

Living and staying well this Christmas and new year



Share
a scarfie
save a life



Find
Pharmacy
opening
hours over the
Christmas and
new year



Celebrating
the work
of our Patient
Participations
Groups
throughout
2017



Welcome

Welcome all to our Christmas edition of Engage.

We've been having some fun at the CCG over the past couple of weeks filming for our Christmas 'self care advent calender', bringing you top tips on how you can live and stay well this Christmas and new year. Find out more on the opposite page.

You can also find useful information on page 4 about local NHS health services available to you over the festive and bank holiday period, such as pharmacy opening hours.

We look back in this festive edition at the wonderful work of our patient participation groups throughout 2017, from page 6.

Happy reading all – and wishing you a very merry Christmas and a happy and healthy 2018!

Dr Caroline Dollery
Chair Mid Essex CCG



Contents

3 **Open the door to self care** with our NHS Advent calendar

4 **Share a #scarfie, save a life** – find out more about the campaign launching this winter

6 **Stay well this Christmas and new year** and find pharmacy opening times

8 **Celebrating the work of our PPGs** in mid Essex throughout 2017

10 **New perinatal mental health service**

11 **New initiative for our care home residents**

Meet the team

This edition has been put together by Jenna Chapman, Communications and Engagement Assistant and James Sharp, Communications and Engagement Officer.

TELL US WHAT YOU THINK

If you have any comments about the magazine or suggestions for future articles, please contact the communications department on 01245 549483 or email jenna.chapman3@nhs.net

Open the door to self-care with our NHS Advent Calendar

To help people in our area Live Well this Christmas and embrace self-care, health professionals across mid and south Essex have launched a video [advent calendar](#).

It's aimed at raising awareness of winter health and offers advice on local health services available over the festive period – as well as general self-care advice.

You can join us in opening a new door on our advent calendar every day.

Find out top tips on keeping warm in the cold weather, how to keep active, where to go if you're feeling stressed or worried during the festive season and how to avoid giving the gift of a tummy bug by cooking the turkey correctly!

The calendar will be available on the Mid Essex CCG YouTube channel or through our Twitter feed, [@MidEssexCCG](#).

For further information about the national Stay Well This Winter campaign, please visit www.nhs.uk/staywell



Breathe easy this winter



Health professionals across mid and south Essex are encouraging people with respiratory conditions to stay well this winter by joining in with the new campaign called #Scarfie.

Across the NHS, admissions to hospital for respiratory illness increase from 1,000 a day to 2,000 a day between November and February.

#Scarfie hopes to encourage people with Asthma, COPD and other respiratory illnesses to wear a scarf this winter to ease their breathing and keep well.

Sonia Munde, Head of Asthma UK Helpline and Nurse Manager, said: "During the winter people are at greater risk of having a life-threatening asthma attack due to seasonal triggers such as cold air and cold and flu viruses.

"Wrapping a scarf loosely around your mouth and nose warms up the air before you breathe it in, which can reduce your risk of an asthma attack. More than 72,000 people in mid and south Essex have asthma and this could help them to stay safe this winter. We'd encourage anyone with asthma who needs further information and support to contact Asthma

'Wrapping a scarf loosely around your mouth and nose warms up the air before you breathe it in, which can reduce your risk of an asthma attack'

UK's Helpline, which is staffed by nurses on 0300 222 5800 or visit www.asthma.org.uk."

Mid Essex voluntary services have been working with local knitting groups and other volunteers to make or bring in scarves to give away for free this winter. Local schools, sports groups, patient groups and hospitals are also joining in the campaign to help keep people well this winter.

Giant scarves have also been placed on a number of high profile landmarks across mid and south Essex to help raise awareness of the #scarfie campaign.

Pauline Pickering, Volunteer Centre Manager at Chelmsford Centre Supporting Voluntary Action said: "We've

been so excited to get involved in #Scarfie – our knitting group is always happy to support great local projects and this one helped many people to see the benefits of using a scarf to protect themselves."

Pauline and her Knit and Natter group produced 44 individual scarves which, if stretched upwards, would reach a height of 135 feet– the size of 14 double decker buses stacked on top of one another. Scarves will be donated to local foodbanks and homeless

charities across mid Essex to help those in need stay well this winter. Information about #Scarfie and staying well over the winter is available on all CCG and Hospital Trust websites across mid and south Essex and being shared with all GP practices

and other health and care professionals.

Anyone can get involved in #Scarfie – all you need to do is take a selfie with a scarf covering your nose and mouth and post to Twitter or Instagram using the hashtag #Scarfie.



Picture: Braintree Area Foodbank



Picture: Dr Jenkins, Respiratory Consultant at Mid Essex Hospital Trust (far right) and Pauline Pickering, Volunteer Centre



Picture: Reception class at Richard de Clare Primary School, Halstead.

Stay Well this Christmas and New Year

Your guide to health services in mid Essex over the festive season

A selection of community pharmacies will be open to offer advice and treatments (see opposite for opening hours) and GP appointments have been made available to help you Stay Well this Christmas and new year.

If you do need to see a GP when your usual practice is closed, call **NHS 111** – a free, 24-hour telephone service, to access help.

When you call NHS 111, they will ask you some questions to assess your symptoms and then find the right local health service for you – this includes booking a GP appointment if appropriate.



**when it's less
urgent than 999**

Dental emergency



Call NHS 111 and you will be directed for emergency treatment where necessary.

Feeling low?



Christmas and New Year can often be a stressful time so it's important to look after your mind as well as your body.

If you are feeling tense or anxious and need to talk to someone, the following organisations run helplines over the festive period:

Samaritans: Call **116 123** free 24/7

Silver Line: (for older people who are isolated)
Call **0800 470 80 90** free 24/7

Childline: Call **0800 1111** free 24/7

North Essex Mental Health Contact Line:
for people living in Chelmsford, Maldon and Braintree: Call **0330 726 0130** free 24/7



Dr Mayet
Witham GP



Bank Holiday Pharmacy Opening Times



Your local pharmacist does a lot more than dispense medicine. They can offer medical advice on a range of common conditions including coughs and colds, aches and pains, skin rashes and minor injuries.

Over the counter medicines are available to help relieve many mild symptoms. Speak to your pharmacist for help choosing the medicine that will work best for you, advice on whether you need to see a doctor and guidance on self-care and maintaining a healthy lifestyle.



Mary Oaiya
Pharmacist
Chelmsford

Christmas Day - Monday 25th December 2017

Savages Pharmacy	22 Station Road, Burnham-on-Crouch, CM0 8BQ	11:00am to 2:00pm
Colecross Pharmacy	1 Hylands Parade, Wood Street, Chelmsford, CM2 8BW	10:00am to 1:00pm
Govani Chemist	14 Queen Elizabeth Square, South Woodham Ferrers, CM6 1AB	10:00am to 12:00 noon

Boxing Day - Tuesday 26th December 2017

Boots Pharmacy	7 George Yard, Braintree, CM7 1RB	10:00am to 4:00pm
Boots Pharmacy	High Chelmer, 43 High Street, Chelmsford, CM1 1DD	7:30am to 6:00pm
Boots Pharmacy	Unit B2, Chelmer Village Retail Park, CM2 6XE	8:00am to 6:00pm
Boots Pharmacy	Unit 29, The Meadows Shopping Centre, Chelmsford CM2 6FD	10:30am to 4:30pm
Boots Pharmacy	69-71 High Street, Halstead, CO9 2JD	10:00am to 4:00pm
Boots Pharmacy	54 High Street, Maldon, CM9 5PN	10:00am to 4:00pm
Boots Pharmacy	42 Newland Street, Witham, CM8 2AR	10:00am to 4:00pm
Lloyds Pharmacy	Sainsbury's, 2 White Hart Lane, Springfield, Chelmsford, CM2 5PA	10:00am to 4:00pm

New Years Day - Monday 1st January 2018

Boots Pharmacy	High Chelmer, 43 High Street, Chelmsford, CM1 1DD	10:30am to 4:30pm
Boots Pharmacy	Unit 29, The Meadows Shopping Centre, Chelmsford, CM2 6FD	10:30am to 4:30pm
Boots Pharmacy	69-71 High Street, Halstead, CO9 2JD	10:00am to 4:00pm
Boots Pharmacy	54 High Street, Maldon, CM9 5PN	10:00am to 4:00pm
Lloyds Pharmacy	Sainsbury's, 2 White Hart Lane, Springfield, Chelmsford, CM2 5PA	10:00am to 4:00pm

WE NEED YOUR NEWS

If you would like to share any of the good work your Patient Participation Group has been doing please forward your story to jenna.chapman3@nhs.net

Celebrating the work of our Patient Participations Groups throughout 2017

As we come to the end of the year it's a good time to look back on some of the activities that our mid Essex GP practices' patient participation groups (PPGs) have been getting up to.

Fern House, Baddow Village, Kingsway, Melbourne House and Little Waltham and Great Notley Surgeries all successfully ran their waste medicines campaign and held lots of conversations with patients. Marian Redding, who chairs the Fern House patient group, helped make a video about how her practice has been using the toolkit to generate conversations and raise awareness of waste medicines with patients.

View her video at <http://bit.ly/2o6t2Pu>.

Trevor Fernandes, Chair of Blackwater Medical Centre PRG, spoke on camera about 'GP Online' which was posted to the CCG YouTube channel. You can view his video at <http://bit.ly/2ASPF3g>.

The PPG at Beauchamp House Surgery continues to run a health walk called "Chelmsford Heart and Sole" every Tuesday, starting from the practice on the Odeon Roundabout in central Chelmsford.

Each stroll begins at 12noon and walkers follow a circular, mainly off-road route along the River Chelmer, passing some attractive parts of the river and open fields.

William Fisher Medical Centre patient participation group in Southminster held a week-long medicine waste event.

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 worked hard to gather 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.

Beacon Health Group, which has GPs in Danbury and Springfield, ran it's self-care event in the autumn at Springfield Parish centre to help their patients in North Springfield particularly to 'Live Well'.

Longfield Medical Centre PPG 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.



New Perinatal Mental health Service

Mums who experience, or are likely to develop a severe mental health condition during the perinatal period (from conception to one year after giving birth) can now access a new Perinatal Mental Health Service which provides specialist community based care and support.

The service, provided by Essex Partnership University NHS Foundation trust, will operate from two hubs with one based at Rochford Hospital covering the south of Essex (Southend, Castle Point, Rochford, Basildon, Brentwood and Thurrock), and one based at the Linden Centre covering the north of Essex (our area plus Tendring, Colchester, Epping, Harlow and Uttlesford).

Each hub is made up of a number of



specialists in perinatal adult mental health, including: mental health nurses, a consultant psychiatrist and a clinical psychologist.

To contact the Perinatal Mental Health Service email perinatalteam@nhs.net. Each hub is also contactable directly using the following phone numbers:

North Hub – 01245 315637
South Hub – 01702 538170

Farleigh Clinical Advice Line

Clinical Advice Line

08:00 – 20:00, 7 days per week



01245 455478

Call now for information about hospice care, advice on managing symptoms, and other needs relating to a life-limiting illness.

www.farleighhospice.org

Registered Charity No 284670

Farleigh Hospice has relaunched an advice line staffed by specialist nurses who can give support, help and information to people with life-limiting illness, their families and friends.

The advice line gives carers and patients themselves access to a specialist palliative nurse and can be a gateway to other services that may help provide care towards the end-of-life.

Stay connected ...

As always, we want to hear your views on the work we do here in mid Essex, so do continue to share ideas and thoughts with us. To submit a story for Engage, please email jenna.chapman3@nhs.net. To get more involved with local healthcare contact paul.gilham@nhs.net.

[@MidEssexCCG](https://twitter.com/MidEssexCCG)

[/CCGMidEssex](https://facebook.com/CCGMidEssex)

[/Mid Essex CCG](https://youtube.com/MidEssexCCG)

[/MidEssexCCG](https://instagram.com/MidEssexCCG)

Mid Essex Care Home Manual

Last month we launched the Mid Essex Care Home Manual to a packed audience at the Marconi Club in Chelmsford.

The manual has been developed together with Essex County Council social services and Provide to help support care staff working across all of our residential and nursing homes and homes specialising in providing care for people with learning disabilities.

We hope the manual will be a 'one-stop-shop' to guide staff in making assessments; dealing with common illnesses and – most importantly – knowing which services to go to and when for more advice and help.

If you would like to view the manual follow this link <http://bit.ly/2nIC8Gp>.



New initiative for our care home patients

We are making it easier for residents in our care homes should they need to go into hospital.

From December 2017 a new scheme – the Red Bag – will be coming into care and nursing homes across mid Essex.

All residents going in for either planned or unplanned hospital care will be given a red bag which will keep together certain information such as paperwork, personal belongings and medication. It stays with them throughout their stay in hospital and is returned home with them.

It's a national scheme and already happening in other areas of the country. The benefit for the care home residents include reducing the amount of time taken for ambulance transfer and for A&E assessment. Some care home residents may also spend less time in hospital as a result. More information is coming soon!



Picture: Trish Newton, Clinical Quality Nurse and Alison O'Grady, Senior Commissioning Manager at MECCG