

## Welcome!



We are making a big effort at the CCG through the summer to meet as many patients as we can and explain how we are helping everyone in mid Essex to Live Well.

We have been at public events in Braintree, Chelmsford, Witham and Maldon to offer you a chance to share your views on our Live Well idea. We invited residents to give us a

little info about how they use healthcare in mid Essex — info we can use to help us shape our plans.

The summer months also bring big discussions with NHS patients about the future of healthcare across mid and south Essex. You can find out more about that over the page.

*Dr Caroline Dollery  
Chair, Mid Essex CCG*

## Taking Live Well out on the road

Since the start of June, the CCG has been at public events to talk about what our Live Well plans really mean for the people who live in mid Essex.

We are planning health services around where patients are in their lives, to give them a better, more joined-up experience and ensure all the people looking after them work together.

We are also planning more local care, in “Live Well hubs” where health, social care and voluntary services all serve their local communities.

Learn more on our website, [midessexccg.nhs.uk/livewell](http://midessexccg.nhs.uk/livewell) — or come and have a chat to us at one of our roadshows still to come!



*Chair exercise in The Grove, Witham*



*Live Well pledges in Prom Park, Maldon*



*Sharing views in the Meadows, Chelmsford*

**More Live Well roadshow dates — come and see us at...**

- **Essex Pride:** Sat 9 July, Central Park, Chelmsford
- **Broomfield Hospital:** Mon 11 & Tue 12 July, Hospital Atrium (Outside M&S)
- **Southminster Flower Show:** Sat 16 July, Station Road, Southminster
- **Men's Health Day:** Wed 3 August, Marconi Social Club, Chelmsford
- **Showcasing Healthcare:** Thur 15 September, Broomfield Hospital Atrium

## One You: taking control of your own health

Our busy lives often means our own health is at the bottom of our priority list. But the ground-breaking One You campaign is here to help.

It includes an online health quiz asking people how they are feeling, helping them to think about activity, alcohol intake and what they eat.

Based on their answers, this quiz links people to free online tools that can help them make lifestyle changes in the areas that need action.

Two in five of all deaths in England result from behaviours such as eating too much unhealthy food or drinking too much alcohol, smoking and



not enough exercise.

One You can help people to eat well, drink less, go smoke free

and taking some exercise — often something as simple as walking the dog more.

Declining health as we get older is not inevitable — living healthily in middle age can double your chances of being healthy at 70. Search for “NHS One You” online to find out more.

## You can help to improve local cancer services

Mid Essex Cancer Services User Group is inviting people affected by cancer to share their views of the care they received and ideas about making improvements.

The group meets on the final Thursday of each month except in August and December, with the next meeting on 28 July.

For more info on the group, visit [mecsug.org.uk](http://mecsug.org.uk), call John Lancaster on 07921 263640 or email [mecsug@meht.nhs.uk](mailto:mecsug@meht.nhs.uk).

## Latest news from the Mid and South Essex Success Regime



Mid and South Essex  
Success Regime

Our area faces particular challenges in meeting the changing health and care needs of our residents. If we take no action, the current NHS deficit in mid and south Essex could rise to more than £216m by 2018-19.

As part of the NHS national “Five Year Forward View”, all the NHS organisations in mid and south Essex — including Mid Essex CCG and the three main hospitals — have linked up to get the system back into balance while delivering the best joined up and personalised care.

Since the previous issue of Engage, work has progressed on the two main Success Regime projects. “Local Health and Care” links up services in the community.

Three Mid Essex CCG executives have leading roles in this, drawing on the experience we already have of improving services for frail elderly people.



**Hospital lead:**  
**Claire Panniker**

For “In Hospital” care, Broomfield, Basildon and Southend Hospitals have agreed to work as a group, chaired by Basildon and Broomfield chief executive Clare Panniker.

Patient representatives from mid and south Essex met hospital doctors on 28 April to discuss what areas of care were important to them and what changes might be needed.

The next major step is volunteers taking part in the Success Regime’s new Patient Forum to discuss what will appear in the full consultation for Success Regime plans this autumn. The first meeting takes place this week.



**More about Mid Essex CCG:** Visit our website for more information about our services and to share your views and experiences: [www.midessexccg.nhs.uk](http://www.midessexccg.nhs.uk). We are also on Twitter [@MidEssexCCG](https://twitter.com/MidEssexCCG).

**You can write to us at:** Mid Essex CCG, Wren House, Hedgerows Business Park, Colchester Road, Chelmsford, Essex, CM2 5PF, email [MECCG.ppe@nhs.net](mailto:MECCG.ppe@nhs.net) or call us on 01245 398750

## National recognition for CCG's new ideas

We are proud of the innovations we have introduced in planning healthcare and keen to share ideas across the NHS. One way we can do this is through healthcare awards, which are publicised across the country.

In the spring we were shortlisted twice in the Health Service Journal Value in Healthcare Awards. A new tool giving a better view of how patients are using local services was a runner-up and we were delighted when our Continuing Healthcare team (pictured) won for their "Fast Track"



approach to getting the right care to people in their final weeks of life.

We also had three finalists at the Transformation in Healthcare Awards on 29 June. No winners that night, but it was still great to see national recognition for the hard work and creative thinking of our staff.

## Watchdog praises patient participation group

Longfield Medical Centre, a GP practice in Maldon, had a check-up itself recently with a visit from healthcare watchdog the Care Quality Commission (CQC).

The CQC's report about the visit was positive for Longfield and singled out the Longfield Patient Reference Group for praise. The group is a partnership between patients and the practice, helping people take manage their own health. The group has regular meetings with the practice to get it more involved with day to day issues.

The CQC said the group offered an excellent example of patient engagement because the practice listened to responded to the group's feedback. For example, following a suggestion about redecorating the waiting room, the practice arranged for artwork from the local senior school to decorate the walls.

If you would like to find out more about the group or patient participation groups at another mid Essex GP practice please get in touch using the contact details at the bottom of this page.

## Essex Sexual Health Service is ready to listen and help

The Essex Sexual Health Service covers the whole of our county and offers walk-in services and appointments, along with a wealth of information on its website.

If you have any concerns you want to discuss, you can telephone the service and check on walk-in session availability, or make an appointment. There is no need to feel embarrassed as the staff are used to dealing with all kinds of infections.

Visit [www.essexsexualhealthservice.org.uk](http://www.essexsexualhealthservice.org.uk) for more details of the service, or call 0300 003 1212 for face-to-face arrangements.

## Showcasing community groups' care services

Mid Essex Hospital Trust and Chelmsford CVS, the Chelmsford-based Centre for Voluntary Action, are planning their third Mid Essex Showcasing Healthcare Event for September.

The show gives community and voluntary organisations the chance to explain their services and opportunities they can offer to people living in our area.

The show is taking place in the Atrium of Broomfield Hospital from 10.30am to 4pm on Thursday 15 September. For more details, contact the CVS on 01245 351888 or [info@chelmsfordcvs.org.uk](mailto:info@chelmsfordcvs.org.uk).



**More about getting involved in local healthcare:** Along with sharing your views, you can join your GP practice's patient participation group; become a community champion or, if you have experience of a healthcare field, become a commissioning champion. For details of these roles, contact the CCG's communications and engagement manager Paul Gilham on [paul.gilham@nhs.net](mailto:paul.gilham@nhs.net) or 01376 531145