

Press Release

13 November 2017

THURROCK COMMUNITY WRAPS UP FOR SELF CARE WEEK

Organisations including Thurrock Council, Thurrock Clinical Commissioning Group and Thurrock CVS, St Margaret's Church in Stanford le Hope and Thurrock's Community Hub in Chadwell have got together to wrap local areas across Thurrock for Self Care Week.

Groups were invited to knit or bring scarves to wrap around their nose and mouth to keep cold air out and keep warm. Self Care Week runs from 13-19th November and was set up to help empower people to find ways of keeping themselves healthy and warm this winter.

Jane Foster-Taylor, Chief Nurse for Thurrock Clinical Commissioning Group said:

"This is a fun way of getting people together to raise awareness of how we can all help ourselves to stay well this winter. We are bringing the community together for a simple message."

This Thursday 16 November at 4pm, Thurrock Council staff, CCG Staff, Thurrock CVS, Healthwatch and students from South Essex College will all join together to wrap around the council building in Grays.

Other events include: wrapping round with children from Messy church at St Margaret's Church, Stanford le Hope after school on Tuesday, and Chadwell Community Hub wrapping up around the Chadwell library on Thursday morning.

Portfolio holder for Health, Cllr James Halden said:

"This is a great way to bring the community together for a simple message during Self-Care Week, empowering people to take care of themselves no matter what age. There are lots of ways to stay well; wrapping up in cold weather, getting your flu jab (if you are in an at risk group); and making sure elderly neighbours are staying warm, are just some of the ways."

"We now have lots of advice available for people to help them find solutions to stay well, including our new Thurrock First helpline. This enables people to find a health, care or mental health solution to meet their needs and take charge of their own health."

For more information Self Care Week visit: <http://www.selfcareforum.org/events/self-care-week/>

ENDS

Notes to Editors

For information about when and where communities are coming together, contact louise.banks3@nhs.net or 07775 406849.

About Thurrock First:

Thurrock First is the first point of telephone contact for adults living in Thurrock who want to talk to someone about:

- adult social care
- mental health
- health problems that have been diagnosed and for which on-going care is needed
- where to get help with other health problems
- care that's available in the community

You are able to contact Thurrock First on 01375 511000. For more information visit: www.thurrock.gov.uk/thurrockfirst

About Thurrock Clinical Commissioning Group

Thurrock Clinical Commissioning Group (CCG) is responsible for the commissioning and delivery of local health care services. The CCG buys healthcare from hospitals, community and mental health services and some specialist services. service contracts with GPs, dentists, pharmacists and opticians are managed by [NHS England](#).

Driven by clinicians, the CCG is supported by a wide range of professionals and strategic partners, to commission and deliver joined up seamless quality services to the public, patients and carers of Thurrock. Our vision is that the health and care experience for the people of Thurrock will be improved as a result of our working together. Further information about Thurrock Clinical Commissioning Group is available from www.thurrockccg.nhs.uk