

THE LATEST NEWS FROM **MID ESSEX CCG**

ENGAGE

 AUTUMN EDITION SEPTEMBER 2019



Mid Essex

Clinical Commissioning Group

NEW GP

PARTNERSHIPS

ARE YOU DUE

A JAB FOR

THE FLU?





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WELCOME



Welcome to our autumn edition of Engage. It's always a pleasure to keep you updated in each issue about what we have been doing as a CCG.

Later this month is our Annual General Meeting (AGM) and it would be great to see many of you there. Starting at 6.30pm at Chelmsford City Council, you'll be able to hear, first-hand, about the past 12 months and our key achievements, as well as getting an

opportunity to ask members of the Board questions.


Alongside the AGM, we'll be hosting our annual Marvels of Mid Awards (MOMAs) celebrating inspirational people who have gone above and beyond in helping local people Livewell – saying thanks for the great work that is being done to support our NHS and community health service.

If you would like to attend the AGM and MOMAs please RSVP to MECCG.communications@nhs.net by Friday 20 September.

Summer may only just be over but in general practice we have been gearing up for the flu season for a few weeks now. It is really important that if you are in an at risk group that you have your free flu jab – you can find out if you are eligible by reading page four.

Also in this edition you can find out more about our new Primary Care Networks and what they mean for you as well as our recent launch of Pride in Practice – a project that has seen us team up with the LGBT Foundation to reduce health inequalities experienced by members of the LGBT community in mid Essex. You can read more on page seven.

Happy reading.

Dr Anna Davey
Chair, Mid Essex CCG
Follow me on Twitter
 @Chair_MECCG



Engage is just one of the many ways that you can keep informed about our work. Connect with us through Facebook, Instagram, Twitter and our website for regular updates. You can also share any feedback on Engage by emailing: MECCG.get-involved@nhs.net with 'CCG Engage feedback' in the subject .

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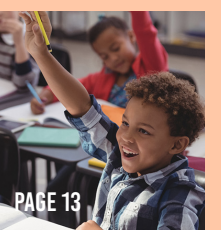
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 Mid Essex CCG

At risk groups urged to get their free flu jab

Even though we've just said goodbye to the summer holidays GP practices are gearing up for winter and those in at risk groups are being reminded to book in for their free flu jab.

Flu is an infectious virus that can be very unpleasant, but for most otherwise healthy adults it will usually clear up on its own within a week or two.

However, for some people it can have serious risks. Symptoms can be debilitating and last for several weeks and can also lead to complications such as middle ear infections in children, and pneumonia or bronchitis for those with underlying health conditions. In some cases it can be fatal.

Dr Ike Adiukwu, local GP and CCG Clinical Chair for Primary Care said: "The best way to prevent flu is the flu vaccine. We know that for at risk groups, flu can be very serious, which is why it is so important that anyone who falls within an at risk group, books an appointment at their GP surgery or local pharmacy for their free jab. Even if you had the vaccine last year, you should get it again this year because the strains of virus that circulate vary from year to year."

Last autumn, here in mid Essex:

- 69% of people over 65 had their flu jab
- 40% of all pregnant women had their flu jab
- 52% of pre-school children had their flu jab

This year, we want to encourage more people to get their flu vaccine especially as it helps keep people who cannot have the vaccine to stay healthy. This is called herd immunity.



Flu vaccines are available throughout the autumn and winter months. It is best to have the vaccine early before viruses begin to circulate widely. Contact your local GP or pharmacy now – it is free because you need it. For more information visit www.nhs.uk

You should have the flu vaccine if you:

- are 65 years old or over
- are pregnant
- have certain medical conditions such as diabetes or COPD
- are living in a long-stay residential care home or other long-stay care facility
- are a front line health or social care worker

The flu vaccine is also free for children including:

- children over the age of six months with a long-term health condition
- children aged two to three years on 31 August 2019 – that is, born between 1 September 2015 and 31 August 2017
- children in primary school

Are you or a loved one living with dementia?

What is dementia?

Dementia is an umbrella term used to describe a range of progressive neurological disorders, that is, conditions affecting the brain. There are over 200 subtypes of dementia, but the five most common are: Alzheimer's disease, vascular dementia, dementia with Lewy bodies and frontotemporal dementia. Some people may have a combination of different types of dementia and these are commonly called mixed dementia.

What causes dementia?

The brain is made up of nerve cells (neurons) that communicate with each other by sending messages. Dementia damages the nerve cells in the brain so messages can't be sent from and to the brain effectively, which prevents the body from functioning normally.

Regardless of which type of dementia is diagnosed and what part of the brain is affected, each person will experience dementia in their own unique way.



Local dementia support available

Dementia Intensive Support Service (DISS)

Here in mid Essex, we are working with Essex County Council, voluntary groups, community providers and NHS partners on more integrated dementia care through our Dementia Intensive Support Service, or DISS.

This service provides both mental and physical care for people across Braintree District, Chelmsford City and Maldon District who live with dementia. It offers both early intervention that can help people to stay in their own homes and crisis care if their condition deteriorates rapidly.

The DISS can also support people who don't have a dementia diagnosis. Early signs of the condition can be mild, but there are some you can watch out for

and contact the service about if you're concerned about a family member or friend:

- Problems with memory
- finding it hard to recall words, dates, names or recent events
- finding it hard to follow a conversation
- difficulty in making decisions and forgetting time or what day of the week it is
- increased confusion, reduced concentration
- personality or behaviour changes
- loss of ability to do everyday tasks

Irene Lewsey, Head of Transformation and Commissioning for Mental Health said: 'The DISS service is a one-stop mental and physical care system for people across mid Essex who live with dementia, offering a range of different services for people at different stages of dementia.'

To access this service call 01245 515 313.

Get to know our clinical leads



Michelle Philips is a physiotherapist in mid Essex and can be found in Braintree Community Hospital treating her patients. Earlier this year Michelle was appointed to the CCG as clinical programme lead for out of hospital services. We spent 10 minutes with Michelle to find out more about her role here at the CCG and why she became a physiotherapist.

What is your official job title?

I am a Musculoskeletal (MSK) Physiotherapist and also Clinical Programme Lead at Mid Essex Clinical Commissioning Group.

What made you want to become a physiotherapist?

My interest in healthcare probably goes back to my father, who was a paramedic, seeing him do his job day to day. If any of our neighbours suffered injuries then they would come knocking at our door!

It was whilst training in contemporary dance that I became more interested in human anatomy and physiology, particularly in relation to injury prevention and rehabilitation. I also wanted to have a career that felt meaningful and helped people out. I decided to go into physiotherapy and went back to university to complete my physiotherapy degree.

How long have you been a physiotherapist for?

I have been a physiotherapist for nearly 10 years now, working in both the NHS and private sector. I am also very fortunate to have specialised as a dance physiotherapist working with dancers undergoing their professional dance training.

What do you think are the main challenges in your role?

It can be incredibly challenging explaining to a patient that their rehabilitation potential has been reached if it does not align with their expectations and hopes (following a serious trauma or a stroke for example). Patients can undergo life changing injuries and seeing them struggle to cope emotionally with the after effects can be challenging and upsetting.

What do you enjoy most about your role?

I absolutely love helping patients achieve their goals, whether it be an elderly patient who wants to walk to the local shop or a professional dancer needing to be on stage in a West End show. It is incredibly rewarding to support somebody, from start to finish, on their personal journey to recovery.

Tell us an interesting fact about yourself.

I once sang for the Queen (in a choir) as part of Victory in Europe Day celebrations.

Mid Essex Primary care services to receive training in supporting LGBT patients



Earlier in the summer, we launched Pride in Practice – a quality assurance and social prescribing programme that supports healthcare professionals in meeting the needs of their lesbian, gay, bisexual and trans (LGBT) patients. Funding from the Government Equalities Office has enabled the LGBT Foundation to pilot Pride in Practice in mid Essex to reduce health inequalities experienced by members of the LGBT community.

First established in Greater Manchester in 2011, Pride in Practice offers free training, supported assessment and accreditation to GP practices within Mid Essex Clinical Commissioning Group (CCG). It helps them respond to community feedback and address nationally-identified health inequalities.

Research shows that one in seven LGBT people avoid seeking healthcare for fear of discrimination from staff and almost one in four LGBT people have witnessed discriminatory or negative remarks against LGBT people by healthcare staff.

Through training, supported assessment and accreditation, Pride in Practice supports healthcare professionals to confidently and effectively meet

the needs of their LGBT patients. Relationships between primary care services and patients is strengthened through increased knowledge, active signposting and adapting services provisions to be more inclusive. For example, Pride in Practice can give healthcare professionals the confidence to:

- support transgender patients beginning their transition
- support gay and lesbian people wanting to adopt children
- support the delivery of effective signposting and social prescribing for LGBT communities, linking services with a range of LGBT affirmative local community assets

Dr Anna Davey, local GP and Chair of Mid Essex CCG said:

“We are delighted to support the LGBT Foundation in implementing Pride in Practice across mid Essex and deliver inclusive care for LGBT people within general practice.

The LGBT Foundation has a fantastic track record for delivering this programme and I am looking forward to seeing the results over the coming months.”

Claudia Carvell, Business Development Manager for Pride in Practice at the LGBT Foundation added:

“We are excited for the opportunity to work with Mid Essex CCG and integrate Pride in Practice within their GP practices. Mid Essex is uniquely situated to support LGBT people living just outside Greater London, who would traditionally require extensive travel to get the support and healthcare that they need. We hope that working collaboratively with Mid Essex CCG, Live Well Link Workers and the local LGBT community will enable GP services to be more inclusive, equitable and effective for both patients and healthcare professionals.”

Garry Ormes, Chair of Essex Pride said:

“It’s very reassuring to know that these steps are being taken, to ensure that NHS staff are aware of some of the struggles and barriers that the LGBT+ community face. To have training for staff that creates awareness of the right language an LGBT+ patient needs is so important, and makes the NHS more accessible and approachable for all its service users.”

For more information about Pride in Practice, visit the LGBT Foundation.

Primary Care Networks

- what are they and what do they mean for me?

The NHS Long Term Plan, launched nationally on 7 January 2019, sets out a number of changes for our health service, including the creation of Primary Care Networks (PCNs). Following the release of the Long Term Plan the new changes to the GP Contract were announced on the 31 January 2019 in the document 'Investment and Innovation: A five year framework for GP contract reform to implement the NHS Long Term Plan'. This document sets out the details of PCNs.

What are Primary Care Networks?

PCNs are groupings of general practices that serve populations of between 30,000 and 50,000 registered patients between them, enabling greater provision of proactive, personalised, coordinated and more integrated health and social care. NHS England required all GP surgeries to become part of a network by 30 June 2019, with an initial registration date for PCNs of 15 May 2019.

NHS Mid Essex Clinical Commissioning Group (CCG) has been working since the launch of the Long Term Plan on supporting GPs in Chelmsford City, Braintree District and Maldon District to form local PCNs.

Meeting the needs of our population

Since the NHS was created in 1948, the population has grown and people are living longer. Many people are living with long term conditions such as diabetes and heart disease, or suffer with mental health issues and may need to access their local health services more often.

To meet these needs, practices have begun working together and with community, mental health, social care, pharmacy, hospital and voluntary services in their local areas in primary care networks (PCN).

Primary care networks build on current primary care services and enable greater provision of proactive, personalised and more coordinated health and social care. Clinicians describe this as a change from reactively providing appointments to proactively caring for the people and communities they serve.

These PCNs should allow local GP practices to work more closely with each other, with community NHS staff and other health and care organisations to offer residents better, more joined-up care. All mid Essex practices have aligned themselves into PCNs.

What do Primary Care Networks mean for patients?

PCNs have started from 1 July. You may not notice a difference straight away but over time there will be more integrated working across local health and care and with district councils.

There will also be additional staff in practices over the next three years, including more Live Well Link Workers (also known as social prescribers), clinical pharmacists, physiotherapists and paramedics, to free up GP time so they can prioritise seeing patients who need their expertise and support.

PCNs are based on GP registered lists, typically serving communities of around 30,000 to 50,000 people. They should be small enough to provide the personal care valued by both patients and GPs, but large enough to have impact and economies of scale through better collaboration between practices and others in the local health and social care system.

Each PCN will have their own vision and list of priorities for their population, therefore throughout the development of PCNs, patients may notice an increase in appointments out of usual core hours. Next year there will be a number of specifications all PCNs will have to deliver on - we will update you in future editions on Engage on what these will be.

If you have any other questions please get in contact with your GP surgery.

PRIMARY CARE NETWORK	PRACTICES
WITHAM 2 'AEGROS HEALTHCARE'	Little Waltham and Great Notley Surgeries The Laurels Surgery and Sidney House Douglas Grove Surgery
BRAINTREE	Mount Chambers Medical Practice Blandford Medical Centre Blyths Meadow Surgery Church Lane Surgery Silver End Surgery
COLNE VALLEY	Elizabeth Courtauld Surgery Pump House Surgery Freshford Practice Hedingham Medical Centre Kelvedon/Feering/Brimpton surgeries (Dickens Place Group) Coggeshall Surgery
WITHAM 1 'WITHAM & MALDON'	Fern House Surgery Witham Health Centre Collingwood Road Surgery Blackwater Medical Centre
DENGIE & SOUTH WOODHAM FERRERS	The Burnham Surgery The William Fisher Medical Centre Dengie Medical Partnership Trinity Medical Practice Kingsway Surgery Wyncroft Surgery Brickfields Surgery Greenwood Surgery
PHOENIX	Beacon Health Group (Danbury, Moulsham Lodge & Mountbatten Surgery) Longfield Medical Centre Tollesbury Surgery
CHELMSFORD CITY HEATH	Beauchamp House Surgery Baddow Village Surgery Whitley House Surgery Stock Surgery
CHELMSFORD WEST	Melbourne House Surgery Humber Road Surgery Tennyson House Surgery The Writtle Surgery
CHELMER	North Chelmsford NHS Healthcare Centre Rivermead Gate Medical Centre Chelmer Village Surgery Sutherland Lodge Surgery



NHS App fully connected to all GP practices in mid Essex

All GP practices in mid Essex have now been fully linked up with the NHS App giving patients the ability to book and manage GP appointments, order repeat prescriptions, view their medical records and access a range of other services.

Patients can download the app from the Apple or Android app stores and follow the simple on-screen instructions to set it up, link it to their GP practice and enjoy its full functionality.

Unlike previous online GP services, most patients will not need to visit their GP practice to set up a login for the NHS App, but can prove their identity in the app and create their NHS login.

James Wilson, Chief Strategy and Transformation Officer for Mid Essex CCG said:

“I’m delighted that patients across mid Essex can now enjoy the full range of services that the NHS App has to offer.

“This is a significant step in modernising NHS services, and should make life easier for patients and for practices, with the ability to book and manage appointments online, order repeat prescriptions, view your medical history and access NHS 111 Online, among other services.

“This should help ease some of the pressures on practice reception desks and phone lines, giving people who use the app an alternative they can use from their sofa, and freeing up more time for those patients who wish to continue to use more traditional methods to interact with their practice.”

The NHS App enables patients to:

- check their symptoms and find out what to do when they need help urgently
- book and manage appointments at their GP practice
- order repeat prescriptions
- securely view their GP medical record
- register to be an organ donor
- choose how the NHS uses their data

Tara Donnelly, Chief Digital Officer for NHS England, said:

“We have made significant progress over recent years in making GP services more accessible online. The NHS App is another major step forward as it provides all patients in England with the same service that is NHS owned and run.

“It’s great that patients in mid Essex can now use the full range of services in the NHS App. But this is just the first step in an exciting journey as we will continue to develop and add new features to the app to help improve the patient experience of dealing with the NHS and ease the pressure on the front line.”



The latest on NHS public involvement in mid Essex



With Nathalie Wright Lay Board Member Patient and Public Engagement

Welcome to my autumn column

As you may know, earlier this year we launched three Locality Reference Groups for each of the local authority areas we cover. We invite residents’ representatives and community groups to each meeting, and are improving the way they operate through discussion with the people who attend.

I’m pleased to say the three groups are now starting their third round of meetings.



Last month we also launched the CCG’s Livewell Engagement Network! This is very exciting news as this online network is different to anything we have tried before. It’s a virtual network, which means that you can get involved in how mid Essex NHS services are planned and designed with an ‘arm’s length’ approach.

We are conscious that most people have very busy lives and that traditional daytime or evening meetings can take up time or may be difficult to get to. With this online network you can take part as much or as little as you like.

By becoming a member you can receive our regular e-newsletters, share ideas and views about local

health services and take part in focus groups and consultations about local healthcare.

If you would like to be more involved with the NHS or have ideas about how we could improve local healthcare, you can sign up by visiting www.midessexccg.nhs.uk

Join in & help shape services

Our **Live Well Engagement Network** is a virtual group of patients, public and voluntary groups who are interested in getting more involved in how services are planned and designed.

By becoming a member, you can take part as much or as little as you like.

You will also:

- Receive our regular e-newsletters and patient newsletter Engage
- Share ideas and views about local health services
- Stay up-to-date with the health and wellbeing topics that interest you

Sign up today at: midessexccg.nhs.uk

NHS
Mid Essex
Clinical Commissioning Group

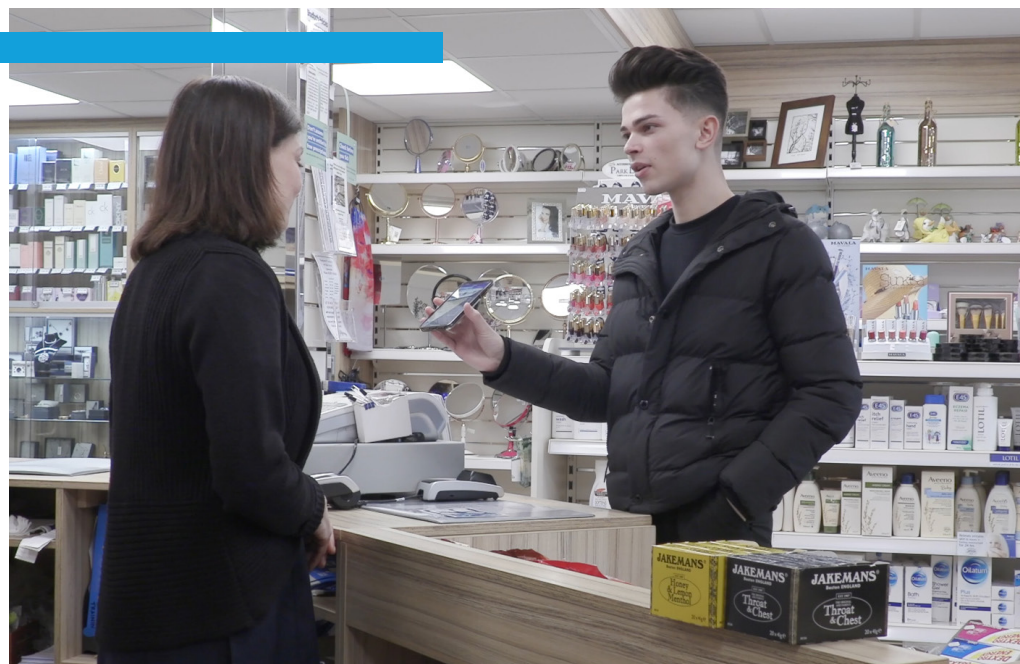
Mobile app offers young people free, easy access to condoms

In July 2018 the Essex Sexual Health Service (ESHS) launched a first-of-its-kind app to provide free condoms to young people. Since then the app has registered 1,400 young people and provided almost 7,000 condoms to users across Essex.

Available to download for iOS and Android, the eC-Card app allows young people aged 16 to 24, quick, discreet, and free access to condoms using their smartphone.

Following a simple registration process, the user views three short educational videos covering: the law and consent in relation to sexual activity, sexually transmitted infections (STIs), and how to use a condom. After successfully completing a quiz to test their understanding, they can use the app to easily locate a convenient collection venue across the county.

When they visit the distribution venue, they can gain access to a supply of condoms by simply scanning a QR code using the scanner built into the app.



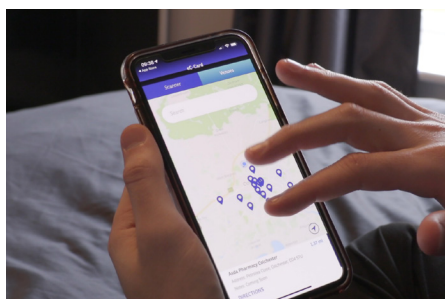
The service has received very positive feedback from users:

"I like this app. It gives you knowledge about sex and STIs. It's really informative and easy to use."

Jessica, 20 years, May 2019.

"It's an easy app to use and I can get condoms easily and quickly from lots of different places. Much better than having to visit a clinic."

Elijah, 18 years, May 2019.



Kez Spelman, Clinical Contract Manager for the service said:

"Good sexual and reproductive health is important to physical and mental wellbeing, and is a cornerstone of public health. Young people who are exploring and establishing sexual relationships must be supported to take responsibility."

"To do this, we need an open and honest sexual and reproductive health culture, in which condom use is simply the norm regardless of age or sexuality. Condom distribution schemes such as the eC-Card app play a key role in helping young people on this journey."

More mental health support workers to be rolled out in local schools

Children and young people in mid and south Essex sustainability and transformation partnership will be among the first to benefit from the ambitions of the Government's Green paper for Transforming Children and Young People's Mental Health.



The local area has been selected to be one of the NHS Trailblazer sites to receive additional investment to develop Mental Health Support Teams for Schools and Colleges.

Teams will work closely with a selection of schools in Thurrock and Southend and colleges across the Mid and South Essex Sustainability and Transformation Partnership (STP) area. They will provide early intervention for concerns such as anxiety, low mood and behavioural difficulties as well as strengthening links with more specialist services.

Mark Tebbs, Lead Commissioner for Mental Health across Mid and South Essex Clinical Commissioning Groups (CCGs) said:

"This is an exciting opportunity for us to collectively build strong partnerships between mental health services and schools and to expand resources so that we can support our children and young people to achieve their full potential. Half of all cases of diagnosable mental illness begin by age 14 and three-quarters by the age of 25. Early intervention and prevention is crucial to prevent problems escalating further into adulthood."

"For mid Essex this provides additional resource to support young people who attend Chelmsford College with the early intervention and support required to meet their needs."

Marco Iciek, Director of Learner Development and Inclusion at Chelmsford College said:

"Chelmsford College has always been committed to supporting our learners to overcome obstacles and enabling them to progress onto healthy lives and successful careers. We are very excited to be working with NHS Mid Essex CCG to be able to provide the additional support that will transform the lives of many young people in our community. This extra support will produce a real step change in the support we can provide for our learners."

The Link Programme led by Anna Freud Centre and funded by the Department for Education will further strengthen this opportunity across the STP by working with all local schools and mental health services so that children and young people can get the help they need, when they need it.

The NHS Long Term Plan will build on the achievements of the £1.4bn transformation programme to improve NHS mental health care for children and young people. The NHS is on track to provide mental health support for 70,000 more children and young people by 2021 and aims to ensure that by 2023/24 at least a further 345,000 children and young people aged 0 to 25 can access support including NHS funded mental health services and school or college-based Mental Health Support Teams. Over the coming decade the goal is to ensure that 100% of children and young people who need specialist care can access it.

The specific schools that will be covered by the Mental Health Support Teams will be announced later this year.

Are you a carer? Find out how Carers FIRST can support you

Carers FIRST is a registered charity supporting people who look after a relative or friend who, due to ill health, physical or mental illness, disability, frailty or addiction, cannot manage without their support.

Carers don't have to live with the person they look after and can be caring for a few hours a week up to 24 hours a day, seven days a week.

In Essex Carers FIRST provide information, advice, guidance, emotional support, training and activities, giving carers an opportunity to have a break from their caring role and help them to get the support they need.

In 16 months of the service from 1st April 2018 until 31st July 2019, the team in mid Essex has received 630 referrals and had over 1,000 contacts with carers.

Carers FIRST is commissioned by Essex County Council to support unpaid carers aged 18 and over across the county, regardless of the health condition of the person they look after.

What support can I access in mid Essex?

Carers FIRST offer wellbeing groups and courses which are free to register for and free to attend. In mid Essex, Carers FIRST have monthly carer wellbeing groups in Chelmsford, South Woodham Ferrers, Braintree, Halstead, Maldon and Burnham-on-Crouch.

Carers FIRST can offer support digitally, by phone, by post and face to face. This is not limited to a certain number of interventions or time, for example three months.

In the last six months, carers in mid Essex have also been able to access a Carers HEART course looking at maintaining their own wellbeing (funded by Greenfields Housing Association and Braintree District Council), a trip to the theatre in the West End (funded by Braintree District Council) and social activities including a visit to Hyde Hall (funded by Tesco). More courses are planned in Witham, Halstead and Braintree over the next 18 months.

How can I apply for support?

Carers can self-refer or be referred by a professional into the Carers FIRST programme. They do not need to receive carers allowance, be known to social care or even live with the person they look after in order to register.

Veronica Sadowsky, Essex Carers Service Manager said: "Carers do an amazing job, and have the right to be supported. If you are a carer you don't have to wait until there is a crisis before you ask for support."



If you are interested in a Carers FIRST programme you can visit their website or call 0300 303 1555 or email hello@carersfirst.org.uk

Stoptober is back!

Stoptober, the 28-day stop smoking campaign from Public Health England, will be back from 1 October.

Stoptober has driven over 1 million quit attempts to date and is the biggest mass quit attempt in the country.

It is based on research that shows that if you can stop smoking for 28-days, you are five times more likely to stay smoke free for good.

All the support you need to quit

Everyone's quitting journey is different, but with Stoptober, you won't be on your own. Join the thousands quitting smoking with Stoptober and get all the support you need to help you on your quit journey.

There are lots of ways to quit and Stoptober can help you choose what works for you. You can quit using medication (including nicotine replacement therapies such as patches and gum) or e-cigarettes. Stoptober offers a range of free support to help

you including an app, daily emails, and lots of encouragement from the Stoptober online community on Facebook. In addition, you can get expert face-to-face advice from local stop smoking services.

Those who use stop smoking aids and who get face-to-face support from their local stop smoking service are up to four times more likely to quit successfully.

Stopping smoking is the best thing you can do for your health and the health of those around you. **Just search for 'Stoptober' online to find out more.**

STOP TOBER IS BACK

Search Stoptober for help and support to quit smoking.

BECAUSE THERE'S ONLY ONE YOU

Antibiotics are not always the answer

Don't go straight for the antibiotics if you are feeling ill – is the advice from GPs across mid Essex.

Many patients ask for antibiotics when visiting their GP, as they assume a course of this treatment is a cure-all solution.

However, the overuse of an antibiotic can result in infections becoming resistant to the drug so it stops working.

Dr Anna Davey, chair of Mid Essex CCG, said: "Fighting infections is a growing problem due to antibiotic resistance. It is driven by overusing antibiotics, prescribing them inappropriately and patient's not finishing the course."

"To slow down the development of antibiotic resistance, it is important to use medication in the right way – to use the right drug, at the right dose, at the right time, for the right duration."

"Antibiotics should be taken as prescribed and never saved for later or shared with others."



What you should do if you are prescribed antibiotic medication:

- take antibiotics only as prescribed
- do not skip any doses
- ensure antibiotics are taken at regular intervals
- never save some for later
- don't stop taking till you finish the course even if you feel better
- don't share antibiotics with others.

Speak to your GP if you are given antibiotics and are concerned.



1 in 8 men
in the UK have
experienced a common
mental health problem

FREE online self-help programme

providing techniques to help overcome symptoms
of low mood, stress and anxiety. **No GP Referral needed.**

REGISTER AT: www.midessexccg.nhs.uk