

# Student Locality Newsletter

## Student Locality Newsletter

Welcome to the fourth student locality newsletter

This newsletter will give you an update on our progress over Summer regarding the student locality health priorities, campaigns, news, useful resources and upcoming training opportunities relating to student health in Leeds.

### Student Locality

The student locality aims to support all students across Leeds West CCG with their health and wellbeing needs. The student locality working provides a great opportunity to learn from each other and facilitates the sharing of best practice for working with students.

If you, or anyone you know, would benefit from joining the student locality mail base, please ask them to contact Chloe Rankin [chloe.rankin@nhs.net](mailto:chloe.rankin@nhs.net)

## Priority Areas

**Sexual Health   Mental Health   Eating Disorders   Diabetes   Gender Identity**

### \* Save the Date \*

Here are the educational sessions we are running this term. Places are limited so for more information, and to book a place, please contact Chloe Rankin on [chloe.rankin@nhs.net](mailto:chloe.rankin@nhs.net)

Friday 17<sup>th</sup> November 12.30-2pm – Young people and diabetes

Friday 8<sup>th</sup> December 12.30-2pm – Food is Medicine

### Mental Health Networking Event

On Friday 29<sup>th</sup> September, LSMP hosted a Mental Health Networking Event, to learn about the support services available for students in Leeds. This was a great event with presentations from; CMHT, LSMP, CAS, YCED, Forward Leeds, IAPT, Student Counselling and Wellbeing at the University of Leeds, One You Leeds, Leeds Beckett Student Wellbeing Team and Leeds Personality Disorder Managed Clinical Network. For a copy of the presentation slides and the notes from the Q+A session, please contact [chloe.rankin@nhs.net](mailto:chloe.rankin@nhs.net)

## News and updates

### FREED

The Yorkshire Centre for Eating Disorders are participating in a study, led by The Maudsley, (SLaM) into Early Interventions in eating disorders, Known as FREED. Visit the website for lots of Information [www.FREEDfromED.co.uk](http://www.FREEDfromED.co.uk) and follow this exciting and innovative work on twitter @FREEDfromED Help your patients to free themselves from their eating disorder by reducing the duration of untreated illness. Get informed and involved today; please call 0113 8556400 for more information!



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## News and updates Continued

### LUU Student Advice Centre

LUU Advice provides tailored confidential and independent free help and advice to students at the University of Leeds, including study abroad. No problem is too small or too big. We can help with anything from accommodation, financial or academic problems to personal difficulties including harassment, assaults, DV or mental health struggles that are impacting studies. Please pass this information onto students registered at the University of Leeds as appropriate. They can drop in to chat to the advice centre in LUU Foyer or email [advice@luu.leeds.ac.uk](mailto:advice@luu.leeds.ac.uk)



### Cold Chain Policy (From Practice Nurse Joan Robson, LSMP)

Data gathered from Datix (2017) has shown that in West Yorkshire alone there were 31 incidents involving breaks in the cold chain in the 12 months leading up to 28/2/17. This has led to vaccines worth £124,227.39p being destroyed. Multiply this across every region the UK and the figure, well I will let you do the maths!

As a nurse I find this heart breaking, these vaccines save lives. As a tax payer I find this an unnecessary waste of resources.

Over the years, the LSMP, led by nurses Alison Langton and Anna Farrah have been running a successful cold chain policy. However for some practices development of a practical cold chain is still 'work in progress'. The CCG's are keen to assist practices in this development. Key personnel involved in cold chain management have been giving talks at the target sessions as a means of supporting practices in this process. The LSMP was very pleased to be invited to participate and share our knowledge at these events.

Joan Robson, practice nurse at LSMP, gave presentations based on the two areas which she felt had been integral to success of their cold chain procedure namely 'communication' and acting on any mistakes'.

As well as sharing practical knowledge, Joan also invited some student nurses who are on placement at LSMP to attend the target sessions. This gave them the opportunity to meet our colleagues from other practices and examine alternative ways of learning and sharing good practice. The students found the experience "thorough and informative" with "easy to follow terminology" and "reassuring, supporting existing knowledge, a way of filling in the gaps". We all agree that sharing of evidence based knowledge can only be a good thing. Why waste time and effort on developing new policies when a colleague may have the information you need. Admittedly you may have to tweak things to fit your own individual practice but by pulling together we can reduce the above figures to a more acceptable level.

### LSMP Hub Update

LSMP is open

7am - 7pm Monday to Friday

9am - 1pm Saturday and Sunday

If anyone is interested in working at the LSMP hub

Please contact Lisa-Jayne Slater on [lisa-jayne.slater@nhs.net](mailto:lisa-jayne.slater@nhs.net)



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## News and updates continued

### Leeds University LGBT Society: Workshop

Leeds University LGBT society is running a workshop on 16<sup>th</sup> November 6-8pm with Maggi Stratford focused on the voice and specialised for people who are transgender, including non-binary people. It will take place in LUU Little House and is free for LGBT Society Members and £5 for non-members. Please promote this to patients as appropriate – patients will need to email [lgbt\\_welfare@leeds.ac.uk](mailto:lgbt_welfare@leeds.ac.uk) to book a place

### Leeds Coeliac Group

The Leeds Coeliac Group offers advice, guidance and support for those medically diagnosed with Coeliac disease and who have to follow a strict gluten-free diet. They organise social events around Leeds and want to support new and existing students in Leeds. Please sign up for their quarterly newsletter packed with helpful information! For further details contact their Group Organiser on 07462 327 287 or [Leeds.coeliac@gmail.com](mailto:Leeds.coeliac@gmail.com)

### TB Screening at LSMP

From October 2017 until March 2018, New Entrant TB Screening will take place on site at LSMP on Wednesday afternoons. Compared to other regions, Leeds has a higher prevalence of new arrivals to the city who develop TB within their first two years. We can reduce people's chances of getting active TB later in their lives through screening and treating those who are shown to be harbouring the disease and who might develop it in the future. NHS England and Public Health England has jointly committed funds to support an increase in the screening rate and treatment of, latent tuberculosis (TB) in new entrants from countries of high TB incidence. The TB screening team will manage all the appointment bookings. For any questions about TB screening please contact the screening team on 0113 843 4344 or [tbhealthvisiting@nhs.net](mailto:tbhealthvisiting@nhs.net)

## Training updates

### Family Planning and Sexual Health

We continue to deliver the FSRH Course of 5, Clinical Experience and Assessment Sessions, LoC SDI and LoC IUD training. The FSRH website can be found at the following link: <http://www.fsrh.org/home/> For more information and to be put on the waiting list, please email [chloe.rankin@nhs.net](mailto:chloe.rankin@nhs.net)

### ATPS (Advanced Training Practice Scheme)

The ATPS offers practices the chance to support student nurses for placements during their time at University and future proof our workforce. Each placement is a minimum of 30 days and practices receive a fixed day rate per student for this. If you do not already take students and would like to, please contact Laura Scott ATPS administrator for Leeds: [lsmptphub@nhs.net](mailto:lsmptphub@nhs.net)

### **Please keep in touch!**

If you would like further information about anything in this newsletter or have something to include in the next newsletter then please don't hesitate to get in contact by emailing [chloe.rankin@nhs.net](mailto:chloe.rankin@nhs.net)