

January 2018



Pictured here are some of our many #Scarfie participants, looking after their lungs by making sure they breathe in warm air during the cold weather. Find out more about #Scarfie and other useful self care tips inside.



## Welcome

Welcome and happy new year to you all!

You might have caught me speaking on BBC Essex radio recently, reminding people who have not yet had their flu jab that it's not too late to get one.

We're urging all who are eligible, especially those in at-risk groups including:

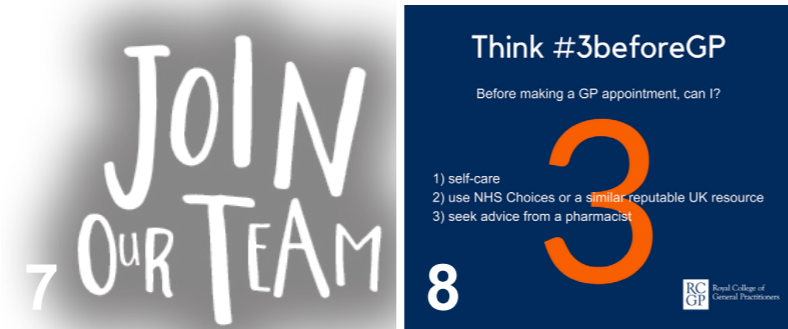
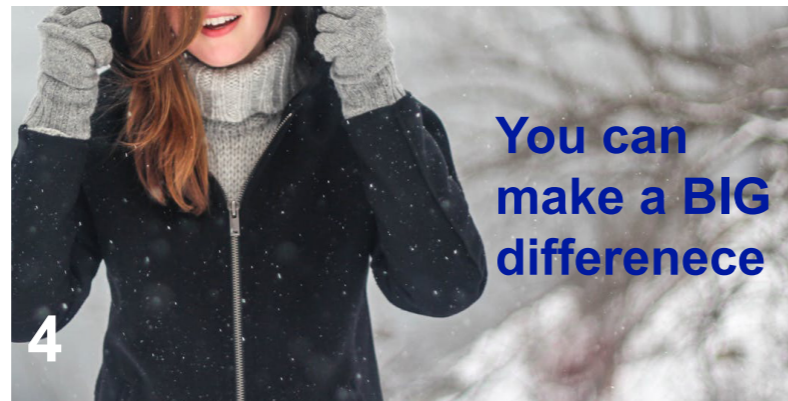
- People aged 65 years or over
- Pregnant women
- Those with certain chronic conditions

to take up the offer of the vaccine.

It's not just your GP who can give you the vaccination either. You can visit your community pharmacist rather than your GP – which may be more convenient and quicker.

Happy reading!

*Dr Caroline Dollery*  
Chair Mid Essex CCG



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## Meet the team

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

## 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](mailto:Jenna.chapman3@nhs.net)

## Receiving appropriate care with

# NHS 111

## Dr Anna Davey



A new campaign has launched to help anyone worried about an urgent medical concern get the right attention fast. When it's not an emergency, people are urged to call the free NHS 111 service to receive medical attention urgently.

NHS 111 is much more than a helpline. Depending on the situation, the NHS 111 team can connect you to a nurse, emergency dentist or even a GP and if they think you need it, they're able to arrange face-to-face appointments.

The NHS 111 service, which currently handles 15 million calls a year, is available 24 hours a day. It's recently been enhanced and can now offer clinical advice, assessment and direction to the most appropriate healthcare service.

NHS 111 is staffed by fully trained advisors who can assess if you need an ambulance and dispatch one if necessary.

NHS 111 can also provide advice and support for those struggling with mental health issues, as early identification and support can make all the difference. And what's more, if prescriptions are needed, the service will organise to have these available for pick up at a convenient local location for you.

NHS 111 ensures that you get the right care, from the right person, in the right place, at the right time.

You can view the recent television campaign and find out more about NHS111 by

visiting <http://bit.ly/2n06lbM>.



#21 is a campaign based on the principle that it takes 21 days to change or break a habit. The campaign aims to encourage healthy eating and increase physical activity.

Come along to a free event this Friday (26th) where there will be fun exercise sessions, blood pressure checks, healthy eating, weight advice & more! The event is at Maldon District Council offices (Princes Road) between 11am-2pm. Visit [www.livewellcampaign.co.uk](http://www.livewellcampaign.co.uk) or follow @LiveWellLocal to find out more about the #21 campaign.

# You can make a **BIG** difference

Here's some useful tips and advice to help you manage some of the most common minor illnesses and ailments that can make us feel poorly this time of year. There's also guidance on how long you can expect symptoms to last and when to seek further help.

## Coughs

TYPICALLY LAST 2 - 3 WEEKS

### What can I do to treat myself?

Simple home remedies, such as sucking lozenges or 'honey and lemon', can help to relieve many symptoms. Just add freshly squeezed lemon juice and a teaspoon of honey to a mug of hot water. It also helps to drink 6-9 glasses of water in a day. If you're a smoker, reducing the amount you smoke or stopping altogether will not only improve your cough but benefit your overall health.

Speak to your pharmacist or doctor's surgery if you experience any of the following:

- Your cough persists beyond 3 weeks
- Coughing up blood
- You have chest or shoulder pain
- Difficulty breathing/breathlessness
- A high temperature above 39°C
- Weight loss over six weeks or longer for no reason
- Your voice becomes hoarse for longer than 3 weeks
- Any lumps or new swellings in the neck or above your collarbone
- Symptoms start after you've choked on something

## Colds

TYPICALLY LAST 1-2 WEEKS

### What can I do to treat myself?

Get plenty of rest until you're well enough to return to your usual activities. Drink lots of fluids to replace those lost from sweating and try to eat at least five portions of fruit and vegetables every day.

Speak to your pharmacist or doctor's surgery if you experience any of the following:

- Symptoms persist beyond 3 weeks
- A high temperature above 39°C
- Feeling confused or disorientated
- Sharp pains in your chest or difficulty breathing
- Swelling of the glands in your neck and/or armpits
- You cough up blood-stained phlegm (thick mucus)



## Antibiotics: Did you know?

In the majority of cases antibiotics are not an effective treatment for symptoms such as a cough, cold, mild sore throat or nasal congestion. These symptoms are often caused by viruses and antibiotics only work against bacteria. If you take antibiotics unnecessarily then they may not work when you need them to treat a bacterial infection.

## #Scarfie

Breathing in cold winter air often causes asthma symptoms and sometimes asthma attacks.

But when you breathe through a scarf, it warms the air up. This helps prevent the cold air irritating your airways and triggering an asthma attack.

All you need to do is wrap a scarf loosely over your nose and mouth to warm up the air before you breathe it in.

Find out more at <http://bit.ly/2DwQ4Xc>

## Sore Throat

TYPICALLY LASTS ONE WEEK

### What can I do to treat myself?

You can relieve symptoms by eating cool, soft food and by sucking on lozenges, ice cubes, ice lollies or hard sweets. Try to drink 6-9 glasses of water every day, particularly if you have a fever. Gargling warm salty water can also help reduce swelling and avoiding smoky environments can reduce irritation.

## Nasal Congestion

TYPICALLY LASTS 2½ WEEKS

### What can I do to treat myself?

There are several things you can do to help ease your symptoms including washing out the nose with a stream of saline solution (available from your pharmacy) and applying a warm face pack. Drink plenty of fluids to replace those you've lost and try to eat at least five portions of fruit and vegetables every day.

## Diarrhoea and Vomiting

TYPICALLY LASTS 5-7 DAYS

### What can I do to treat myself?

If you experience diarrhoea and vomiting, there's no specific treatment but follow these tips while the illness runs its course:

- Drink plenty of water to avoid dehydration
- Take paracetamol for any fever or aches and pains
- Get plenty of rest
- Prevent the spread - remember to wash your hands after going to the toilet
- Stay at home for 2 days after symptoms clear

## Allergies

Symptoms of an allergic reaction usually develop within a few minutes of being exposed to something you're allergic to, although occasionally they can develop gradually over a few hours. Your pharmacist can help determine whether the symptoms are caused by an allergy or another condition, and will advise if you need to see your GP. Very occasionally, a severe reaction called anaphylaxis can occur.

Symptoms of anaphylaxis:

- Confusion
- Blue skin or lips
- Collapsing and losing consciousness
- Swelling of the throat and mouth
- Difficulty breathing
- Lightheadedness

Anaphylaxis is a medical emergency that requires immediate treatment. Call NHS 111 for urgent treatment or 999 in emergencies.

## Mental Health and Wellbeing

If you are feeling tense or anxious and need to talk to someone, the following organisations run helplines which can help you with any issues you may be facing:

Samaritans - call free on 116123  
Silver Line - for older people who are isolated 0800 4708090  
Childline - 0800 1111  
North Essex Mental Health Contact Line: for people living in Chelmsford, Maldon and Braintree: Call 0330 726 0130 free 24/7

## Speak to your pharmacist

Over the counter medicines are available to help relieve many mild symptoms.

Speak to your pharmacist who can help you choose the medicine that will work best for you, advise you on whether you need to see a doctor and provide guidance on self-care and maintaining a healthy lifestyle.



## Patient and public engagement update

**With Anne-Marie Garrigan, Mid Essex CCG Lay Board Member (Patient and Public Engagement)**

It's the start of the year but a big conversation about the future of our health and care services is already underway.

The Mid and South Essex Sustainability and Transformation Partnership (STP) is leading this conversation. The STP is made up of NHS organisations in our area and the three 'top-tier' local authorities that, together, are responsible for your health and wellbeing.

Plans from the STP were shaped around input from patient representatives and NHS clinical staff. Now it's time to widen discussion of the proposals to include everyone who wants to contribute and lives in Braintree District, Chelmsford City and Maldon District. The same opportunity is open to everyone living south of the A12 from Southend and Rochford District in the east to the boroughs of Thurrock and Brentwood in the west.

Because there are about 1.2 million people living in that 'footprint', there is a lot to talk about. So the STP has prepared both a full list of its proposals and a shorter summary of the main points, both of which you can find on the STP website. Most importantly, the site also includes a link to the online survey so you have a simple way to give your feedback on the plans.

You can also ask for a paper version of the survey, or request a meeting about the proposals on behalf of a group or organisation, by contacting the STP consultation team on [meccg.stpconsultation@nhs.net](mailto:meccg.stpconsultation@nhs.net) or 01245 398118.

Anyone can also share their views at one of the STP consultation public events, taking place at various times and dates in our area.

### STP Consultation Events:

**31st January** - 1.30pm-3.30pm, Michael Ashcroft Building (1st Floor), Anglia Ruskin University, Chelmsford Campus, Bishop Hall Lane, Chelmsford, CM1 1SQ

**7th February**, 6.30pm-8.30pm, Braintree Town Hall (main room), Market Place, Braintree, CM7 3YG

**28th February**, 6.30pm-8.30pm, Plume Academy School, Fambridge Road, Maldon, CM9 6AB

More events in other areas are also listed on the STP website. If you have a view on the proposals, please share it. Everyone will be heard and a full run-down of what people have

said will go to the STP leadership before any final decisions are taken. Here at Mid Essex CCG, we've just published the outcome of a more local engagement programme around our plans to help more people recover at home after a hospital stay.

The programme, which ran for 10 weeks from October to December 2017, asked local people to give their feedback on plans to introduce a new service called Home First in mid Essex, plus plans to use the theatres

and beds at Braintree Community Hospital for orthopaedic surgery and treatment. About 250 people attended five public meetings about the plans and about 50 responded to an online and printed survey.

The CCG Board is receiving the outcome report at our meeting today. Details are on the CCG website.

## Lay Member Opportunities

JOIN  
OUR TEAM

**Ever wanted to be a Lay Member? The CCG is currently looking to fill 3 roles on its Board.**

It's an exciting time to be part of the NHS in its 70th year

and lay members can help shape and drive the future of healthcare in mid Essex.

The CCG is advertising vacancies for the three Board Lay Members who will help provide additional rigour, challenge and assurance to our decision-making process.

This is a great time to join Mid Essex CCG as we continue to work with patients and partners including local authorities to design our vision for health and care over the next 5-10 years. As a Lay Member of the CCG's Governing Body (Board) you will help ensure that the CCG exercises its functions to the highest standards of probity, integrity and governance. Specifically, we're looking for:

**1) Lay Member, Governance and**

**Audit Committee Chair, £13,369.67 pa for approximately 3.5 days a month**

**2) Lay Member, Patient and Public Participation, £9,648 pa for approximately 3 days a month**

**3) Lay Member, Commercial, £9,648 pa for approximately 3 days a month**

The terms of office will be 2-3 years and people interested in applying will ideally have Board or senior management experience either inside or outside of the NHS.

To help prospective candidates make up their mind about applying for the role, the CCG is organising a 'meet and greet' session with senior officers and existing Lay Members.

The meet and greet is taking place on:

**Date:** Thursday 1 February

**Time:** 7.00 pm to 8.30 pm

**Venue:** Wren House, Hedgerows Business Park, Colchester Road, Chelmsford, CM2 5PF

If you would like to attend the meet and greet session or would like further information,

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please contact Viv Barnes, Director of Governance and Performance, by emailing [viv.barnes@nhs.net](mailto:viv.barnes@nhs.net) or calling 01245 398139.

1. <http://bit.ly/2DDm6nG>
2. <http://bit.ly/2DxR15H>
3. <http://bit.ly/2G7AumQ>

To find out more about the roles and to apply, please visit the following links on the NHS Jobs website:

The closing date for all three vacancies is midnight on Thursday 8th February 2018.

## Think #3beforeGP

Patients are being asked to adopt a new three-step 'mantra' to help relieve pressures on GP services this winter.

The Royal College of GPs' 3 before GP campaign refers to three questions patients should ask themselves before booking an appointment with their GP:

### Can I? ...

- **Self-care?**
- **Use NHS Choices or similar reputable websites/resources?**
- **Seek advice/treatment via a pharmacist?**

The CCG is supporting this self-care campaign which is along the same lines as the Live Well approach we have been talking to our residents about in the past couple of years. If you would like some information please see NHS choices at [www.nhs.uk](http://www.nhs.uk).

## Living with Diabetes

If you have Type 2 diabetes and would like to receive some more help and information on managing your condition then why not come along to a free one day event run by Diabetes UK.

The event is being held on **Tuesday 30th January 2018**, 9.30am–4.00pm, at Hamptons Sports and Leisure Meeting Room, Tydemans, Great Baddow, Chelmsford, CM2 9FH (Formerly the Marconi social club).

It is advised that you book your place, as space is limited.

For more information visit <http://bit.ly/2GbaF5g>

Phone: 01376 501390  
Email: [meccg.communitycommissioning@nhs.net](mailto:meccg.communitycommissioning@nhs.net)

### 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](mailto:jenna.chapman3@nhs.net). To get more involved with local healthcare contact [paul.gilham@nhs.net](mailto:paul.gilham@nhs.net).



We want everyone in mid Essex to Live Well



# Patient's Choice Award

Has a nurse made a real  
difference to your healthcare  
or that of a loved one?

Say thank you by nominating them for this special award.

The public's opportunity to thank a nurse, midwife, health visitor or healthcare assistant who has gone above and beyond.

**Closing date:**  
**9 February 2018**

Sponsored by

**Yakult**

Nominate now at  
[www.patients-choice.co.uk](http://www.patients-choice.co.uk)

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AWARDS