

News from the DeepEnd



GP's at the Deep End NENC

Issue 3, March 2023

www.deependnenc.org

FACE TO FACE NETWORKING EVENT— 19th APRIL 2023

We are pleased to announce that we will be hosting our first Deep End Network face to face networking event on 19th April 2023 in the Durham Centre, Belmont Industrial Estate, Durham, DH1 1TN. This will be a morning session, 9:30am—12pm, and there will be refreshments and lunch provided.

The session will be funded to cover any backfill costs/travel time at a flat rate of £400 per practice.

This will be a great opportunity to network with your Deep End colleagues, share learning and have input into the Network's future plans.

Further information regarding the agenda will be circulated shortly. In the meantime we are asking that you save this date in your diaries and please confirm via email if you will be attending as we will need to confirm numbers with the venue. Please note this invitation is open to anyone who works in Deep End practices. Please confirm your attendance by no later than 1st April 2023.

Education Update

Success! A new Deep End training strand for Northumbria GP trainees

One of our latest successes has been to create a 'Deep End' GP training strand whereby GP trainees applying to the Northumbria Scheme who are particularly interested in social deprivation can request to be allocated to Deep End training practices and benefit from additional Health Equity Focused Training through HEE and Fair Health.

All seven Deep End training practices within the scheme will benefit from this (pending interested trainee numbers) and any new training practices will also be added. GP trainees often take on salaried jobs in their training practices after completion of training, so this initiative could also serve to overcome recruitment challenges often seen in Deep End settings.



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Education Update Continued.....

Teaching & Training Opportunities

If teaching and training is something you are interested in but feel unable to pursue at the moment due to time pressures / staffing levels / financial constraints etc, this is a conversation we, the Network leads, are keen to have with you so we can explore ways that the Deep End Network can develop packages of support to overcome these barriers.

If committing to becoming a GP trainer was not something you or your practice felt able to consider, there are some 'lighter options' you may wish to explore:

Become a 'Spoke' - It is possible for a non-training practice to become a 'spoke' practice to a larger, established 'hub' training practice. The option has reduced trainer requirements and may be better suited to some practices. Further information can be found here https://madeinheene.hee.nhs.uk/general_practice/Trainers/Hub-Spoke-Model

University of Sunderland Medical Student Placements

3rd Year Medical Students:

- A good opportunity to dip the toe in the water for 4 weeks with no long-term commitment
- £5,600 reimbursement per 4 week placement
- A pair of students attend 3.5 days each week for 4 consecutive weeks
- May, June and/or July (can do all three)
- One session with an allied health professional
- GP parallel and hot seat consulting
- Comprehensive handbook, face to face presentations and Q+A sessions for interested practices to find out more

5th year Medical Students:

- One student per 10-week rotation
- Three rotations throughout the academic year August- April
- Reimbursement - £8,000 per rotation
- Incentive opportunity for supervisor to complete funded PGCertMedEd Fridays on-line.
- 8 sessions per week in practice
- Parallel surgeries and hot-seating - consult 25-30 patients each week
- Accompanying on home visits, nursing home ward rounds, any other opportunities to get involved in practice activities

If you are interested in any of the above opportunities please email vivienne.branton@nhs.net.

CPD for Healthcare Professionals

We will be adding some educational resources to the Education section of the Deep End Network NENC website which might be useful for CPD and appraisal preparation. If you can recommend any resources that could be added for the benefit of other network members, please email me at vivienne.branton@nhs.net

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Education Update Continued.....

Deep End London Free Online Workshops

Deep End London are running a series of fortnightly online lunchtime workshops from 1-2.30pm which 'explore challenges faced by those working in deprived communities and focus on practical ways to effect change'. The series ends in September and sessions can be joined in isolation without commitment to the whole series.

Upcoming sessions:

Access and candidacy: literacy & digital exclusion (Mar 10th)

Promoting continuity: the value of narrative (Mar 24th)

Mental health and wellbeing: 'depression' & loneliness (Apr 21st)

Advocacy: power, privilege, status & passivity (May 5th)

Financial wellbeing: social capital & resilience (May 19th)

Food poverty: the social gradient to diabetes & obesity (Jun 9th)

Living in pain: pain as the expression of social distress (Jun 23rd)

For more information and to sign up, click [HERE](#)

Opportunities for DE practices

Smoke Free App

Free 9 months premium access to the Smoke Free app is available to anyone who lives within the North East and North Cumbria, enabling users to benefit from access to NCSCT-certified advisors 24 hours a day, seven days a week. This includes on-demand advice or support to boost motivation and encourage continued abstinence when tobacco cravings arise. The app is available by going to www.getmesmokefree.com and entering a North East or North Cumbria postcode when prompted. This will unlock premium access for a 9 month period. Smokefree app promotional resources can be made available upon request to share with both staff and patients who smoke. Please contact tiffany.ghee@nhs.net for further information.



Let's get you
Smoke Free



Free

1. Scan the QR code or go to: getmesmokefree.com
2. Download the app
3. Enter your postcode when prompted

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Research Opportunities

[Deep End Primary Care Research Development Evaluation—Invitation to participate in an online survey / interview](#)

NECS Research & Evidence Team are working on a project exploring what works to support research participation in the most socioeconomically deprived communities. The results will inform future support for research studies provided by the NIHR Clinical Research Network (CRN) in the North East and North Cumbria.

They are keen to hear from staff who work in Deep End practices about your experience of research involvement and the barriers and facilitators – for you and for your patients. This can draw on any experience of research involvement you have had while working in a Deep End practice.

To take part in a 5 minute survey about this, please visit: <https://necs.onlinesurveys.ac.uk/deep-end-primary-care-research-development-evaluation>.

To take part in a 15-30 minute Microsoft Teams interview about this, via Microsoft Teams, please contact necsu.reteam@nhs.net. Include your practice name, location and role. Interviews will be scheduled at a convenient time for you; a focus group with colleagues can be arranged if preferred.

All contributions are much appreciated. Please contact necsu.reteam@nhs.net with any questions or comments.

[NIHR funded study to learn more about mental health management in deprived communities](#)

This is a data driven study that requires *no input from your practice* - just need agreement to allow NECS to process data on your patients in a pseudo anonymised fashion. To find out more please click [here](#) and if you are interested or have any queries please contact ge.ye@newcastle.ac.uk

[Health & homelessness](#)

Northumbria University has secured funding from the UKRI to support the development of a network of organisations and individuals who work to prevent homelessness or support people once they become homeless. Opportunity to attend workshops on the following dates **24th March, 23rd May, 18th July 2023** – to book a place on the next workshop click [here](#) or to find out more click [here](#)

[Public views of health inequalities](#)

As part of [UNderstanding Factors that explain Avoidable hospital admission Inequalities - Research study \(UNFAIR\)](#), members of the public encouraged the researchers to seek more diverse views, particularly those who are at higher risk of health inequalities.

The 3-minute animation reveals the key messages from those conversations and can be found at <https://bit.ly/animationUNFAIR>.

For more information about the project please follow the link to our website or contact Dr. Charlotte Parbery-Clark at charlotte.parbery-clark@newcastle.ac.uk. For more information about UNFAIR, please contact Dr. Sarah Sowden at sarah.sowden@newcastle.ac.uk.