

MEDIA RELEASE

Issued by Thurrock Clinical Commissioning Group

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Open the door to self-care with local NHS Advent Calendar

To help people in our area Live Well this Christmas and embrace self-care, health professionals across mid and south Essex are launching a video advent calendar. It's aimed at raising awareness of key winter health risks and offers advice on local health services available over the Christmas period – as well as general self-care advice.

Join us from December 1st and open a new door on our advent calendar every day to find out top tips on keeping warm in the cold weather, how to keep active, where to go if you're feeling stressed or worried during the festive season and how to avoid giving the gift of a tummy bug by cooking the turkey correctly!

Caroline Russell, Senior Responsible Officer for Locality Health and Care across mid and south Essex, said: "We want everyone in our area to live well throughout the year by staying active and healthy but over the coming weeks we also want people who might need help to know how and where to get it."

Caroline, who is also Accountable Officer for Mid Essex Clinical Commissioning Group, added: "Over the next 24 days you'll meet some of my colleagues from our local NHS and care services who are passionate about helping people to stay healthy. Each day they'll share a top 'Live Well tip' with you and signpost you to more information if you want it."

Jane Foster-Taylor, Chief Nurse, Thurrock CCG said:

"As we enter the Christmas period, it's helpful to be reminded of all the things we can do to look after ourselves, including ordering our repeat medication in time and stocking up on those essentials for our medicine cabinets. These daily advent videos give advice on health and wellbeing during the festive period. I hope people will find them useful."

The calendar will be available on the [Mid Essex CCG YouTube channel](#) or through our Twitter feed [@ThurrockCCG](#).

For further information about the national Stay Well This Winter campaign, please visit www.nhs.uk/staywell.

ENDS

Notes to editor:

With thanks to the following contributors:

- **Andrew Pike** – NHS England (Midlands and East)
- **Caroline Russell** – Accountable Officer Mid Essex CCG / Lead Accountable Officer for Mid and South Essex CCG Joint Committee
- **Ian Stidston** – Accountable Officer Castle Point and Rochford CCG and Southend CCG
- **Carol Anderson** – Chief Nurse, Mid and South Essex STP
- **Tricia D’Orsi** – Chief Nurse, Castle Point and Rochford CCG
- **Michelle Stapleton** – Group Director, Integrated Care Operations, Mid Essex, Southend and Basildon NHS Hospitals
- **Rachel Hearn** – Director of Nursing and Quality, Mid Essex CCG
- **James Wilson** – Acting Director of Acute Commissioning, Mid Essex CCG
- **Denise Rabbette** – Head of Medicines Optimisation, Thurrock CCG
- **John Swanson** – Infection Control Matron, Mid Essex Hospital Trust
- **Michael Hancy** – Sexual Health Nurse, Essex Sexual Health Service (Provide CIC)
- **John Gear** – Essex Lifestyle Service (Provide CIC)
- **Adrian Coggins** – Head of Public Health and Wellbeing Commissioning , Essex County Council
- **Emma Richardson** – Integrated Dementia Commissioner, Essex County Council
- **Sian Brand** – Project Manager, Connect Well Essex
- **Dr Caroline Dollery** – GP and Chair of Mid Essex CCG
- **Dr Anna Davey** – Local GP, Witham
- **Dr Ahmed Mayet** – Local GP, Coggeshall
- **Steve McEwen** – Patient Experience Manager, Mid Essex CCG
- **Rachel Harkes** – Head of Communications and Engagement, Mid Essex CCG
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Image suggestions:

Attached is a copy of the first advent video to be released on 1st December.