

March 2018

your pharmacy opening times this Easter

Update on CCG news

Care for a loved one
with dementia?

Dr Liz Towers
talks about ovarian
and prostate cancer

What are the signs and
symptoms? What lifestyle
choices can you make to
help stay healthy?



HAPPY
Easter

NHS
Mid Essex
Clinical Commissioning Group

Worried you have an urgent medical concern? CALL 111

Our fully trained advisors will help you get the right medical attention when you urgently need it, 24 hours a day, and can put you through to healthcare professionals.



Welcome

The snowfall that was predicted for the weekend made it feel pretty wintry in mid Essex, but we are on our way to spring and Easter is nearly upon us. This is the time of year when many of us might have a spring clean.

As well as the hoovering and dusting, why not have a spring clean of your health? Have a think about an ache or pain you might have been putting up with for a while – could it be something more? We have some thoughts from our Macmillan GP, Dr Liz Towers, on that within.

If you've been feeling listless or blue recently, maybe your mental wellbeing could do with some attention too. As we at the CCG embark on a new challenge to think more about mental health, you might want to join us in doing so.

And if you look after a loved one living with dementia, we share some info about getting more active with them as the weather improves – see page 11 for more details.

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



Dr Elizabeth Towers

Prostate and Ovarian Cancer

This month is both ovarian and prostate cancer awareness month. It's really important to raise awareness of the symptoms of any cancer, because when cancer is diagnosed at an early stage, treatment is more likely to be successful.

Thousands of people survive cancer every year. In fact cancer survival in the UK alone has doubled in the last 40 years – and that's thanks to better treatments, screening and early diagnosis.

Cancer diagnosis has been quite topical in the news recently, with Bill Turnbull speaking about his prostate cancer diagnosis on *Celebrity Bake Off*.

Interestingly, he had prided himself on not seeing his GP for 4 years attributing his symptoms to "getting older".

If you have unexplained symptoms, make an appointment to see your GP

Most likely your symptoms will be caused by something less serious than cancer, but it is worth getting checked out.

On the page opposite are the main symptoms to be aware of.

It's also worth mentioning that 4 in 10 cancers in the UK could be prevented by changes in lifestyle. So if you're wondering whether there is anything you can do, consider:

- Stopping smoking
- Eating more healthily
- Keeping a healthy weight
- Drinking less alcohol
- Exercising more

The Essex Lifestyle Service can help you achieve any of these changes in your lifestyle. They will listen to you, discuss your needs and then offer you up-to-date and evidence-based help and support, to enable you to make some changes.

You can self-refer to the service by contacting the team on the details below. Clinics are held at various locations across the area and the team are also able to offer telephone appointments for those unable to attend a clinic.

Call 0300 303 9988 (Monday to Friday 8am to 8pm)

Email: provide.essexlifestyles@nhs.net

Website: www.essexlifestyle.service.org.uk

Ovarian cancer signs and symptoms



- Feeling full quickly
- Loss of appetite
- Pain in your tummy (abdomen) that doesn't go away
- Bloating and increase in the size of your abdomen
- Needing to pass urine more
- Tiredness that is unexplained
- Weight loss that is unexplained
- Changes in your bowel habit

Prostate cancer signs and symptoms



- Passing urine more often
- Getting up at night to pass urine
- Difficulty passing urine
- Leaking urine
- Blood in the urine or semen
- Erection problems



Easter Pharmacy Opening Times

general information about options available to you when your usual pharmacy is closed, visit NHS Choices at bit.ly/2Gm1LIX. You can also call NHS111 free of charge.

But it's best to be prepared, as the more people who use out of hours services because they forgot to order medication, the more pressure is put on a service intended to offer people urgent care.

Don't forget....

Try to put in the order at least a week before your medication is due to run out, as it can take three to four working days to process a repeat prescription. It's also worth making sure that you only tick the items you require if you take more than one medicine.

Easter will be with us before we know it. As most pharmacies and GP practices close on bank holidays, the best advice if you are taking medicine regularly is to order any repeat medication you might need ahead of the Easter weekend.

Try to put in the order at least a week before your medication is due to run out, as it can take three to four working days to process a repeat prescription. It's also worth making sure that you only tick the items you require if you take more than one medicine.

Pharmacies can sometimes issue emergency supplies without a prescription and some will be open on Good Friday, Easter Sunday and Easter Monday.

If you do need an emergency supply from a pharmacist, take along an old prescription or the medicine's packaging if you have them. If you can't get to a pharmacy, there are still a number of ways you might get urgent help. For

Forwards in time

Just a quick reminder that the clocks go forwards an hour this Sunday, 25 March. Making the change to your own clocks will hopefully help you get to those Monday appointments!

| Area / Pharmacy | Good Friday 30 March | Easter Sun- day 1 April | Easter Mon- day 2 April |
|--|-------------------------|-------------------------------|-------------------------------|
| Braintree and Colne Valley | | | |
| Boots UK Ltd, 7 George Yard, CM7 1RB | 10:00 – 16:00 | Closed | Closed |
| Tesco Stores Ltd, The Square, Great Notley, CM77 7WW | 08:00 – 20:00 | Closed | 09:00 – 18:00 |
| Boots UK Ltd, 69-71 High Street, Halstead, CO9 2JD | 08:30 – 18:00 | Closed | 10:00 – 16:00 |
| Burnham | | | |
| Savages Pharmacy, 22 Station Road, CM0 8BQ | Closed | 11:00 – 14:00 | Closed |
| Chelmsford | | | |
| Boots UK Ltd, 43 High Chelmer, CM1 1DD | 08:30 – 18:00 | Closed | 10:00 – 17:00 |
| WM Morrisons Supermarket, Copperfield Road, North Melbourne, CM1 4UX | 10:00 – 16:00 | Closed | 10:00 – 16:00 |
| Lloyds Pharmacy (inside Sainsburys), 2 White Hart Lane, Springfield, CM2 5PH | 07:00 – 20:00 | Closed | 09:00 – 19:00 |
| Boots UK Ltd, Unit 29, The Meadows Shopping Centre, CM2 6FD | 09:00 – 17:30 | Closed | 10:30 – 16:30 |
| Tesco Stores Ltd, 47-53 Springfield Park Road, CM2 6QT | 08:00 – 20:00 | Closed | 09:00 – 18:00 |
| Boots UK Ltd, Unit B2 Chelmer Village Retail Park, CM2 6XE | 09:00 – 20:00 | Closed | 10:30 – 16:30 |
| Tesco Stores Ltd (In Store Pharmacy), Princes Road, CM2 9XW | 06:30 – 22:30 | Closed | 09:00 – 18:00 |
| Colecross Pharmacy, 1 Hylands Parade, Wood Street, CM2 8BW | Closed | 13:00 – 16:00 | Closed |
| Maldon | | | |
| Tesco Stores Ltd (In Store Pharmacy) Fullbridge Road, CM9 4LE | 08:00 – 20:00 | Closed | 09:00 – 18:00 |
| Boots UK Ltd, 54 High Street, CM9 5PN | 10:00 – 15:00 | Closed | 10:00 – 15:00 |
| South Woodham Ferrers | | | |
| Govani Chemists, 14 Queen Elizabeth Square, CM3 5TD | 10:00 – 12:00 | 10:00 – 12:00 | 10:00 – 12:00 |
| Witham | | | |
| Boots UK Ltd, 42 Newland Street, CM8 2AR | 08:45 – 17:30 | Closed | 10:00 – 16:00 |





The latest on CCG Engagement

Since the end of November, the CCG has been actively supporting the mid and south Essex STP consultation – "Your care in the best place".

Our clinical leads, Board GPs and senior team have been joining in public and patient meetings to explain the proposals that will shape hospital, GP and community services over the next five years and beyond.

There have been more than 12 large public meetings over the past 12 weeks across parts of our county and smaller focused events to capture how you are feeling about this.

And it's been a long journey to get to these proposals – more than two years' worth of planning and talking through ideas with clinicians and patients using the services.

The consultation, due to close on 9th March, has been extended to 23rd March to honour requests for additional public meetings and to allow more time for patient and public views to be heard. So please, if you haven't already, share with us your views before the deadline of 23rd March.

This point of the year offers the NHS a good opportunity to reflect back on what's been achieved over the past 12 months and set out the priorities for the coming year.

The CCG is preparing its annual report for 2016/17 and within this there's a section showcasing how we've involved and engaged communities in our work. Over the past year, we've involved patients and the public in conversations about:

- How we can improve wellbeing in our communities
- Getting the most out of medicines
- Delivery of children's Continuing Health Care
- Proposals to help more people recover and rehabilitate at home
- Proposals to change the way we use the theatres and beds at Braintree Community Hospital

Our active patient groups and community networks have helped us to reach and involve people in these conversations but over the next 12 months we want to try and increase our reach.

We want to come and talk to more 'seldom heard' groups – people living rurally; black and minority ethnic (BME) groups; lesbian, gay, bisexual and transgender (LGBT); asylum seekers and refugees and young carers. If you can help us with this, we'd love to hear from you. Our contact details are on the back page of Engage.

100 Days in Mind

Last year, the CCG took on a 100 day challenge to get active and showcase how we Live Well as an organisation as individuals.

This year, in a bid to recognise the importance of good mental health for Live Well, the CCG has launched a new challenge for 2018 – 100 Days in Mind.

Over the next 100 days, the CCG will be putting on a range of mental health activities for staff that support the five ways to mental wellbeing – caring; giving; learning; active and mindfulness.

CCG Directors are each championing one of the five areas and staff are making pledges to improve their own wellbeing

during the 100 days. As well as this, we're hoping to motivate and inspire our partners and wider community by sharing our favourite quotes of the day via social media

So why not make your next 100 days a time to focus on your mental health – there's a host of websites and resources that can get you started check out:

www.nhs.uk/conditions/stress-anxiety-depression/

www.thecalmzone.net

<http://bit.ly/HealthInMindME>

www.mind.org.uk

Whats going on in the CCG?

Mid Essex CCG welcomes three new GPs onto Board

Mid Essex Clinical Commissioning Group is pleased to announce the appointment of three new GPs to our Board:

- Dr Anna Davey - Coggeshall Surgery, Coggeshall
- Dr Julie McGeachy - Tillingham Medical Centre, Dengie
- Dr Fatai Salau - Douglas Grove Surgery, Witham

The GP members will be formally taking up their appointments from 1 April 2018. Already on the Board is Dr Elizabeth Towers from Whitley House Surgery, Chelmsford, who will remain in post.

MECCG would like to take the opportunity to thank Dr Mike Bailey and Dr James Booth, Melbourne House Surgery, Chelmsford, who have served as GP board members, helping shape local healthcare since 2015.

Dr Mike Bailey leaves the CCG to enjoy retirement and Dr Booth has stood down from his position to spend more time at his practice.

Dr Caroline Dollery, current Chair of MECCG, will remain in post until the end of August 2018 and will use this time to identify and mentor one of the other GPs as new CCG Chair.

Campaign launches to encourage and support breastfeeding

Start4Life, Public Health England's campaign which helps parents to be and parents to adopt healthy behaviours has launched a new Start4Life Breastfeeding Friend that is available as a 'skill' for Amazon's Alexa voice service.

This forms part of a suite of digital services to help mums breastfeed by offering 24/7 support in a friendly and accessible way. The Breastfeeding Friend from Start4Life has been tested by a sample of Mumsnet users, who commented:

"I found it great for talking about breastfeeding with my partner. It was a relaxing app and he found it useful to find out information that would



help him, for instance regarding expressing."

"I think this could be a wonderful tool to keep people going with breastfeeding."

"I was genuinely impressed with the level of detail and breadth of advice. I love the fact I can just ask without requiring use of hands so I can ask while feeding."

For more information visit www.nhs.uk/start4life/baby/breastfeeding/

NHS 10p coin launched

This year the NHS turns 70 and, to mark this major milestone, the Royal Mint has launched an NHS 10p coin. The coin forms part of an A-Z of what makes Britain great with the world famous NHS being 'N'. Other coins include 'B' for Bond, 'S' for Stonehenge and 'T' for Tea.

The NHS 10p coin is a perfect way to celebrate the birthday, reminding people about the vital role the service plays in our lives and recognising the extraordinary



NHS staff – the everyday heroes – who are always there to greet, advise and care for us.

Have you found an NHS 10p coin yet? Why not take a picture and share it via social media using the hashtags #NHS70 and #coinhunt?

For all the latest news on the NHS's 70th birthday, visit www.nhs70.nhs.uk. For more information about the new coins, visit: www.royalmint.com

Dementia Friendly Walks

If you live in Braintree District and care for a loved one living with dementia, you might be interested in going for a walk with them.

As part of Active Braintree, one of 14 networks across Essex to promote physical activity, there are regular dementia friendly walks in three different parts of the district.

These walks usually take place on the first Monday of the month in Halstead, the first Tuesday of the month in Braintree and the first Wednesday every month in Witham. With Easter coming up, though, the public holidays mean the Halstead walk has moved a week further into the month.

If you're interested, here are the dates for all the upcoming walks.

Halstead:

- 9th April
- 14th May
- 4th June
- 2nd July
- 6th August
- 3rd September
- 1st October
- 5th November
- 3rd December

Braintree:

- 3rd April
- 1st May
- 5th June
- 3rd July
- 7th August
- 4th September
- 2nd October
- 6th November
- 4th December

Witham:

- 4th April
- 2nd May
- 6th June
- 4th July
- 1st August
- 5th September
- 3rd October
- 7th November
- 5th December

"Walking just one mile a day could keep dementia at bay," according to the Daily Express. The newspaper said that pensioners who walk between six and nine miles a week are 50 per cent less likely to suffer from future memory problems.

Source: NHS Choices

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.

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