

Our final farewell and some useful resources & contacts

Following national restructuring of ICBs, Bedfordshire, Luton and Milton Keynes ICB will be joining Hertfordshire, and Cambridgeshire and Peterborough to create the new Central East ICB.

As part of this transition, the Care Home Medicines Optimisation function will not be carried forward into the new Central East ICB structure, and the BLMK ICB Care Home Medicines Optimisation Team will therefore not be continuing their current roles once the new organisation goes live from 1st April 2026.



Please find in this newsletter a selection of resources and contacts that we hope you will find useful

Guidance - National & Local

NICE (National Institute for Health and Care Excellence)

Great for straightforward, evidence based advice on all kinds of conditions and treatments.

<https://www.nice.org.uk/>

BLMK ICB Medicines website - [BLMKICB Medicines Management](#)

[Care Homes – BLMKICB Medicines Management](#)

Key Documents:

[Homely remedies toolkit and First Dressing scheme](#)

[Self Care Tool Kit for Care homes](#)

[Covert Administration Guidance \(Adults\)](#)

[When Required \(PRN Medication\) – Guidance](#)

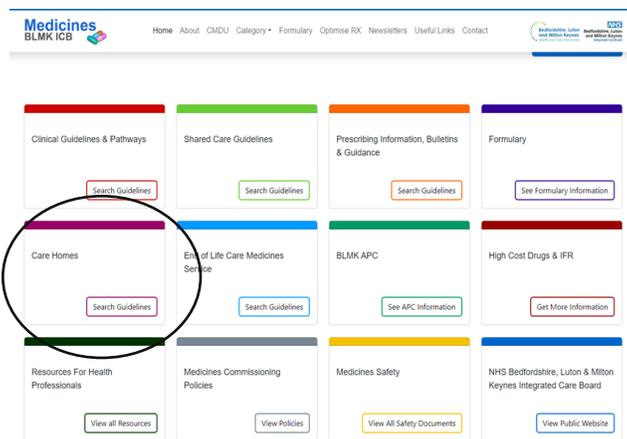
[Expiry dates for medication - Guidance for Care homes](#)

[Meds room and refrigerator temperature guide](#)

[Falls Documents – leaflet and poster](#)

[Medicines Management process for an outbreak of scabies in a care home or residential setting](#)

[Care home newsletters](#)



End of Life Care in Care Homes - Quick Reference Guide: [EOL-Quick-Reference-Guide.pdf](#)

[End of Life Care Medicine Services – BLMKICB Medicines Optimisation](#)

The information in these resources were accurate at the time of publication. The content may not have been reviewed or updated since. Please ensure you refer to the most current guidelines on the CQC website, NICE website and resources found on PrescQIPP to support you.

Quality, Regulation and Local Support

Care Quality Commission (CQC)

CQC's website explains what they look for and what good care should look like, with a section just for adult social care: <https://www.cqc.org.uk/> Medicines.Enquiries@cqc.org.uk

Bedfordshire Care Group Ltd

Supporting social care providers across BLMK - [Beds Care Group Ltd](#)

Hertfordshire Care Providers Association (HCPA)

Available to all care homes for a small subscription fee. Offers lots of resources and recorded webinars on medication topics — available to all, even if your home isn't in Hertfordshire.

<https://www.hcpa.info/>

HCPA provider hub: assistance@hcpa.co.uk 01707 708108.

Find a local pharmacy

The following link is for the NHS Service Finder Website:

<http://www.nhs.uk/service-search/find-a-pharmacy>

Safeguarding - Local Authority Adult Safeguarding teams in BLMK:

[Bedford Borough Safeguarding Adults team](#) - Email: adult.protection@bedford.gov.uk

[Central Bedfordshire Safeguarding Adults team](#) - Email: adult.protection@centralbedfordshire.gov.uk

[Luton Safeguarding Adults team](#) - Email: adultsafeguarding@luton.gov.uk

[Milton Keynes Safeguarding Adults team](#) - Email: safeguardingadults@milton-keynes.gov.uk

Medicines Information and Clinical Support

All of our training information for Adult Social Care staff can be found via the website link below:

[Adult Social Care Staff Only – BLMKICB Medicines Optimisation](#)

Useful medicines information articles and guidance from CQC via the link below:

[Medicines information for adult social care services - Care Quality Commission](#)

British National Formulary (BNF)

The go to place for up to date information about medicines — how they're used, doses, and safety.

<https://bnf.nice.org.uk/>

Electronic Medicines Compendium (emc)

Easy way to look up official information on medicines, including leaflets and safety details.

Just type the medicine name into the search bar. <https://www.medicines.org.uk/emc>

Reporting CD incidents

Incidents involving CDs must be reported to the Care Quality Commission (CQC) and to the regional NHS England Controlled Drug Accountable Officer (CDAO) via www.cdreporting.co.uk

Contact the NHSE CDAO at: england.ea-cdao@nhs.net

Digital help

- Proxy (electronic) ordering email: hblict.informatics@nhs.net
- NHS.net Connect (formerly NHSmail) email: helpdesk@nhs.net Telephone: 0333 200 1133
- eMAR guidance from CQC: [Electronic medicines administration records \(eMAR\) in adult social care - Care Quality Commission](#)
- Terry Wright - Digitisation Project Manager for BLMK (Hosted by Bedfordshire Care Group):
Email: terry@bedscaregrouppltd.co.uk
Email: terry.wright6@nhs.net

Thank you



It has genuinely been a privilege to support you — whether through medication reviews, training sessions, answering queries, or simply being there when things felt challenging. We have always been inspired by the dedication, compassion and resilience you show to your residents day in and day out, and we want to end by saying how much we have valued working with you all. You have welcomed us into your homes, trusted us with your residents' care, and partnered with us through challenges both big and small, and we will miss you more than we can ever say.



Thank you for everything you do and for the difference you make, every single day.

With warmest wishes,

Courtenay, Harprit, Hazel, Kaylie, Kasia, Lindsey, Lisa and Sharon

The BLMK ICB Care Home Medicines Optimisation Team

Contact below for general queries:

Email: blmkicb.medsopt@nhs.net