



The latest news from *Mid Essex CCG*

May 2017



**NHS**

**Mid Essex**  
Clinical Commissioning Group

## Welcome...



Dr Caroline Dollery, Chair of MECCG

Welcome to May's edition of Engage, everyone. The past few weeks have been busy for the NHS here in mid Essex after the "cyber attack" that affected many computers across the CCG, hospitals and GP practices.

Clinical staff reverted to paper records or, where that wasn't possible, made other arrangements with patients to ensure that affected services could 'get back to normal' as quickly as possible. It will have been a very frustrating and difficult time for anyone who had appointments cancelled or delayed as a result. I am grateful to all of our NHS staff for their hard work around-the-clock to make sure people still received care if they really needed it. Thanks, also, to our partner organisations and local communities for their patience and support.

# Self Care Innovation



## INNOVATION AWARD

Self Care Week

2016

**W**e are delighted that our childhood illness communication campaign has been nationally recognised, winning the Self Care Forum's Special Innovation award. The award praises our contribution towards helping people to manage their own health.

This is a fantastic achievement for everyone involved in the project from CCG colleagues; our local GPs and pharmacists to partners including Braintree District Council and Essex County Council. We look forward to collecting the award at the Self Care Conference in September and will be sharing pictures on social media and Engage.

To download a copy of our Common Childhood Illnesses and Wellbeing handbook, visit our [website](#).

## GP services and the future



We had a really positive GP Summit and Nurses Conference on the 9th May at Chelmsford City Racecourse, with more than 130 of our primary care colleagues.

One of the aims was to share learning about how GP practices are working together on care in their communities around the country and regionally.

Mid Essex GPs heard from Modality – a West Midlands organisation – about their approach to sustainable primary care; from colleagues at UCLP about other ways GPs are working together and from us regarding local plans for the next six to 12 months.

There was lots of discussion between our practices and within locality groups about how they start on their journey to collaborate; share services and skills of staff; and some real actions that can take this work forward.

## Annual Report and Accounts

We're in the final stages of compiling our Annual Accounts for 2016/17 and completing our Annual Report of the year.

In the midst of the ongoing challenges the health and care system faces locally, we are able to show in the report how we planned and monitored care for you, your family and neighbours over the past 12 months.

Our Annual Report and Accounts will be published on our website on Friday 16th June, and will be formally presented to our Board at our AGM and Community Awards in September. Details of those will be shared in a future edition of Engage.

## World No Tobacco Day 'Wednesday 31st May'

31st May is '[World No Tobacco Day](#)' – which aims to highlight the health risks associated with tobacco



use. It's also a great opportunity to find out more about the help available in mid Essex for people who are thinking of quitting.

[Essex Lifestyle Service](#) offers a free programme to anyone in mid Essex wanting to quit smoking with support from one-to-one sessions; via telephone calls; or through a stop-smoking smartphone app.

You can contact the Lifestyle Service for more information on **0300 303 9988** – lines are open 8am to 8pm.

# Sun's out, BBQ's out!



Keep your hands and tummy healthy! Bank Holiday Monday marks the start of National BBQ Week and many of us will be firing up our barbecues this weekend, entertaining friends and family in the sunshine (hopefully)!

To make sure that you serve up a sensational barbecue that also keeps your family and friends safe, our Infection Control and Prevention Nurse Specialist John Swanson explains [in a video](#) on our Twitter page why it's important to wash your hands. John also offers a quick refresher on good hand hygiene.

Our hands are one of the main ways we spread germs, so it's important to wash hands thoroughly with soap and warm water before cooking, after touching the bin, going to the toilet, and before and after touching raw food, especially meat – something most of us tend to do when cooking food for a barbecue!

## Bank Holiday Pharmacy Opening Times

Traffic on busy roads during bank holidays is challenging and it can be just the same in A&E. So why not be smart and beat the queues in Mid Essex by visiting your local pharmacist this May Bank Holiday (29th May 2017).

Mid Essex CCG Chief Pharmacist, Paula Wilkinson says: "Patients can save time in the waiting room by visiting their pharmacist for quick, confidential advice on a range of common illnesses.

Your local pharmacy can help you with more than you might think. Pharmacists offer expert, confidential advice and treatment for many minor health problems."

Pharmacy opening hours in mid Essex on bank holidays can be found [on our website](#).

The site also offers [more info](#) about Community Pharmacists.

### Stay connected ...

As always, we want to hear your views on the work we do here in mid Essex, so please continue to share ideas and thoughts with us. To submit a story for Engage, please email our public and patient engagement address, [MECCG.ppe@nhs.net](mailto:MECCG.ppe@nhs.net).

