

Welcome...



Dr Caroline Dollery, Chair of MECCG

Welcome to the June issue of Engage, everyone. I'm really pleased that our latest Annual Report is now ready to share with you, particularly because it includes some great successes we've achieved, and helps us share with you some details of the challenges we're facing.

We always try to share as much information as we can about how we plan and buy your healthcare. The Annual Report is an important way for us to do that, as it sets out a summary of our important activities during the past year.

We offer an overview of how we're doing and where we're going in the first 16 pages or so, but the full report goes into a lot more detail if you're interested in a specific area of our work. You can download a copy [from our website](#).

Looking back at the 'cyber attack'

As you probably saw in the news at the time, the NHS was among the big organisations affected by a 'cyber attack' late last month. Mid Essex Hospital Trust (MEHT), the CCG and our local GP practices all had to shut down computers at various times and there was some need to work from paper records.

We're pleased to say the impact on patients in mid Essex was minimal, but some appointments were affected by the necessary changes and we are very sorry for any inconvenience caused. Thank you for bearing with us.

The 'incident room' set up by the CCG at our Chelmsford base coordinated the local response to make sure, most importantly, that no one's safety was put at risk. We also worked to get electronic systems up and running again as soon as possible.

In the time since we returned to normal working, both the CCG through our emergency planning team and the NHS nationally have taken a good look at how we can reduce the impact of any attacks in future.



Walk the world CCG challenge

Back in March, the CCG launched a Live Well challenge to staff called Walk the World – to try and complete 25 million steps in 100 days.

By encouraging staff to take up the challenge, we wanted to increase physical activity and showcase how they adopt our values and Live Well.

94 people started the Walk the World and 56 finished the challenge. Together we walked 58,442,105 steps which equates to 27,671 miles which means we have officially walked around the world (and some!).

We stopped off and ‘virtually’ sampled the culture and cuisines of 14 countries, crossed

24 timezones and swam 16 seas in our endeavours.

Later this summer, a new NHS campaign called Active 10 is launching to get more people involved in a brisk 10 minute daily walk to improve overall health.

So if you’ve been inspired by hearing about our staff’s great achievements, why not take up the Active 10 challenge yourself. [Click here](#) to find out more.



Marvel Of Mid Awards (MOMAs) are back!



Last year, for the first time, the CCG launched its community awards – the MOMAs – and had such a fantastic time celebrating the achievements of our public, patients and volunteers that we’re running the awards again this year!

Launching early next month (July), the MOMAs will celebrate our heroes in the community who go above and beyond to support communities to stay well and live well.

We’re also launching our Community Ambassador of the Week in the lead up to the MOMAs – a chance for us to showcase someone in the local area who inspires you.

Look out for more information on both on the CCG website and via email in the next few weeks.



The Latest on CCG Engagement



here is the publication of our latest Annual Report and Accounts. As Dr Dollery said in her introduction on page 1, we want to give everyone the chance to see how we have been helping mid Essex people to Live Well during 2016/17.

Importantly for me as the CCG's Lay Board Member for Patient and Public Engagement, the Annual Report shares many of the ways we've involved our residents in planning healthcare, both for them personally and the wider

area. This is not just a legal obligation, but a personal commitment for us and I hope you find reading about some of the work we've done interesting.

then our Chief Pharmacist is speaking to the South Woodham Ferrers Health and Social Care Group on Thursday 13 July.

If there is anything in the Annual Report you would like to ask us about, join us at our Annual General Meeting from 1.30pm on Thursday 29th September at Chelmsford City Football Club. Not only will we be holding our Marvels of Mid community awards on the day, the Annual Report will be formally presented to Board and you'll again have some time to ask questions. Please do come along.

Summer is well and truly here! It's lovely to have the sunshine here in mid Essex, but the arrival of a heatwave last week also means we have to take care when we're out and about.

The CCG has been sharing advice on our social media channels about how to Be Well during hot weather. We're also working with healthcare colleagues and local media to get the message out – and offering some tips on staying cool in this issue of Engage.

Another sign the summer is

We're still out and about meeting people this summer, with stands at the Little Legs Festival in Braintree last week and Essex Pride in Chelmsford to chat with our LGBT community on Saturday. You can come and see us in the atrium of Broomfield Hospital on Tuesday 4 July for Health Information Week, and



Update on Mid and South Essex STP

Our local sustainability and transformation plan (STP) has been continuing to develop over the past month, holding workshops for clinical leaders that focused particularly on helping people get home from hospital earlier, safely, as most in-patients want to.

During the run-up to the local elections in May and the General Election in June, there was much discussion in the political campaigns about A&E services.

To help people understand how plans are shaping up, the NHS has made a short film, online at youtu.be/xSNn_nZ2Opl. It explains how all three hospitals will continue to have an A&E and how they will give better access to top specialists for the patients who need their expertise most.

Proposals are being developed with patient input and everyone will have a chance to give their views on the final proposals.

Improving mental health services for veterans

NHS England is now running a new Veterans' Mental Health Transition, Intervention and Liaison Service. It builds on earlier successes and seeks to provide better access and treatment sensitive to patients' and families' needs.

One benefit is that armed forces personnel approaching discharge can also now get NHS care and treatment for mental health conditions.

Available across mid Essex and the rest of England, the service allows patients to self-refer, although they can also ask for a referral from a healthcare professional or a service charity. It doesn't matter when they left the armed forces – the support is there for them.

You can find more details of the engagement, what people and what the new service offers on the [NHS England website](https://www.nhs.uk).

Could you be a South Woodham on-call?



Essex County Fire and Rescue Service is looking for on-call firefighters to help keep South Woodham Ferrers safe. Could you be a South Woodham on-call firefighter?

The fire service is keen to have a chat with anyone interested in the role who lives within five minutes of South Woodham fire station. On-call firefighters respond to incidents such as fires and road traffic collisions when they're paged and also carry out community safety work.

You'll need to be over 18 and physically fit. To find out more, head along to a recruitment information session at the fire station, in Ferrers Road, on Saturday 1 July between 10am and 1pm.

You can also find out more about being an on-call firefighter on the Essex Fire and Rescue website or by calling 01376 576698.

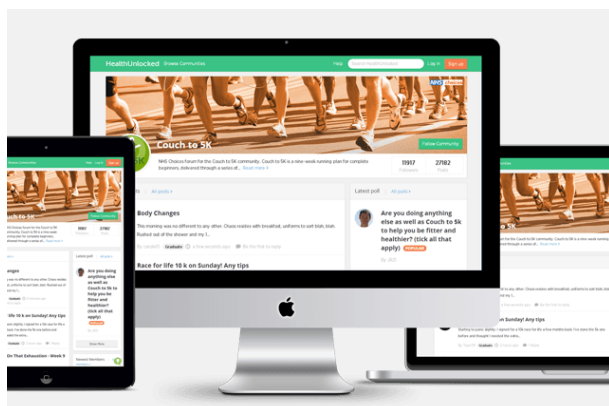
Help to Stay Well online from other people with your condition

A handy way to Stay Well if you have a long-term condition (LTC) that affects your health is to find out how other people manage theirs. Now, the NHS is supporting a “social network for health” that allows you to share your experiences and read posts from people like you.

HealthUnlocked is available as a website or an app on a tablet or smartphone. By helping you to find other people with similar health backgrounds, you can take on your day-to-day health concerns together.

And because all the communities around particular LTCs are set up by leading health organisations, everyone has access to support they can trust. Nearly 7 in 10 of the people who use HealthUnlocked had never spoken to someone else with the same LTC before, but after getting in touch, more than 9 in 10 found the service useful or even life-changing. It helps people build confidence when talking to professionals about their condition, too.

To find out more about HealthUnlocked communities, search for your LTC on the [NHS Choices website](https://nhs.uk/choices) and then select the “Community” tab. You can also visit <https://healthunlocked.com/> or find them on [Twitter](#) and [Facebook](#).



Heatwave Advice



Last week the Met Office issued heatwave warnings across the country. While forecasters are expecting [a few more days of cool weather](#), it's worth being prepared in case there are any more really hot spells through the summer.

Heatwaves can affect anyone, but there are several groups at particular risk, including people over 75, anyone with a serious chronic health condition – particularly one affecting their heart, breathing or mobility – and young children.

NHS England and Public Health England have a [leaflet available for download](#) with detailed advice on coping in very hot weather. There is extra advice for new parents, too, but there are a few simple tips you can follow:

- If you have to go out in the heat, walk in the shade, apply sunscreen and wear a hat and light clothing
- Keep babies under six months old out of the sun altogether – give them wide-brimmed sun hats and parasols or sun shades over their pushchairs
- Have plenty of cold drinks and avoid excess alcohol, caffeine or drinks high in sugar
- Shade your windows and try to get a draught flowing through your home
- Look out for neighbours, family or friends who may be isolated and unable to care for themselves
- Make sure medicines are stored below 25°C or in the fridge (read the packaging for guidance)

The CCG shares heatwave alerts from the NHS and the Met Office on social media – follow us on [Twitter](#) and [Facebook](#) for the latest information.

Ideas Hub Chelmsford

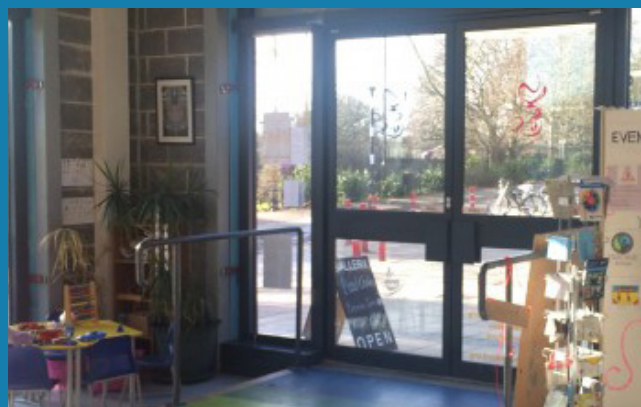
If you would like to meet new people, enjoy some affordable home-made food and enjoy some social activities for all ages, why not visit the Ideas Hub Chelmsford.

Based in Market Square, Chelmsford, the hub is a registered charity that offers a friendly café atmosphere, conversation, events and info on the local area.



The hub also offers space to other charities and community groups, and hosts a variety of events. The next one, a series of interactive talks on

the history and activities of Barnardo's, is happening on Wednesday 5 July from 5.30pm. Everyone is always welcome at the Ideas Hub and you can find out more by visiting www.ideashubchelmsford.org.



Patient group activity around mid Essex

Our patient groups are always looking for ways to help their communities Live Well – here are just some of the activities going on at the moment.

William Fisher Medical Centre in Southminster has seen a week-long medicine waste event run by its patient participation group. Volunteer members met fellow patients in reception for conversations about medication use, handed out flyers with more information and ran a raffle.

Mid Essex Hospital Trust's Patient Council is continuing its work gathering patient views on ward visits and building links with patient representatives at the two hospitals in south Essex. The

group is also involved with plans for the new medical school at Anglia Ruskin University in Chelmsford.

Meanwhile, the patient participation group of Beacon Health Group, which has GPs in Danbury and Springfield, has begun planning a self-care event in the autumn. Engage will bring you more details next time.

The Patient Reference Group at Longfield Medical Centre has spent June offering carbon monoxide testing to patients waiting for their appointments at the GP practice in Maldon. The group wanted the tests to help patients improve their overall health. With the practice's support and using

equipment from [Provide](#), the patient group did 36 tests just in their first session. As the sessions have continued, they have also signposted people to stop-smoking support.

The chair of the Longfield patient group, David Wilkin, said: "As volunteers we continue to provide innovative support...to our surgery, its staff and patients. In the future we are planning healthy lifestyle workshops and, once again, to manage our annual flu vaccination clinics.

"Volunteering...directly helps our surgery and can be fun as well."