



## Welcome...

Welcome to our December edition of Engage. Something I would like to highlight this month is the CCG's decision to progress with its application for fully delegated commissioning of GP services. Currently, NHS England have full responsibility for commissioning GP services across mid Essex, however with an increasing number of CCGs now taking on more primary care commissioning responsibilities, the CCG board has voted to follow this momentum. The intention of fully delegated commissioning is to give CCGs more influence over the wider NHS budget and support local health commissioning arrangements. To read more on this please [click here](#). We hope you enjoy reading this Christmas edition of Engage and I look forward to updating you with more CCG news in 2017. Merry Christmas and a Happy, Healthy New Year to you all.



**Dr Caroline Dollery**  
Chair, MECCG

# Launch of common childhood illness guidance handbook

**Local parents, grandparents and carers across mid Essex are now able to seek guidance from a new advice booklet when their child becomes ill.**

The Common Childhood Illnesses and Wellbeing handbook is an extensive and informative guide for anyone who cares for a child aged from birth to 11 years old. It gives advice on how to spot signs of illness and what to do for minor conditions such as coughs and colds, fever, dry skin and rashes, chicken pox, bumps and bruises.

Information on mental health and wellbeing, healthy lifestyles more serious conditions like meningitis and sepsis are also covered in the booklet. There's also a handy section on when you should keep your child home from school.



The CCG ran a series of free interactive workshops at the end of November to accompany the launch of the guide. Local GPs and pharmacists hosted the workshops, which went through a series of common scenarios regarding child health and provided advice on 'what to do and when'.

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**Dr Ahmed Mayet delivering a workshop at Newlands Spring School, Chelmsford**

Initial feedback shows that 56% of the parents who came along rated the workshops' usefulness 10 out of 10 and 96% recommended them to other parents and carers. We are planning more events for 2017.

Both the workshops and guide are part of the CCG's wider strategy to reduce the number of people taking children to hospital when they don't need to be there, so the paediatric team at Broomfield can better care for and treat those young patients that really need A&E.

Copies of the guide are available to pick up at local GP practices, community pharmacies, libraries and children's centres. Mid Essex Hospital Services NHS Trust, which runs Broomfield will also be giving a copy to new parents as part of their pregnancy packs and through children's clinics.

To download an electronic version of the handbook please [click here](#).

## Mid Essex Hospital Trust (MEHT) rated "Good" by CQC



Broomfield Hospital  
CQC overall rating

**Good**

1 December 2016

**Mid Essex Hospital Services NHS Trust has received a 'good' rating following the Care Quality Commission (CQC) inspection in June.**

The Trust has congratulated all staff for working consistently and collaboratively to make the changes in response to the 'requires improvement' overall rating which was in place after inspection in November and December 2014.

The CQC rated the Trust as 'good' for being effective, caring, responsive and well-led, and 'requires improvement' for being safe following its re-inspection of Broomfield Hospital from June 14-16 this year and an unannounced inspection on June 30.

The inspectors noted a number of areas of outstanding service practice across the Trust, including.

The full report has been published on the CQC's website, which you can access [here](#).





## Mid Essex residents can now benefit from GP online services



**Patients registered at GP surgeries in mid Essex are benefiting from the online revolution. They can now book appointments with their GP or request a repeat prescription over the internet or using a smartphone.**

People using the service can also read their own GP records and check the results of tests before speaking to their GP if they want to.

Damian Williams, a GP and Clinical Lead for GP Online at NHS England Midlands and East, said: "Many of our patients tell us that they value the convenience of making an appointment at any time day or night, or requesting a repeat prescription without having to visit the surgery. By freeing up the phone lines, they also make it easier for patients who don't want to use GP Online services to get through by phone.

"Having access to their GP records also means that people are more in control of their health and wellbeing. This is particularly helpful for people who are living with a long-term health condition such as diabetes, which needs regular checking and frequent prescriptions."

Dr Caroline Dollery, Chair of Mid Essex CCG said: "GP Online services work through secure computer systems which are already being used by surgeries. People can see only their own information, and some practices are able to make arrangements if patients want family members or carers to access their records."

You can register for GP Online services by taking two forms of identification to your GP surgery. [Click here](#) for more information on GP services.

## Celebrating outstanding achievements in sports and physical activity



*MECCG MD, Carol Anderson, with the Physical Activity Project of the Year nominees*

**Local people came together in Braintree last month to celebrate outstanding achievements in sports and physical activity.**

Hosted by [Active Braintree](#) District Network, the ceremony honoured local volunteers, athletes, coaches, clubs and organisations dedicated to sharing their love of sports, with 10 awards presented on the night. Winners of each category will now go through to the Active Essex county awards being held later this month.

Carol Anderson, Mid Essex CCG's Managing Director, presented the Physical Activity Project of the Year – an award for an individual or team who has had a positive impact on health and wellbeing. The award supports the CCG's vision for Live Well. Carol said: "It's great to hear about clubs and people that are inspiring others to be active and stay well. All of the award winners have made real differences to their local communities because of their passion and dedication."

Halstead Walking Football, Greenfields Chair-Based Exercise and Great Notley Park Run were all shortlisted for the award, with Halstead Walking Football taking the trophy.



# Charity *SPOTLIGHT*

**As many as eight in 10 carers have felt lonely or socially isolated as a result of their role and well over half have lost touch with friends and family as a result of their caring responsibilities. Action for Family Carers is the lead organisation for supporting carers in Essex and might be able to help.**

Action for Family Carers is a successful partnership of local charities who deliver services aimed at carers of all ages. They have recently launched a telephone-based befriending service that reaches out to carers who find it difficult to leave their home and maintain social networks. This service is delivered by a team of dedicated volunteers who understand the strain that caring can place on relationships.

As part of the Supporting Carers in Essex partnership, Broomfield Hospital offers a Carers' Hospital Support and Liaison Worker who receives referrals to support carers. She works closely with hospital teams to help prepare and support carers with plans for discharge and organises ongoing support for the carer after discharge too. The support provided can contribute to successful discharge arrangements and enables the carer to maintain their role for longer.

Referrals for all these services can be made by emailing [info@carersinessex.org.uk](mailto:info@carersinessex.org.uk) or calling 0300 770 80 90.

## #TogetherWeCan: Young person's campaign

**Last month Essex County Council launched two new videos of young Essex people's stories around domestic abuse. The purpose of the campaign is to highlight some of the main issues young people face, to educate about healthy relationships and to signpost young people to support.**

The two characters are actors but one story (the young girl's) is based on real events and the other (the young boy's) is a script written by Family Operations at Essex County Council. Please feel free to share the videos as widely as you can on social media (using the #TogetherWeCan hashtag). If you have a website or access to a noticeboard you can also use any of the other materials to share and display.

To watch the videos click on the images (right).





# New study aimed at improving mental health care in Essex



**Healthwatch Essex** is looking for people to take part in focus groups as part of the latest research study being conducted into how people who sometimes experience sadness, stress or anxiety take care of their mental health.

The study comes at a time when plans to transform health and care services are at the forefront of the agenda. Over recent weeks STPs (Sustainability and Transformation Plans) have been published to outline the broad aims of the changes needed to services to meet the demands of the coming years.

Tom Nutt, Chief Executive of Healthwatch Essex, said: "There has been, understandably, a lot of attention placed on possible changes to services such as A&E as part of the developing STP planning. However, self-care is very much part and parcel of the necessary changes to how health and care services are delivered if we are going to be successful in not only changing how services are delivered, but how people think about accessing them."

Healthwatch Essex is looking for people being treated for anxiety and/or depression to share their experiences and opinions on how the NHS should better support them to take care of their mental health.

As an independent organisation that helps support improvements in health and social care for the people of Essex, Healthwatch Essex is looking for people to take part in a focus group.

The study will aim to improve mental health care in Essex and will involve Healthwatch Essex working closely with GP practices and Improving Access to Psychological Therapies (IAPT) services to find out how people can better take care of their mental health.

To register your interest in attending a focus group please [click here](#) or call **01376 572829**.

Focus groups will be taking place in Chelmsford on 6th January, Harlow on 13th January and Rayleigh on 20th January. Participants who attend a focus group will receive a £20 voucher plus travel expenses.



# Get involved with health in 2017

Mid Essex CCG has agreed its Board meeting dates for 2017 and is encouraging local people to come along and get more involved in what's happening with the NHS locally.

Board members will meet quarterly during 2017 to review, scrutinise and progress the work of the CCG and other health organisations providing services to people across the districts of Maldon and Braintree and the City of Chelmsford.

The meetings are held in public and there is dedicated time on the agenda for people who come along to ask questions.

Dr Caroline Dollery, Chair of Mid Essex CCG, said: "We have agreed to reduce the frequency of our meetings from every two months to quarterly and hope that people continue to come along and find out more about our work and developments in local health services."

The dates and locations for the next three Mid Essex CCG Board meetings are:

- 30th March 2017 - Witham Spring Lodge
- 29th June 2017 - Braintree Town Hall
- 28th September 2017 - Chelmsford City FC

Papers for the meetings are published on the CCG's website one week in advance. For more information [click here](#). Coming along to Board meetings is only one way of finding out more about local health services and having a say. For more ways to get involved with the CCG, please [click here](#).

## Can you stay off the booze for 31 days?

**If you're wondering how you can give 2017 a healthy kick start – have you considered joining Dry January?**



It's Alcohol Concern's 'flagship' campaign and asks people to give up booze for all 31 days in January. It's a chance to ditch the hangover, reduce the waistline, and save some serious money. Alcohol Concern reports that after Dry January, the following happened for participants (it's quite impressive!)...

- **79%** saved money
- **62%** had a better night's sleep
- **49%** lost weight.

If you think you could benefit from a month off booze after reading those statistics, take a look at the Dry January [website](#). And if you're still undecided, maybe take a look at the [impact calendar](#).

## Stay connected ...

As always we want to hear your views on the work we do here in mid Essex, so please do continue to share your ideas and thoughts with us. To submit a story for inclusion in Engage please email [jennaward@nhs.net](mailto:jennaward@nhs.net).

