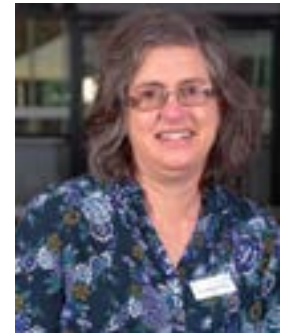


## Welcome...

Welcome to the first Engage of 2017! It's a bumper edition, focusing on services that offer you easy-to-access support.

As we move into the new year, I'd like to wish all of our readers a very happy and healthy 12 months ahead. We're doing our part, working with other organisations to help everyone in mid Essex to Live Well.

Talking of living well, how many of you have made resolutions for the new year to become fitter, healthier, lose weight or give up that vice – smoking, drinking? Read on for more information that can help you to achieve your health goals for 2017.



**Dr Caroline Dollery**  
Chair, MECCG

A new year is also a great time to reflect on your achievements from the year just gone, and we're proud to share with you some of our main achievements from 2016. Happy reading!

# New year, new you – the Essex Lifestyle Service can help!

Make 2017 the year you make positive changes to your lifestyle. That can be hard but you can ask the Essex Lifestyle Service for help – free of charge – that enables you to live a longer, healthier life.

You are more likely to succeed if you make a plan and get the Lifestyle Team's support with:

- Stopping smoking
- Healthy eating
- Alcohol consumption
- Increasing physical activity
- Long-term conditions
- Emotional issues such as stress, depression and loneliness.



Practitioners are available at Chelmsford Library, WJC Birth Centre in Braintree, Burnham Clinic, Witham Library, Whitley House Surgery in Chelmsford, North Chelmsford Health Centre, Baddow Village Surgery, Braintree Community Centre and St Michael's Health Centre in Braintree.

Clinics are by appointment only and you can call to book on 0300 303 9988. And more information about the service is available online from [www.essexlifestyleservice.org.uk](http://www.essexlifestyleservice.org.uk).

# The right care at the busiest time

It has been a very pressured few weeks in our local hospitals with A&E attendance causing high demand for beds and other services. Before Christmas, Mid Essex CCG helped our residents to think about other ways of accessing health services through our 12 Days of Christmas Care campaign.

Along with that advice, we have been working with partners across health and social care to support people leaving hospital as quickly as they need to.

The CCG has also used just under £1m of NHS funding freed up by a national review of GP contracts to help our 46 GP practices create extra appointments for people who need them.

With the help of local GPs, an additional 95,000 appointments with primary care professionals have been created. We are also working with mid Essex practices on ways they can share their expertise and help patients on long-term medication to use their medicines better. More on this in the next issue.



## InterAct Youth Mental Health First Aid

If you work with vulnerable young people aged eight plus, you can sign up to training that helps you spot the early signs of a mental health problem. The course, for parents and carers, runs in Chelmsford over four mornings: 9.30am–1pm on 27 January and then 3, 10, and 17 February.

Charity InterAct are running the event and require a contribution of £10 to cover course materials (although the course is free for people aged 19 and over who are unemployed or have few work skills). To book your place visit <https://interactchelmsford.wufoo.com/forms/sci7qet10xv488/>.

### NEP public question and answer event

Come to an evening event where you can find out more about the proposals to merge North Essex Partnership University NHS Foundation Trust (NEP) and South Essex Partnership University NHS Foundation Trust (SEPT).

The event is on 25 January 2017 at Holiday Inn, Brook Street, Brentwood CM14 5NF and starts at 7.15pm with refreshments.

### Domestic Abuse campaign #Reflect

The domestic abuse campaign called Reflect – designed to engage with perpetrators and encourage them to “reflect” on their abusive behaviour – is now running. It encourages individuals to seek help with Essex-based charity The Change Project ([www.thechange-project.org](http://www.thechange-project.org)).

The supporting material for this campaign features web films, posters and a social media campaign. It has also used washroom and mirror stickers carrying the “Reflect” message which are being displayed in GP surgeries, hospital, universities, colleges and pubs across Essex.



## Change4Life launches new 'Be Food Smart' campaign

A new campaign that highlights the surprising amount of sugar, saturated fat and salt found in everyday food and drink is encouraging parents to 'Be Food Smart' and take control of their children's diet.

Over time too much sugar, salt and saturated fat can increase the risk of serious diseases. In England, more than one in four children aged four to five years old and more than one in every three aged 10 to 11 are overweight or obese.

The Be Food Smart campaign helps families make healthier food and drink choices.

It includes a free app for smartphones you can use to scan the barcode of products, revealing the total sugar, saturated fat and salt inside. The app also offers hints and tips for adults plus "food detectives" activities for kids.

The campaign also includes distribution of 4.6 million free Be Food Smart packs to primary aged children and their families at local events across England.

You can download the free Be Food Smart app from the [iTunes](#) store or [Google Play](#).



## Stub out those cigarettes



**Help is at hand for all those who want to stub out their cigarettes – for good!**

By searching the web for '**Smokefree**', anyone can access free quitting support and tools – including details on local stop smoking services, "Quit Kits", the Smokefree smartphone app, and email and text message support.

Public Health England launched the Smokefree campaign to highlight the damaging effect that smoking has on the heart and to urge smokers to quit in 2017.

The Smokefree campaign reveals that 45 people a day die of cardiovascular disease (CVD) caused by smoking – that's over 16,500 a year in England alone. Smoking is one of the main causes of avoidable death and disability, too.

The Smokefree campaign coincides with the first year that all cigarettes in the UK will be sold in unattractive standard packs with graphic health warning pictures. Many of these illustrate how smoking causes CVD and death.

Residents in mid Essex can also receive free help to quit smoking from the Essex Lifestyle Service. There is more information on the CCG's website at <http://bit.ly/2j34vvu>.

# Have your say on the future of the Minor Injury Units and Walk-In Centre in north east Essex

People who might use the Walk-In Centre in Colchester or the Minor Injuries Units in Tendring District can have their say on the services' future. North East Essex Clinical Commissioning Group, who fund them, are looking for your input.



A period of engagement runs until 1 March 2017 on three approaches that are being considered. People are also encouraged to put forward their own ideas on how these services might be delivered.

More details on the suggested approaches and how you can have your say can be found at <http://ow.ly/6DXz30837RG>.



## Council seeks collaboration from disabled people

**If you, or a loved one has a disability, or you're a carer who looks after someone with a disability – a project called 'Collaborate Essex' would love to speak with you. They are looking for people to share their experiences to help develop and design services for disabled people.**

The work has been commissioned by Essex County Council and HWE Insights, which is a subsidiary of the local charity Healthwatch Essex, are delivering it.

With a six-week period of engagement, the Collaborate Essex team is encouraging anyone with a disability to have their say as soon as possible.

An online survey is available to complete at [www.collaboratesessex.org.uk](http://www.collaboratesessex.org.uk).

Alternatively you can contact Gavin Rogers on 01376 572829 / 07725 187311 or email [gavin.rogers@healthwatchessex.org.uk](mailto:gavin.rogers@healthwatchessex.org.uk).

# Braintree district residents overcome their barriers to get fit and Live Well for 2017

**Braintree District Council's Livewell campaign called "If I Can, You Can" launched this month to promote health, fitness and wellbeing. Residents are being asked to encourage friends and family to get active by sharing their own stories, videos and photos on social media.**

That way, Braintree residents who have overcome their barriers to get fit and healthy are encouraging others to live well in 2017 and saying, "If I Can, You Can."

The council is offering a chance to win one of six £25 vouchers for Fusion Lifestyle leisure centres and one of six fruit hampers from Tesco in Braintree town centre, to residents who share their physical activity pictures and stories on social media.

For a chance to win, share a picture on your own Twitter account and on the Livewell Facebook page at [www.facebook.com/livewellcampaign/](http://www.facebook.com/livewellcampaign/) with the hashtag #IfICanBD. For more information about health and wellbeing please visit [www.livewellcampaign.co.uk](http://www.livewellcampaign.co.uk).

Information about sports clubs and activity sessions in the area is available at [www.getactiveessex.com/](http://www.getactiveessex.com/), with a list of Fusion Lifestyle leisure centres online at [www.fusion-lifestyle.com](http://www.fusion-lifestyle.com).



## Chelmsford Awards for Voluntary Service

Would you like to acknowledge the outstanding work of your volunteers? There is still time to nominate someone for the 2016/17 Mayor's Award for Outstanding Contribution to Voluntary Service.

The awards raise awareness of the time that thousands of local people give to help others by volunteering and in particular those who have made an exceptional contribution to local voluntary action in Chelmsford City, surrounding villages and South Woodham Ferrers.

Nominations (for any age or activity) must be received by 10am on Tuesday 31 January.

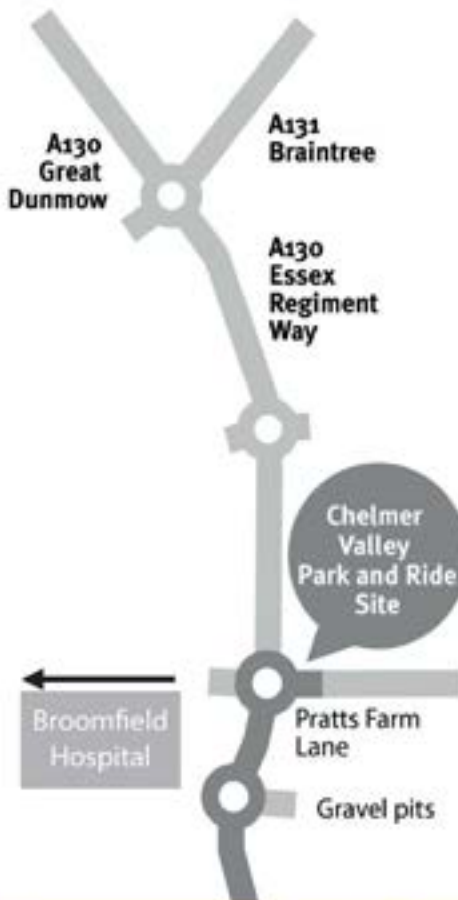
Visit <http://chelmsfordcvs.org.uk/volunteer/chelmsford-awards-for-voluntary-service/nomination/> to complete the nomination form (which you will then need to print off and post).



# Chelmer Valley to Broomfield Hospital



## Park and Ride Shuttle Bus



Essex County Council and Mid Essex Hospitals Services NHS Trust are offering a Community Link service between [Chelmer Valley Park and Ride](#) and [Broomfield Hospital](#), Chelmsford.

- Monday to Friday
- Every 23 minutes from 06.37am to 6.40pm between the two sites
- Standard park and ride charges (£3 per adult, free to concessionary pass holders after 9.00am)

### Timetable

Chelmer Valley (Dep)	0637	0700	0723	Every 23 minutes until	1744	1807	1830
Broomfield Hospital (Arr)	0647	0710	0733		1754	1817	1840
Broomfield Hospital (Dep)	0647	0710	0733	Every 23 minutes until	1754	1817	1840
Chelmer Valley (Arr)	0657	0720	0743		1804	1827	1850

Chelmer Valley Park and Ride is located on the A130 east of Essex Regiment Way, accessed from the Pratts Farm Roundabout.

Further information and queries: Essex County Council  
Tel: 03456 037 631



# CCG 2016 Achievements



Looking back on 2016, here are a few of the achievements and successes the CCG brought for our mid Essex communities and for people's wellbeing more generally.

- Marvel of Mid Awards – we celebrated the outstanding contributions of people and organisations across mid Essex to local healthcare.
- External awards – the CCG won an HSJ Value Award for our fast-track CHC service, and we were finalists in another category at the HSJ value Awards, as well as the HFMA health finance awards and for CCG of the Year at the 2016 HSJ Awards.
- We achieved our in-year savings target.
- Our staff took part in Macmillan Cancer Support's "World's Biggest Coffee Morning", raising £245.50.
- Live Well roadshows – the CCG ran 30 events around Braintree and Maldon districts and across Chelmsford City, capturing the views of more than 300 people and holding in excess of 600 conversations about how we can help them to Live Well.
- First round of childhood illness workshops for parents of young children – after some very positive feedback, we are running more in March.
- We raised money for Save the Children through our staff Christmas Jumper Day.
- We worked with hospital teams to bring improved outcomes for our in-patients as a result of eliminating the most serious type of pressure ulcers (also known as bedsores) in wards.



Mid Essex CCG staff on Christmas Jumper Day

## Stay connected ...

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

