

iCaSH - the integrated Contraception and Sexual Health Service

iCaSH Newsletter August 2019

Welcome to your new iCaSH newsletter, which will be sharing news from across our service on a regular basis, in response to staff feedback in the Trust communications survey.

The aim is to help you keep up to date with your colleagues across iCaSH, celebrate the amazing work you're doing and share relevant news from our wider Trust as well.

This newsletter is built by contributions from each iCaSH county, and then assembled by Emily and Kirstie from the Trust communications team.

It's important that this newsletter works for you, so please take a moment to give us some feedback and help us decide on the name and frequency by completing [the quick survey](#) so we can move onwards and upwards with each edition.



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www.icash.nhs.uk

Stories from across the service

News in brief

- Matthew Winn's HSJ article on why public health services are still part of the NHS. [Read it here.](#)
- As a member of Faculty of Sexual and Reproductive Health (FSRH), Mike Passfield is part of a working group currently reviewing the national service standards for consultations in sexual and reproductive health. He recently [attended a workshop](#) on the development of shared principles for health professionals conducting remote consultations and prescribing.
- iCaSH Express Test [has been shortlisted](#) for a Royal Society of Public Health award. Watch this space to see if we've won - the awards ceremony takes place in October.
- 2018 sexual health data was published by PHE - [check it out to see trends in your area.](#)
- The [annual BASHH conference](#) took place in Birmingham at the end of June, and iCaSH staff including Mike Passfield, Graham McKinnon, Sarah Edwards, Durba Raha, Claudia Kruse and Isobel Hawkins attended. Graham McKinnon also [displayed a poster](#) on the mycoplasma genitalium treatment and testing pilot.
- iCaSH has also done well in the upcoming Trustwide staff awards, with the whole service, as well as Ashley McGonigle and Danielle Pont from iCaSH Peterborough being shortlisted in the Ambulatory category. Huge congratulations also go to Carl Turner, the iCaSH Norfolk administration team, and Amelia Eleftheriades who were all nominated for their great work. Be sure to follow the awards ceremony on 23 September to find out who won.

Stretching Staff at iCaSH Cambridge

Staff are enjoying the yoga session once a month at Lime Tree in Cambridge, which is now part paid by charitable funds.



Patient Feedback Spotlight

The highlight of the Trust Board meeting at Cringleford was hearing from three iCaSH Norfolk service users and watching a powerful film about the impact of stigma following an HIV diagnosis.

The service users talked openly about the loneliness, isolation and negative emotions they experienced and how important it was to be able to access psychological support when diagnosed. It literally can make the difference between life and death. As one service user said: "... without iCaSH you and I wouldn't be having this conversation, they have kept me alive - good on iCaSH!"

Results from NHS Staff Survey

Positive points:

- Staff feel they are delivering high quality care and working well as teams.
- Staff know who their managers are and feel they would support them in a crisis.
- More than average for staff across CCS, iCaSH staff feel that the Trust takes positive action on health and wellbeing.
- Staff would recommend the Trust to friends and family, and believe the Trust would act on concerns raised about/by patients.

Areas for improvement:

- Concerns were raised around staff working additional unpaid hours or coming in when they are ill.
- Quality of appraisals may need improvement.
- Communication and feedback from managers could be better in some areas.

Results from the Communications Survey

Overall iCaSH staff appreciated the weekly communications cascade, and 65% of those surveyed said that they would also like their own service newsletter, which is why this was created.

When it comes to other topics, two thirds of respondents said that team managers discuss organisational messages at team meetings. The majority of people also knew how to contact the communications team if they needed support (drop us a line at ccs.communications@nhs.net).

iCaSH heads to Suffolk Sexual Health Conference

On Tuesday 25th June, iCaSH Suffolk attended their local sexual health conference, hosted by Suffolk County Council, to discuss their work and network with other support services in their area.

Key speakers from iCaSH Suffolk were Dr Sarah Edwards, Consultant GU Physician and Dr Evelyn Kerr, Consultant in Sexual and Reproductive Healthcare.

Julie Steele, Service Support Lead and Claire Studd, Governance Project Officer also attended to promote iCaSH Suffolk with a stall in the market place pictured right.

Overall, there were over 250 attendees from all over Suffolk, including GPs, nurses, THT and more.

[Take a look at the presentations online here.](#)



Research Highlights

- “The new face of HIV” a paper published in InnovAIT RCGP, with iCaSH’s Dr Nelson David as one of its authors. [Read it here.](#)
- “Antiretroviral use in the Midlands and East of England” was a poster published at BHIVA spring meeting Bournemouth in part by iCaSH consultants Dr Gupta and Dr Nelson David. [Read the abstract here \(p128\).](#)
- Dr Malini Raychaudhuri published a research vignette in the Sexually Transmitted infections journal of the BMJ, titled “weekend services in an integrated contraception and sexual health clinic”. [Read it here.](#)
- Dr Catherine Schunmann delivered a talk on ‘Do we leave vulnerable patients behind when integrating services?’ at a variety of conferences, and her talk also formed the basis of evidence provided to the All Party Parliamentary Group on Sexual and Reproductive Healthcare. [Read it in blog form here.](#)
- Amelia Eleftheriades, Clinical Psychologist was awarded a NIHR Collaboration for Leadership in Applied Health Research and Care (CLAHRC) Fellowship to explore the experience of people living with HIV in overcoming obstacles to engage in peer-group activities.

Results from the Drugs and Sex Survey

Samantha Nunn, Research Facilitator

You may remember a number of our clinics supported this BASHH/PHE Fellowship survey last year.

This study examined self-reported Sexualised Drug Use (SDU) and service experience of men (with a focus on MSM) attending Sexual Health Clinics (SHC) in urban and rural areas across England and Scotland. The aim of the study was to understand the prevalence and level of unmet need with the aim that this will help inform service planning, service provision and commissioning processes.

The survey was open to all patients registered as male, over 18 years of age with Dr Durba Raha (Norfolk iCaSH Consultant) acting as Principle Investigator for iCaSH. Survey results were presented at the recent BASHH conference and include findings such as:

- 1) Rural SHC attendees were more than twice as likely to report an unmet need for specialist SDU services,**
- 2) SDU in the last 6 months were significantly associated with bacterial STI diagnoses, PrEP and PEP use in that timeframe.**

Many thanks to all iCaSH clinics that supported this survey. The study poster with more information and results [can be found here.](#)

‘Crossing the divide between physical and mental health interventions’ in the Institute of Psychosexual Medicine’s Journal

Dr Jean Penman, iCaSH Bedfordshire



I noticed whilst working in various roles within the NHS that people experience ill health, physical dysfunction, pain and recovery very differently.

I wanted to know more about the differences. This led me to ask whenever I could, “How are you really?” “What is this physical change like for you?” People told me and so, without realising it, I was choosing very simply to engage with body/mind and emotion. The individual sufferer’s personal experience and their circumstances opened my eyes to see the whole person and to offer a tailor-made response.

Many years later through specialist nursing, health visiting, GP counselling and psychosexual therapy interventions I learnt that working on the background issues and how these link to the body could increase co-operation and reduce symptom severity. I planned then to explore the literature on persistent physical symptoms otherwise known as medically unexplained symptoms. You can discover the thought-provoking findings recently published in the Institute of Psychosexual Medicine e-Journal. [Please follow the link](#) to pages 10-15 (NB ‘adult cost’ in the text should read ‘adult working age cost’).

#Mugged moments and thank yous!



#Mugged is a campaign started by NHS Happiness, where colleagues give each other mugs full of treats as a way of saying thank you for the important work they do every single day. iCaSH Norfolk have been prolific at mugging their colleagues so far, but this is a local initiative that you can start in your clinic or county if you’d like. Talk to your service manager and make sure you send your photos to ccs.communications@nhs.net for inclusion in the next newsletter and to get your photo on social media.

Congratulations Corner

A big well done to our iCaSH colleagues for their following achievements:

Bedfordshire

Benerdet Woodend, Lead Administrator in iCaSH Bedfordshire, attended and graduated from the CCS Stepping Up management course.

Julie Leeson, Associate Clinical Nurse Specialist, iCaSH Bedfordshire, after passing her EKA and Course of 5, has now achieved her Diploma in The Faculty of Sexual and Reproductive Health.

Chloe Nelson, Clinical Nurse Specialist, iCaSH Bedfordshire, passed her EKA exam for contraception.

Krina Patel, Administrator iCaSH Bedfordshire, completed her CCS Care Certificate.

Susan Giles, Clinical Nurse Specialist, iCaSH Bedfordshire, attended training in Cambridge (iCaSH Cambridge) with **Dr Lynne Gilbert** for Intra Uterine Device Scanning.

Huw Williams, THT Service Manager for Bedford, raised more than £2000 for THT by running the London marathon.

Norfolk

In iCaSH Norfolk, **Nina Frusher and Sandy Underwood** have become Live Life Well champions and **Sue Sutton** has become a recycling/sustainability champion.

Clare Allen from Breydon, iCaSH Norfolk, has completed her NMP course and has passed her OSCE and exam.

Jeanette Gowing, our Safeguarding Champion from Breydon, completed a stalking and harassment course at Broadland District Council and also went to Newmarket for county lines training.

Allie McClean a Specialist Nurse from Oak St and another of our safeguarding champions attended a 2 day course in Norwich to be a domestic abuse change champion.

Lesley Smith Specialist Nurse from Breydon and **Allie McClean** from Oak Street completed the domestic violence and toxic masculinity training from Luke and Ryan Hart, whose mother and sister were murdered by their father.

Sonya Issit, a Health Advisor and Safeguarding Champion in Oak Street, completed a two day mental health champion course in Gorleston.

Karen Holland and Paula Waplinton from our administrative team at Oak Street attended a HIV/AIDS Reporters Meeting at PHE in Colindale.

Suffolk

Laura Chase, based at Regent Road, iCaSH Suffolk, has successfully completed her FSRH diploma.

For the first time ever iCaSH Suffolk staff were 100% compliant with their mandatory training in June (excluding staff who are long term sick), this is a huge achievement for everybody especially as Unconscious Bias was only rolled out to all staff in June.

Well done to all of those who have made an extra effort to hand out F&F forms to patients at iCaSH Suffolk! Responses rose sharply to over 200 and remained complimentary.



Starters, Promotions and Leavers

Cambridgeshire

Ellen Priestley, HCA in Wisbech, has left the service to protect and serve in the police forces instead. We wish her all the best.

Welcome to **Elena Melton**, band 2, who has now joined the admin team 25 hours per week at Lime Tree.

Best wishes to **Specialist Registrar, Isobel Hawkins**, who has now gone on her maternity leave.

Norfolk

Audrey Reetz and Lynne Nobbs are retiring in August after 26 and 15 years of NHS service respectively. We wish them the very best in their retirement.

In Norwich congratulations to **Ruth Bescoby**, who will be replacing Audrey as the Band 4 Administration Lead.

We wish **Evie Woolerton**, one of our dual trained HCA/administrative and clerical staff members, and her partner all the very best as Evie begins her maternity leave.

In Norwich we welcome new staff due to start in the coming weeks: **Meghan Khan, Deborah Hunter** in administrative and clerical roles, and new HCA **Niamh Burbridge**.

In Breydon, **Julia Ball** has been appointed into a progressive HIV Specialist Nurse post.

In Breydon, **Ellis Morgan-Smith** has joined us from Addenbrookes in a progressive Health Advisor post.

Donna Gill will begin her new role in July as Express Test Administrator.

Peterborough

Welcome to **Sarah Hammond** as a new Clinical Nurse Specialist joining the Peterborough team.

Suffolk

Jo Woor, who was with the HIV service for 18 years, has left to join Ipswich Hospital as a research coordinator. She will be missed by colleagues and patients alike.

Good luck!

Vacancies

Our 1 year locum Consultant post for Lime Tree, Cambridge is being advertised on NHS jobs again. If you know anyone who could be interested please direct them our way.

Check back on the [CCS NHS jobs page](#) for future vacancies to promote and share with your network.

Are you following iCaSH on social media?

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Would you like to get involved with social media? Contact your service manager to get involved with your local group.

This is your newsletter - have your say

What do you think of the new iCaSH newsletter? Share your thoughts [using this survey link](#) to improve it for next time.

Contact: 0300 300 3030

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