

Welcome...

I'd like to start with something exciting, our Marvels of Mid Awards (MOMA's) taking place on Thursday 29 September. Do you know someone or a group that has had a positive impact on the health and wellbeing of yourself or someone else? If you do, wouldn't it be great to see them recognised within the community for their efforts? Turn to page 2 for details on how you can enter.

On the day of the MOMAs, we are holding our Annual General Meeting (AGM) before the awards ceremony. Our Board members will be meeting in public and we warmly welcome people to come along, to find out more about how we work, what's going with healthcare in our area and to ask us questions.

Please remember this newsletter is for you, our patient groups and residents of mid Essex. If there's anything you think we could do to improve it, please let us know. Contact details are at the bottom of the newsletter and we'd love to hear from you!



Caroline Dollery
Chairman
NHS Mid Essex CCG

Success Regime Workshops

**Do you have views about local health and care services?
Want to have a say on how GP and hospital services might
look in future?**

Then come along to one of our Success Regime workshops. Mid and South Essex Success Regime is supporting one of the largest ever transformation programmes in local health and care and they want local people to join the discussion at open workshops in September and October. Local health and care leaders will set out current thinking and are inviting you to give your views and concerns. The workshops dates and times are as follows:



Date	Venue	Time
26 September	Braintree Braintree District Council, Causeway House Bocking End, Braintree Essex CM7 9HB	6pm - 8pm
27 September	Maldon Maldon Town Hall, Market Hill, CM9 4RL	6pm - 8pm
10 October	Chelmsford Essex County Ground, New Writtle St, Chelmsford CM2 0PG	6pm - 8pm
13 October	South Woodham Ferrers Club Wodddham 5-7 Baron Road, CM3 5XQ	6pm - 8pm



Deadline fast approaching for Marvels of Mid Award entries

The Marvels of Mid Awards celebrate the outstanding contributions of people and organisations across Braintree, Chelmsford and Maldon who are transforming people's lives, improving health services and putting patients, service users, carers and communities at the very heart of health and wellbeing in mid Essex.

If you know an organisation or group who have gone above and beyond in helping local people Live Well or have had a positive impact on the health and wellbeing of residents across mid Essex why not nominate them for an award.

Entering takes minutes and can be made by completing an online web form at www.midsexccg.nhs.uk/get-involved/moma/nomination-form. Full details of award categories can be found below.

The deadline for nominations has been extended to 5pm on Sunday 11 September 2016. Winners will be announced at an awards ceremony at the Mid Essex CCG Annual General Meeting on September 29 2016.

Awards Categories

Primary Care Award

We are looking for a professional or team within mid Essex primary care that has gone above and beyond their role to help people in their community, to stay well and get the care they need. This is open to all employees working in GP surgeries, clinics or pharmacies across the area and will be awarded to anyone or any team who displays a commitment to support people and or colleagues in their practice.

Volunteer of the Year

We are looking for a local individual who has shown commitment to people in mid Essex through their voluntary work. They will have

demonstrated selflessness in giving up their time to support a member, or members, of their community and be passionate about the wider community supporting each other.

Celebrating Diversity Award

We are looking for an individual or a team, who are able to demonstrate that they have actively worked to change culture with innovative approaches to engaging people through equality, diversity and inclusion, improving access for hard to reach communities and services for patients.

Individual Patient Participant of the Year

We are looking for a volunteer or representative who has gone above and beyond in their position helping the CCG. This person will not be a CCG member of staff, but someone from the community who is driven to help the CCG at any level. This award is to acknowledge their generous commitment of time, support and inspiration, and to recognise their enduring commitment to NHS Mid Essex CCG.

Patient Participation Group (PPG) of the Year

We are looking for a Patient Participation Group (PPG) that can demonstrate an excellent working relationship with their practice, which has made a real difference to the patients. In recognition of a group's exemplary performance and team commitment and to celebrate excellence in participation between primary care and communities, including patients, service users, carers and the public and for the many devoted hours of encouragement and help the group has given unselfishly to our organisation.

The Mid Essex Live Well Award

An individual or team in mid Essex who has made an exceptional contribution to helping mid Essex Live Well. Entries can come from any sector but will need to demonstrate an outstanding commitment to making a difference to the local health and well-being economy.

E-Learning launched to encourage healthcare professionals to “Think Sepsis”



The NHS has launched a new e-learning programme called “Think Sepsis” which has been developed for healthcare professionals, to improve the diagnosis and early management of sepsis, also called blood poisoning. Sepsis is a life threatening condition that arises when the body’s response to an infection injures its own tissues and organs, so the development of a tool to help health professionals detect this is great.

We are also producing a leaflet to help parents understand general childhood illnesses and to help guide them on what is the most appropriate course of action to take when their child is unwell. One of the illnesses highlighted in the booklet will be sepsis. This booklet will be provided to all schools and to local pharmacists and will also be downloadable from the CCG website over the coming weeks. In the mean time you can find more information about Sepsis from the national charity the UK Sepsis Trust <http://bit.ly/2bVkip6>.

There is also patient information on sepsis available from NHS Choices at www.nhs.uk/Conditions/Blood-poisoning.



Launch of Waste Medicines Toolkit

The Waste Medicines Toolkit is being launched to local Patient Participation Groups (PPG’s) in early October. The toolkit has been developed with patients and is aimed at helping people get the most out of their medicines and reduce the amount of wasted medicines locally.

People not part of a PPG will hear about it from their practice in the next couple of months. If you’re interested in joining up to your local PPG – get in touch.

www.middlessexccg.nhs.uk/get-involved/patient-participation-groups-ppg.

Transforming Care Plans

NHS England have created a plan with other national partners to improve services for people with learning disabilities and autism who display behaviour that challenges, including those with a mental health condition.

Called Transforming Care for People with Learning Disabilities – Next Steps, the plan sets out how more people will be able to live in the community, with the right support, and close to home. You can find out more details at www.england.nhs.uk/learningdisabilities/care.

Mums and Dads of mid Essex – share your story!

If you are a new or expecting Mum or Dad and living in the districts of Maldon, Braintree or the City of Chelmsford, Maternity Voices is your opportunity to share your pregnancy experiences with health professionals.

Maternity Voices is a group for local parents who have experience of local maternity services. It's the place to come if you have an opinion you'd like to share.

This experience can include antenatal appointments, hospital care and the care you receive at home after you have had your baby. Whether you want to tell us about all the great care you received or your experience left you feeling things could have been done better or differently, Maternity Voices wants to hear about it. Why? Because hearing from you helps shape and build an even better service for the future.



At the meeting you can expect a friendly environment, with teas and coffees available and an area for children to play. People who may be planning to have children also have an opportunity to learn about what's going on in maternity services in mid Essex, day to day processes and transformations of the service.

Rachel Hearn, Acting Director of Nursing and Quality at Mid Essex Clinical Commissioning Group, said: "We really want to encourage as many mums and dads as possible to come along. Having a baby is such a wonderful and emotional time – we want to know that the health care people are receiving is also a positive experience for new parents.

"I think many mums and dads could help us improve by sharing their views and experience with us. Please come and join us at the next meeting in September."

The next Maternity Voices Meeting is at Chelmsford West Children's Centre on 20 September between 1pm and 2.30pm. To find out more visit www.midessexccg.nhs.uk/get-involved/maternityvoices or follow us on Twitter [@MaternityVoices](https://twitter.com/MaternityVoices).

South Woodham Ferrers Health and Social Care Group

If you live or work in South Woodham Ferrers did you know there is a new health care group setting up? The South Woodham Ferrers Health and Social Care Group will be just one of the ways you can have your say on local health care services. The group will be meeting on a quarterly basis. But don't forget another great way to get involved would be to sign up to your local PPG. You can find out more about how to sign up at your local GP practice by visiting www.midessexccg.nhs.uk/get-involved.

Rally Round - a FREE online service which makes it easy for friends and family to come together

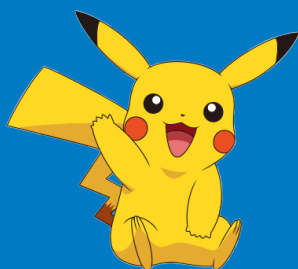
A new free service is available from Essex County Council, working with Action for Family Carers and Age UK Essex.

This online service, called Rally Round, helps family, friends, and volunteers come together to help a loved one who may be in need of some support at home.

If you are caring for someone, you can set up an online network of people who can all chip in and help with different jobs. Together you can all list the different things which need doing and work as a team to make sure your loved one gets the help they need. You can receive text or email reminders and notifications when tasks are completed, and you can bookmark the web page on your mobile. The site is mobile-friendly, making it easy to use on the go.



For more information, and to watch a video about how this works, visit the Essex Rally Around webpage at www.rallyroundme.com. If you need help getting started, you can also contact one of the organisations supporting the service using the online form on the enquiry page.



Could Pikachu help tackle obesity?

It's a craze that has probably occupied your kids and grandkids over the summer, but did you know that Pokémon Go is being hailed as an "innovative solution" to tackling obesity and other chronic diseases.

Why? Because to play Pokémon Go, a virtual reality treasure hunt, players must walk to places in the real world and "catch", "train" and battle monsters which appear on their mobile phone screens. It's tackling sedentary behaviour and getting people out of their chairs. So watch this space for future crazes and new ways to get more active.



Mid Essex social media followers are on the rise



Over the past year, the CCG has been developing its social media in a bid to get more people interested in local health.

With the help of our Twitter and Facebook accounts, the CCG has been able to get more feedback on services from local residents. Since September 2015, the CCG's number of Twitter followers has grown 3390 to 4083 meaning that the account has attracted 693 new people who are now interacting with information posted from the account.

The use of social media has been particularly valuable during the CCGs Live Well summer road show and over the winter period where we were encouraging patients to choose well and access the most appropriate NHS service for their medical need.

Over the next few months the CCG is looking at developing different forms of social media including YouTube and Instagram - so keep following us and sharing our content.

If you would like to share information in relation to services or local NHS good news through our social media accounts please email james.sharp3@nhs.net.

Stay connected with your local CVS

As part of the 'Connect Well' initiative which forms part of our Live Well strategy, we encourage you to keep 'connected' with what's going on in your local community. The Centre Supporting Voluntary Action (CSVA) provide some great updates on opportunities available in your area, things they are up to and opportunities to volunteer, some which you may be of interest to you.

Links to your local CVS can be found below:

Braintree

<http://www.bdvs.org.uk/>

Chelmsford:

www.chelmsfordcvs.org.uk

Maldon

www.maldoncvs.org.uk/

Connect with us

on social media

 @MidEssexCCG

 /CCGMidEssex

 /Mid Essex CCG

 /MidEssexCCG

Get involved

As always we want to hear your views on the work we do here in mid Essex. Please do continue to share with us your ideas and thoughts with us. As well as sharing your views, why not join your GP surgery's patient participation group (PPG); become a community champion or, if you have experience within the healthcare field, become a commissioning champion. For details of all these roles please contact MECCG Communications and Engagement Manager Paul Gilham on paul.gilham@nhs.net or call 01376 531145.