help to liaise and support these communities&practices.

[Please get in touch](https://forms.gle/AgpnCMJh13DNg7zb7)! *(for mobile browsers)*