

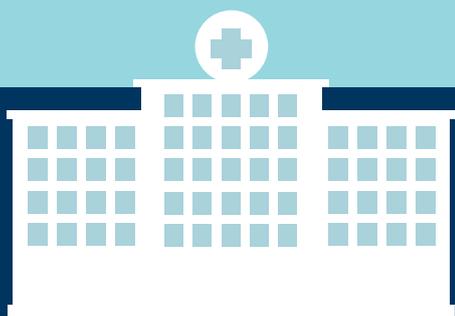


Read about how the team  
at Thurrock GP practices  
are changing

Pages 2-3

Get advice from  
clinicians on  
managing common  
conditions in young  
children

Pages 5



Read about the opening of a new ward  
at Thurrock Community Hospital

Pages 6



As we start the New Year, there is much to look forward to when it comes to health and care in Thurrock. We are working in a joined up way with our local health, social

care and mental health organisations as well as offering a much wider pool of people to provide you with the help you need. Read more on page 3 on the new team of professionals coming to GP practices in Thurrock.

There are also challenges ahead as we try to develop a Long Term Plan for our local NHS. We want to develop health and care facilities that will transform the way we deliver care, offering more opportunities to access services closer to where you live. We started this with For Thurrock in Thurrock, our transformation plan, which in the last two years has seen changes like GP practices working together and bringing care beds back in to Thurrock. Read about the opening of a new mental health ward in Thurrock Community Hospital on page 6.

My final message is about self care. As you know, knowledge is power; knowing what to do when a child becomes unwell can empower families to take control over minor illnesses and self-care at home. There is advice for general health issues, including cuts and grazes as well as advice on head injuries, bronchiolitis and tummy bugs on page 7.

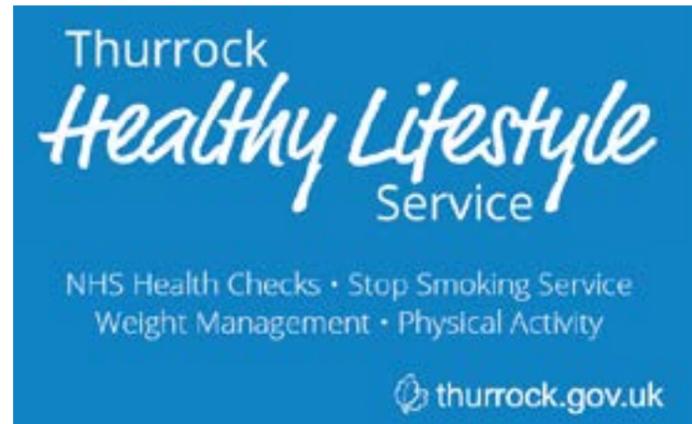
We hope you enjoy this issue of CCG Insight.

Mandy Ansell  
Accountable  
Officer, NHS  
Thurrock CCG

CCG Insight is just one of the many ways that you can keep informed about our work. Connect with us through Facebook, Twitter and our website for regular updates. You can also share any feedback on Insight by emailing: [thurrock.ccg@nhs.net](mailto:thurrock.ccg@nhs.net) with 'CCG Insight feedback' in the subject heading.

# New Year, New Start:

Why not consider things you can do to get in shape, lose weight and stop smoking. Make 2019 the year for self-improvement. Thurrock Healthy Lifestyles is there to support you....



The **Thurrock Healthy Lifestyle Service (THLS)** has been operating an in-house council service for one year now (since November 2017). The service provides an adult health improvement service, operating across the whole of Thurrock; these services include Stop Smoking Support, Weight Management and NHS Health Checks.

The service is mixed skilled including Stop Smoking Practitioners and Health Check Practitioners. THLS also work with a range of providers including Impulse Leisure who deliver an Exercise Referral Programme, Shift the Timber - a Men's only football based fitness programme, Nutrition Advice for Health - a nutrition education programme, and Slimming World. To find out more on these programmes, visit the webpage [www.thurrock.gov.uk/THLS](http://www.thurrock.gov.uk/THLS), phone **0800 292 2299**, or email [thls@thurrock.gov.uk](mailto:thls@thurrock.gov.uk).

Case study from Shift the Timber:

*I would like to say how much I have enjoyed my 11 weeks of training and playing football at the tender age of 51! Gordon is a really great coach, he breaks down the play for us and I am looking forward to re-joining the programme with my football mates in October. It is a great way to meet new friends and share with the other guys banter and creates a bond also. Since starting the programme at the beginning July, I can honestly say I have never felt so fit, healthy and now I have the desire to start playing football again. I have noticed I am also more active when I am at work and at home as I make sure I walk at least 2 miles a day. Since the start I've worn my West Ham training shirt with pride!*

**Shift the Timber Participant July to September 2018**

# New Health Care Workers Will Be Coming to a GP Surgery Near You!

A whole new team of people qualified to help you get the best from your health care service will be waiting to see you. The first team will be starting in Tilbury and Chadwell and then moving

across Thurrock. This will help to get you seen more quickly and by the right professional who is best able to meet your needs. Read more about what they will do below.



## Physician Associate

Medically qualified general health care professional that can see you for most health problems, they are supervised by GPs.



## Practice based Pharmacist

These are qualified Pharmacists who work in your GP practices as part of a team of people who can support a patient with medicines, long term conditions (like diabetes and COPD) and helping to diagnose specific problems.



## Community Psychiatric Nurses

These are specialist nurses that can help with any mental health problems you might have.



Graphic created by freepik.com



## Paramedic

Trained in emergency medicine, Paramedics can support patients with urgent medical needs, sometimes coming out of the practice and in to your home. They will know about all illnesses and assess and treat problems as they arise.



## Nurse Practitioners

They are fully qualified and will support you with every day health problems.



Existing social prescribers and others within GP practices.

For more information on what changes are happening and how you can feedback visit: [www.bettercaretogetherthurrock.org](http://www.bettercaretogetherthurrock.org).

# Learning Disabilities Health Check

**Annual Health Checks for people with Learning Disabilities – Don't delay get yours today!**



Photo by rawpixel.com / Freepik

Did you know that if you are 14 years old or older, and living with a learning disability, you should have a health check every year?

Many people, especially younger people, don't attend their free health check, but this is not a good idea.

Having a check every year, is like having an MOT on a car. Doctors and Nurses will spend about an hour with you checking your heart, your chest and

your tummy. They will ask you questions about your lifestyle, what you eat and how much exercise you take.

This is important so that any problems you might have with your health can be picked up and treatment provided.

If you are not registered at a GP practice as having a learning disability, you can ask to be added to the learning disability register.

Did you know that you can have your health check at Thurrock Health Hubs? See the information below for opening times. It means that you can be seen in the evening or at weekends if that is better for you.

The CCG has printed some helpful easy read guides from Mencap about the Health Check. You can view these online here: <https://goo.gl/1RMm66>

**Ask your Doctor for an annual health check appointment today!**

**See a GP or Nurse**

**Weekday Evenings and Weekend Mornings**

- South Ockendon Hub**  
Bluebells Surgery  
Darenth Lane  
South Ockendon  
RM15 5LP
- Purfleet Hub**  
Purfleet Care Centre  
Tank Hill Road  
Purfleet  
RM19 1SX
- Grays Hub**  
Thurrock Community Hospital  
Long Lane  
Grays  
RM16 2PX
- Corringham Hub**  
Neera Medical Centre  
2 Wharf Road  
Stanford-Le-Hope  
SS17 0BY
- Tilbury Hub**  
Sai Medical Centre  
105 Calcutta Road  
Tilbury  
RM18 7QA

GP or Nurse appointments are available on weekday evenings from 7pm to 9pm and on Saturdays and Sundays from 9am - 12pm for routine care at the Thurrock Health Hubs.

The Grays Hub is also open from 1pm to 4pm on Saturdays.

Call your regular GP practice to book an appointment.

**You can also attend your Annual Health Check at the Hubs!**



# Helping Parents this Winter

**Parents – you know your stuff! We want to help you keep calm this winter and know what to do when your little one is unwell.**

During the winter months many children suffer with common but often treatable conditions which can worsen if not treated correctly. The NHS is focusing on a message that is 'Help Us Help You.'

Healthcare professionals have come together to provide a guide to three common childhood health issues that parents can use to self-treat, visit their GP, or call NHS111 and know what to do in an emergency. The three illnesses are:

- Diarrhoea and Vomiting
- Bronchiolitis (more than just a cold, an infection of the lower airways)
- Head Injury

Dr Sooraj Natarajan, local GP and Clinical Lead on Children's Health for the Mid and South Essex Sustainability and Transformation Partnership said:

"Advice on these common ailments is often simple in the early stages of illness, even in very young children. It can be frightening for parents at times, but there are often ways to care for a child at home, or with the help of your local healthcare provider. Even with head injury that can affect children of all ages, the advice has changed slightly.

"The purpose of this campaign is to help parents to know what to do and to feel supported by the multitude of NHS services available within their local community.

"There are self-help remedies every parent should have in their cupboard, including liquid paracetamol/Ibuprofen, fluid replacement sachets, antiseptic cream and wipes.

"Stay calm – be aware and know when it's time to seek help or when you can manage your child's illness at home.

"Some children will need to go to hospital but most will not and that's the message we want people to take away."

You can view these resources online here: [bit.ly/thurrock-health-advice-for-parents](http://bit.ly/thurrock-health-advice-for-parents)

If in doubt call NHS111 for advice or visit [www.nhs.uk](http://www.nhs.uk) and type in childhood illnesses to see exactly what you should do if your child is ill this winter.

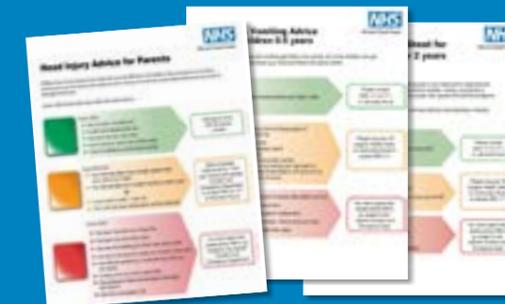


## Stay Well Guide for Parents

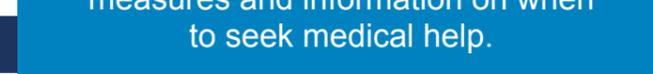


This leaflet points you to the best service to help you and your child for a number of common illnesses.

## Bronchiolitis, head injury, and diarrhoea and vomiting advice sheets



These fact sheets contain useful information for parents on typical signs and symptoms, preventative measures and information on when to seek medical help.



# Mayor of Thurrock Opens Gloucester Ward

Gloucester Ward, an inpatient facility for older adults with a mental health illness, was officially opened by Mayor of Thurrock, Cllr Barbara Rice on 26 November 2018.

The ward which is run by Essex Partnership University NHS Foundation Trust (EPUT) has been completely refurbished and relocated from Basildon Mental Health Unit to Thurrock Community Hospital, to make way for an additional ward to accommodate more adult inpatients.

## Mayor of Thurrock, Cllr Barbara Rice said:

“Relocating Gloucester Ward to Thurrock Community Hospital has gone really well and it’s been a fantastic transformation. It’s great that the Trust has been working in such close partnership with the Council on this project and in so many other areas of its work, and I hope that continues as we strive for the best possible outcomes for our patients. Having worked on the wards as a Nurse myself, I know how tough things can be and I would like to thank all of the staff for their hard work in making this move happen.”

## Malcolm McCann Executive Director of Community Services and Partnerships at EPUT said:

“Part of our preparation for winter this year is making sure that we have enough beds to look after more patients that the winter months might bring. Relocating Gloucester Ward to Thurrock Community Hospital has enabled us to create an extra ward at

Basildon Mental Health Unit so that we are well prepared this winter. Thank you to all our staff especially our Nurses, Ward Managers and estates team for doing such a brilliant job at relocating Gloucester Ward in such a short space of time.”

The relocation of Gloucester Ward is in response to increasing demands for more adult inpatient beds for patients suffering from a mental health illness across south Essex.

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

“We are delighted that a new refurbished mental health facility, to support people who

need to have an inpatient stay, is now available to those living in Thurrock. This supports our overall strategy to bring care closer to home. As the lead commissioner for Mental Health across Mid and South Essex, we are working closely with our providers to ensure that services meet the needs of people at all levels of mental health need, from crisis to low level anxiety. This new ward will go a long way to helping to improve care for the people of Thurrock.”

The new Gloucester Ward is now located at what was previously known as Ashingdon Ward at Thurrock Community Hospital.



# Spotlight on Good Oral Health

**Oral health is something that we need to look after every day, but it is all too easily neglected. Healthwatch Thurrock is shining a spotlight on oral health in Thurrock and explaining why it’s so important.**

## Children’s Oral Health

Oral Health refers to the condition of gums, teeth, and surrounding bone and soft tissues of the mouth. Good Oral health is when we can eat, drink and do everything else free from pain and disease.

Oral health problems can be quite common in children. These can include tooth decay, gum disease, and facial or dental injuries.

Tooth decay can lead to discomfort and pain that can make basic things like eating very painful. It can affect a child’s sleep, social life and can lead to abscesses. In serious cases, the teeth will need to be removed.

## Oral Health in Thurrock Care Homes

Oral health in older people is an important part of general health and wellbeing. It allows people to eat, speak, smile and also socialise without discomfort or embarrassment.

People are now keeping their teeth for longer. This means that more people with complex medical needs will also need to manage their oral health.

Poor oral health can lead to a poorer quality of life. Research shows that oral care is often lacking in community care settings especially for those individuals who may be unable to carry out their own personal care and rely on others for support.

## Contact Healthwatch Thurrock

If you would like to talk about your experiences of tooth decay in Thurrock, get in contact with Healthwatch Thurrock by phone, email or in person:

Address: The Beehive Resource Centre, West Street, Grays, Essex, RM17 6XP

Tel: 01375 389883

Email: [admin@healthwatchthurrock.org](mailto:admin@healthwatchthurrock.org)

Website: [www.healthwatchthurrock.org](http://www.healthwatchthurrock.org)

# Tooth decay: the numbers



Despite being largely preventable, tooth decay remains a serious problem. Public Health England’s 2015 national dental epidemiology survey of 5 year olds showed that 25% had experienced tooth decay, with an average of 3 to 4 teeth affected. In the East of England, the number was 20%.

In Thurrock the levels of tooth decay were lower than the national and regional average at 19.5%, although the percentage was slightly higher than other neighbouring areas, including Basildon (16%), Brentwood (15.6%), Rochford (12.9%) and Southend on Sea (17.4%).



# Your Healthcare, Your Voice

Make sure your voice is heard in decisions around local healthcare by joining Thurrock's Commissioning Reference Group or your GP practice's Patient Participation Group.

NHS Thurrock CCG is committed to ensuring that the people of Thurrock are involved in the work we do to improve healthcare in Thurrock. We want to hear from you!

There are many ways to get involved, from taking part in the decisions made at your practice to having a voice in the commissioning decisions made across Thurrock.

## Patient Participation Groups (PPGs)

PPGs are a way for the staff of a GP practice to create a channel of communication, strengthening the relationships between GP practices and patients. These groups are a way for patients to make suggestions and share feedback which can help practices to create a more inviting, stress-free environment for visiting patients. PPGs are also giving patients a deeper understanding of the problems faced by their practice and are even helping to solve some of these issues.

Membership to PPGs is open to all patients within that particular practice. The group is usually co-ordinated by the Practice Manager and meetings are attended by both patients and practice staff.

If you would be interested in joining a patient participation group, please speak to reception at your GP practice.

## Commissioning Reference Group (CRG)

The CRG is an advisory group to NHS Thurrock CCG. It ensures that the people who actually use the services in Thurrock have an input into the commissioning decisions that will affect healthcare across the borough.

CRG members share the knowledge and experiences of Thurrock residents which can influence changes that are being made here in Thurrock.

Thurrock  
CRG meetings  
are held every two  
months and generally  
last two hours. If you  
are interested in joining,  
please email:  
[thurrock.ccg@nhs.net](mailto:thurrock.ccg@nhs.net)

## Sign up to Thurrock Diabetes Support Group

Are you from Thurrock and are you living with diabetes? Why not come along to the **Thurrock Diabetes Support Group**.

Getting a diabetes diagnosis can be very difficult. The condition can affect many different aspects of your life and requires major changes to how you live. If you are struggling with making those changes to benefit your health and lifestyle, the Thurrock Diabetes Support Group might be able to benefit you.

Evidence shows that not only are support groups a great way to meet new people and widen your social circle, they can actually help you manage your condition and improve your health.

Sharing experiences, tips and personal difficulties can really help members to manage their condition

in the long term. You can hear from people that have faced similar challenges who will have a better understanding of your daily struggles; find out how they overcame particularly difficult challenges; and get tips on how to enjoy life while also looking after your health.

Anyone with diabetes in Thurrock is welcome to attend. There are two meetings booked, Thursday 25 April 2019 from 6pm to 8pm and Wednesday 19 June 2019 from 6pm to 8pm at the Beehive Resource Centre, Grays. Refreshments provided.

Please contact Thurrock CCG for more information at [thurrock.ccg@nhs.net](mailto:thurrock.ccg@nhs.net) or call 01375 365810

Contact us: NHS Thurrock CCG, Civic Offices. 2nd floor, New Road, Grays, RM17 6SL

Email: [thurrock.ccg@nhs.net](mailto:thurrock.ccg@nhs.net); Tel: 01375 365810

Website: [thurrockccg.nhs.uk](http://thurrockccg.nhs.uk); Follow us: [@ThurrockCCG](https://twitter.com/ThurrockCCG)

Like us: [facebook.com/ThurrockCCG](https://facebook.com/ThurrockCCG)

