



Issue 64 – 28 October 2024

Contents

Contents	1
Guidance and good practice	2
Controlled Drugs Liaison Officer for Care Homes	2
Learning and development	2
Learning Disability Health Needs Training for Providers – 4th December 2024	2
Leicestershire Social Care Development (LSCDG)	2
External Providers Training Online briefing 5th November 2024 – 10:00am to 12noon MS Teams	2
Health and wellbeing	2
Cervical Screening	3
Specialist Seasonal Vaccination Clinics for Patients with a Learning Disability	3
World Menopause Day – 18 October	3
Consultations and research	5
Secure email for the Adult Social Care Sector Survey	5
Reminders	5
Next edition	5
Useful links	5

Guidance and good practice

Controlled Drugs Liaison Officer for Care Homes

There is a new Controlled Drugs Liaison Officer working in Leicester, Leicestershire, and Rutland (LLR); PC James Stevens. James is a police officer who has visited all pharmacies across LLR and would now like to visit care homes to check Controlled Drugs are being stored in line with legislation. James will initially visit jointly with the ICB Pharmacy Technicians Team. The link below has information about James and his contact details so you can contact him directly.

[CD Incident Reporting and Accountable Officer – Community Pharmacy Leicestershire and Rutland](#)

Learning and development

Learning Disability Health Needs Training for Providers – 4th December 2024

Wednesday 4th December 1.00 pm – 3.30 pm via MS Teams.

The session will cover the role of social care staff – providers, residential and day services, support workers and supported living providers - in relation to the health needs of people with learning disabilities as well as:

- Expectations of an LD annual health check
- Supporting access to cancer and non-cancer screening programmes.
- STOMP (Stopping the over prescribing of medication for people with learning disabilities and or autism).
- The role of specialist learning disability health services. Who to contact and when.

To book a place contact lpt.pcln@nhs.net.

Leicestershire Social Care Development (LSCDG)

External Providers Training Online briefing 5th November 2024 – 10:00am to 12noon MS Teams

The aim of this briefing is to share information in relation to the training requirements for staff, give updates on training that is available, any new guidance and resources to support best practice.

Briefing in open to all staff. On the day click on [Join the meeting now](#)

Health and wellbeing

Cervical Screening

To encourage people with learning disabilities to come forward for cervical screening, two new videos are being promoted to dispel myths and provide reassurance.

The videos have been produced on behalf of the Leicester, Leicestershire and Rutland (LLR) Learning Disability and Autism (LDA) Collaborative. The first is a myth-busting video which features people with learning disabilities in conversation with a local GP. The second video shares an experience of a cervical screening appointment, which illustrates what happens and aims to help with the anxiety that people may have. NHS England have highly praised the videos which are now being shared widely and are suitable for everyone. [Resources and the videos](#) are available to view.

Specialist Seasonal Vaccination Clinics for Patients with a Learning Disability

A series of specialist seasonal vaccination clinics have been set up for people with a learning disability. Individuals will be contacted and booked into a clinic, but they can also call to book an appointment. Contact details and information about clinic dates, times, locations are available at [icb nhs your health vaccinations news](#).

World Menopause Day – 18 October

World Menopause Day took place on 18 October 2024.

Most individuals experience menopause between the ages of 45 and 55 as natural part of biological aging, every person's journey through menopause is unique to them. Menopause is caused by the loss of ovarian follicular function and a decline in circulating blood oestrogen levels. This results in a possible 66 menopausal symptoms to occur such as hot flushes, brain fog and joint pain to name a few.

The menopause transition can be gradual, usually beginning with changes in the menstrual cycle. Perimenopause refers to the period from when these signs are first observed and ends one year after the final menstrual period. Some individuals enter menopause for reasons other than natural changes in their hormones, the two most common types are surgical and medical menopause.

As individuals experiencing the Menopause navigate this transition, they may also experience a range of emotional challenges, including anxiety, depression, mood swings and lowered self-esteem. Therefore, it is so important to recognise that the message 'The Menopause' is outdated because each person's experience of the Menopause is unique to them and varies due to many different life factors. It is imperative to embrace and support everyone's experience of the menopause.

These symptoms can profoundly affect daily life and well-being but can be reduced via a range of support and interventions. By fostering open conversations, providing support, and promoting awareness, individuals can be empowered to seek the care

they need and ensure that mental health during menopause is prioritised, understood and supported.

For effective support around the Menopause this takes a whole biopsychosocial model to really embrace everyone's differences and ensure clear evidence-based messages are provided.

Key resources and information:

- The International Menopause Society (IMS) has released a [paper](#) which addresses the current debates and challenges around prescribing HRT and offers a balanced approach, providing guidance for both healthcare professionals and the public. Whether personally navigating the menopause or supporting someone who is, this document provides valuable insights into HRT.
- [The Menopause Awareness E-learning module](#) is available for all colleagues and provides essential information on understanding and supporting menopause in the workplace. Hosted by NHS England, it is accessible across health and social care.
- The [NHS website](#) offers detailed resources on menopause, including symptoms, treatments and advice on how to manage this natural phase of life.
- Menopause Awareness Sessions delivered by a Henpicked trained Menopause Advocate <https://bookwhen.com/llracademy>
- Menopause Awareness Raising Service, Age UK <https://www.menopauseaware.org.uk/>
- Active Menopause with Together: <https://www.active-together.org/activemenopause>
- Menopause Café's <https://www.menopausecafe.net/>
- Menopause obligations and support- <https://www.acas.org.uk/menopause-at-work>
- [LLR Talking Therapies \(Vita Health Group\)](#) offers support through providing therapy with menopause informed clinicians, for individuals experiencing low mood or anxiety related to any stage of the menopause. This can be via specific menopause group 'Embrace your Menopause' or 1:1 over the phone, through video link or face to face. You can attend an Embrace your Menopause taster session at the [LLR Winter Wellbeing Festival](#) taking place next month.
- The [National Menopause Guidance](#) was developed by NHS England and offers practical advice for both line managers and colleagues, ensuring support is accessible across the NHS. Further support for menopause on the [NHS England website](#).

Consultations and research

Secure email for the Adult Social Care Sector Survey

Making sure the personal information of patients, clients and residents is stored, used, and shared securely is at the heart of joined-up, safe, trusted health and care services. To discover how providers in the Adult Social Care sector can be supported to meet the secure email standard, a short survey has been designed to capture feedback on organisations experiences of using different email solutions.

It is recommended that the survey is completed by someone who has an overview of the organisation's email solution and digital and cyber security arrangements.

[Secure email for the Adult Social Care Sector survey](#)

Reminders

Next edition

The next edition of Provider News will be published during week commencing 11 November 2024. If you are interested in contributing by writing about a topic of your choice, perhaps something that is particularly important to you, please contact us at enquirylinequality&contracts@leics.gov.uk.

Useful links

- [Current and past editions of Provider News](#)
- [Provider conference calls](#)