



Mid and South Essex
Health and Care
Partnership

Thurrock CCG – Commissioning Reference Group 19 January 2021

Covid 19 Update



Working together for better lives



Overview

- A major incident was declared on 29 December 2020 due to significant demand on hospitals and health and social care services across Essex. We are still in this incident but are beginning to see numbers decreasing slightly.
- Vaccination programme full steam ahead!
 - Hospital vaccination hubs, all GP-led sites now live with vaccination centres also opening



Supporting You In Thurrock

- There are a range of support services to help you manage during the COVID pandemic. Thurrock Coronavirus Community Action supports vulnerable people who need help with things like shopping or social contact. Details are available here:
[Thurrock Coronavirus Community Action | Coronavirus \(COVID-19\) community support | Thurrock Council](#)
- Pharmacies are delivering medication and there are online deliveries via NHS app and other online apps where you order your medication.
- Mental health services in Thurrock are still available, mostly virtually. This is for children and adults. You can view a guide here:
[Download Adult Public mental health guide](#)
[Download Children and Young Peoples Public mental health guide](#)



Patient Participation Group Representatives



To help us share the facts and right messages within your local groups and communities.

The next few slides have the most important messages we'd like you to share.



NHS

Thurrock

Clinical Commissioning Group

NHS - Key messages

- NHS services are still open, visit [nhs.uk](https://www.nhs.uk) for advice on using NHS services at this time.
- Think NHS 111 First - If you have an urgent medical problem or you're not sure what to do, just call NHS 111 first and they'll make sure you get to the best place for you to be seen safely and quickly.
- Use the community pharmacy for non-urgent issues.
- Help us promote self care resources.



Local Authority - key messages

- Protect yourself and others.
- Shop for basic necessities, for you or a vulnerable person.
- Only go out for exercise once a day.
- Meet your [support bubble](#) or [childcare bubble](#) where necessary, but only if you are legally permitted to form one.
- If you have coronavirus symptoms get [tested](#).



COVID-19 Self Care

- Leaflet to support people to treat Covid 19 symptoms at home.
- Free My Mhealth apps to monitor long term conditions at home.

Mid and South Essex Health and Care Partnership **NHS**

HOW TO TREAT CORONAVIRUS SYMPTOMS AT HOME

TEMPERATURE

- ✓ **Get lots of rest.**
- ✓ **Drink plenty of fluids** (water is best) to avoid dehydration - drink enough so your pee is light yellow and clear.
- ✓ **Take paracetamol or ibuprofen** if you feel uncomfortable.

COUGH

- ✓ **Lie on your side or sit upright instead.** **Avoid lying on your back.**
- ✓ **Try having a teaspoon of honey** to help ease a cough. But do not give honey to babies under 12 months.

If this does not help, ask a non-isolating friend or family member to seek advice from a pharmacist on your behalf.

BREATHLESS

- ✓ **Keep your room cool.** Try turning the heating down or opening a window. **DO NOT use a fan as it may spread the virus.**
- ✓ **Try breathing slowly in through your nose** and out through your mouth, with your lips together.
- ✓ **Sit upright** in a chair relaxing your shoulders.
- ✓ **Lean forward slightly** - support yourself by putting your hands on your knees or on something stable like a chair.

Try to stay calm if you're feeling breathless. Anxiety can make it worse.

Call 999 for an ambulance if you or someone you care for:

- are struggling to breathe
- are coughing up blood
- have blue lips or a blue face
- feel cold and sweaty, with pale or blotchy skin
- have a rash that does not fade when you roll a glass over it
- collapse or faint
- become confused or very drowsy
- have stopped peeing or are peeing much less than usual

Tell the operator you might have coronavirus symptoms.

DO NOT GO TO A PHARMACY
 If you or someone you live with has coronavirus symptoms, you must all stay at home.

If you're concerned about your symptoms and need medical advice, use the **NHS 111 online coronavirus service.**

GETTING HELP WHILE YOU'RE STAYING AT HOME
 Thurrock Coronavirus Community Action can help you while you have to stay at home (self-isolate). Call **01375 511 002** 9am to 3pm (Monday to Friday only)

Thurrock Integrated Medical Centres



- Good news! The Corringham Integrated Medical Centre build is starting next week (25 January 2021)!
- We are hosting a public event for Corringham and Stanford Le Hope residents on Thursday 28 January 2021 at 6pm.
- Please join us if you would like to hear more about the programme, click on the link below.

<https://bettercaretogetherthurrock.org/2021/01/19/corryingham-integrated-medical-centre-online-public-engagement-event/>

Corringham Integrated Medical Centre

www.bettercaretogetherthurrock.org

Join us and find out more

Join us online to find out about Thurrock's Integrated Medical Centre for Corringham.

With building work about to start, this is your opportunity to find out what's coming, see the designs of the building and ask questions.

When:

Thursday 28 January 6pm – 7pm

Where:

On Microsoft Teams.
Join online or dial in

Who will be there?

Representatives from the NHS, Thurrock Council and Neilcott Construction

Submit questions:

Send your questions in advance to communications@nelft.nhs.uk

 **Better Care Together**
Thurrock



The COVID-19 Vaccination Programme

NHS
Thurrock
Clinical Commissioning Group

A collage of various elderly people of different ethnicities and ages, used as a background for the text.

NHS

The Covid-19 vaccine is rolling out across Essex, Southend and Thurrock

For more information visit
eput.nhs.uk/news-events/coronavirus/coronavirus-vaccine



Key messages

- The NHS will contact you when it's your turn to have the vaccine, so please do not contact the NHS for a vaccination before then
- Please act on your invite when it comes, and make sure you attend your appointments when you arrange them
- Arrive on time for your appointment and follow hands, face and space guidance when visiting any healthcare setting
- Information about the COVID-19 vaccination programme can be found on this [on this webpage](#).
- Public concerns can be forward to the EPUT Patient Advice Liaison team for response epunft.pals@nhs.net.

How you can get involved



Each and every one of us has an important role to play in supporting the NHS to disseminate vital messages from a trusted source to our wider communities.

- Follow and share your local CCG on social media



@ThurrockCCG



@ThurrockCCG

- Look out for the most up to date Press Releases.
- Websites: MSE Health Care Partnership, CCG, NHS and Government, Healthwatch and local Associations for Voluntary Services



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More information

National Covid 19 Vaccination programme:

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/>

Mid and South Essex Health Care Partnership inclusive resources:

<https://coronavirus.msehealthandcarepartnership.co.uk/health-and-care-staff/useful-resources/communications-resources/inclusive-resources/>

Thurrock Council – Coronavirus updates

[Government and health information | Coronavirus \(COVID-19\) | Thurrock Council](#)

Leaflets

- [GOV.UK: COVID-19 vaccination guide for older adults](#)
- [GOV.UK: why you have to wait for your COVID-19 vaccine](#)