

news in brief

Eye definition at the college

THURROCK Adult Community College has two hands-on practical courses/workshops, starting in February to teach you how to achieve the latest high definition eyebrow look or gain an insight into how to apply eyelash extensions.

They offer the opportunity to learn techniques to recreate on yourself, family or friends to enhance a natural daytime or more intense look for those special occasions.

Booking is essential, places are strictly limited and enrolments will close soon - call 01375 372476 to book your place on this and other informal and fun courses at Grays Adult Education Centre on Richmond Road.

A stop at Stock

THURROCK Ramblers will be staying relatively close to home this weekend with an 8.5mile walk around the countryside near Billericay with a lunch break in Stock.

Meeting point is Giffords Cross car park, Corringham. The group will be leaving at 9am.

If you require any further details contact the walk leader John Gregory 07737 034653 or check the club website www.thurrockramblers.org.uk.

Keep up to date: 24/7 news and sports coverage of Essex and East London
www.theenquirer.co.uk

Message is 'take care with how and when you use antibiotics'

DON'T go straight for the antibiotics if you are feeling ill - is the warning from GPs across Thurrock.

Many patients ask for antibiotics when visiting their GP as they assume a course of antibiotics is a cure-all solution.

However overusing antibiotics can result in infections becoming resistant to the drug so they no longer work.



Dr Anjan Bose (left), Clinical Tutor at NHS Thurrock Clinical Commissioning Group, said: "Fighting infections is a growing problem due to antibiotic resistance. It is driven by overusing antibiotics, prescribing them inappropriately and patients not finishing the course. "To slow down the development of antibiotic



resistance, it is important to use antibiotics in the right way - to use the right drug, at the right dose, at the right time and for the right duration.

"Antibiotics should be taken as prescribed and never saved for later or shared with others."

- Patients should:
- Take only the antibiotics as prescribed;
 - Not skip doses of antibiotics;
 - Ensure antibiotics are taken at regular intervals;
 - Never save some for later;
 - Don't stop taking them

even if you feel better; ● Not share antibiotics with others.

Speak to your GP if you are given antibiotics and are concerned. Alternatively visit the following page on NHS Choices for more information: www.nhs.uk/NHSEngland/ARC/Pages/AboutARC.aspx.

For more information on staying well this winter visit www.nhs.uk/staywell.

Focus on Borough 'out of hours' GPs

IT'S not always clear which health service you should access when you are ill and for many people the go to place is A&E. Going to A&E for anything other than a genuine emergency places a huge strain on the system and also means potentially long waits to be seen.

NHS Thurrock Clinical Commissioning Group (CCG) wants to raise awareness of the different services that are out there, which is why every month we will be throwing the spotlight on a particular health service. This month we focus on: The out of hours GP service.

DO you know who to call if your GP practice is closed?

When your GP practice closes, primary care doesn't stop. The vital out of hours service means Thurrock residents can see a clinician 24 hours a day, seven days a week. In Thurrock, this service is provided by IC24.

The out of hours service at Thurrock Community Hospital is open for business from 6.30pm to 8am Monday to Thursday and from 6.30pm Friday to 8am Monday

The Enquirer is offering support to Thurrock Clinical Commissioning Group, the body responsible for providing healthcare in the Borough and is helping get its important messages across.

STAY WELL THIS WINTER

www.thurrockccg.nhs.uk Twitter: @ThurrockCCG Facebook: facebook.com/ThurrockCCG

morning. Patients can access the service by calling NHS 111 who will then direct them to IC24.

Dr Mark Metcalfe, an out of hours doctor, outlines what the service does: "We don't see cases where an ambulance or A&E is needed as this is arranged via 111, and similarly if a patient can wait until the next day or a few days they don't come through to us either, so we are seeing a 'middle ground' of patients: not so sick that they need A&E/ambulances, but with symptoms enough that we don't want to leave them until the next day to be assessed by a doctor.

"Broadly there are three groups of patients that we often see, children whose parents are worried, elderly whose carers/family are worried, and patients who have difficulty seeing their own doctor (either through lack of appointments or because they work). Children and the elderly can become unwell quickly so parents/carers often find the illness occurs in the evening and they do not want to wait until the morning. Most patients are grateful for the

service and a lot of our work is about giving reassurance and advice."

The out of hours service is open during the time that your GP practice is closed, which means that in reality, everyone in Thurrock can have access to a clinician 24/7. Dr Metcalfe explains a normal shift: "For most shifts we see a similar sort of pattern. We start at 6.30pm and usually there are a lot of cases coming through initially in the first hour. After that, there is a steady flow of cases coming through either as appointments or needing telephone advice, although we also do visits to people who are housebound or too unwell to travel."

If you can't see your GP and it's not an emergency, remember to call NHS 111 who will direct you to the most appropriate NHS service.

● THREE things to remember - Out of hours GP service

- Call NHS 111 to access the service (free even from mobiles);
- Appointments can only be made via NHS 111 and are held at Thurrock Community Hospital;
- The service is open from 6.30pm to 8am the following day Monday to Thursday and 6.30pm Friday until 8am Monday morning.

Why kids need to cut down on sugar intake

CHILDREN in Thurrock are being encouraged to cut down the amount of sugar they eat as figures show they are eating too much.

Figures show that children are eating as much as three times more added sugar than recommended guidelines. Four-to-10 year olds consume an estimated 5,500 sugar cubes a year (22kg), weighing the same as an average five-year-old.

A new Sugar Smart app has been launched to help parents see how much sugar there is in everyday food and drink. The free app works by scanning the barcode of products and revealing the amount of total sugar it contains in cubes and grams.

Children under six are recommended to eat no more than five cubes of added sugar a day, which rises to seven cubes for everyone over 11, but many items of food and drink contain significantly more sugar on their own. A single can of cola contains over nine cubes of added sugar, a 43g chocolate bar contains six cubes and a 200ml juice drink contains over five cubes.

The new campaign from Change4Life aims to warn parents

about the health harms of eating and drinking too much sugar, which could result in becoming overweight and lead to tooth decay.

Almost a quarter (22.1 per cent) of four to five-year-olds are overweight or obese in Thurrock, increasing to 36.6 per cent in 10 to 11-year-olds. This means they are more likely to become obese adults, who are more prone to a range of serious health problems, such as heart disease, some cancers and Type 2 diabetes.

Dr Anand Deshpande, Chair of Thurrock CCG said: "Obesity is a particular problem in Thurrock, with a higher number of obese adults and children compared to the England average. Obesity in childhood can have detrimental effects on a child's physical and mental health, increasing the risk of Type 2 diabetes, depression and anxiety."

"We need to protect the health of our children, and this new app can help us do that. By knowing how much sugar our children eat, we can make those necessary changes that can improve their quality of life."

The Sugar Smart app is available to download now from the app store or Google play. You can also find free support tips and ideas on the Change4Life website at www.nhs.uk/change4life.



Children need to eat healthier.

Combating loneliness

MORE than half of over 75-year-olds in the UK live alone, and one in 10 of them suffer intense loneliness. While there are many reasons why an older person can feel loneliness, from friends drifting apart to death depriving them of loved ones, whatever the cause, everyone should have someone to talk to. This is why Thurrock CCG wants to raise awareness of the Silver Line Helpline, a free, national helpline for older people that is available 365 days a year, 24 hours a day.

Founded by well-known television presenter and founder of the children's charity ChildLine, Dame Esther Rantzen (left), Silver Line has thousands of volunteers who are on call to support and protect those suffering from abuse and neglect or from loneliness and simply need a chat or friendly ear to listen.

To ensure the older population who may be suffering from loneliness know about the helpline, Thurrock CCG is organising a Silver Line Workshop scheduled to take place in March 2016. Further information will be publicised in the coming weeks. The CCG is also urging people to volunteer to become a Silver Line Telephone Friend by giving half an hour of their time each week to call an older person.

Mark Tebbs, the CCG's Head of Integrated Commissioning, said: "We are keen to promote this invaluable service for our older residents. Becoming a Silver Line Telephone Friend is easy. Once a volunteer has been registered and matched with an older person, they would call them once a week to check that they are ok and to have a chat. Volunteers are not expected to offer counselling, the aim instead is to be a friend."

Dame Esther said: "Since the death of my husband Desmond Wilcox 15 years ago, I know what it's like to feel lonely - and so I also know what a difference it makes to be able to speak to a friendly voice."

"Many of the people who call The Silver Line have led fascinating lives but now find themselves alone, often because they have lost a partner or other loved one. The huge number of calls to us brings home the truth, that isolation and loneliness are an issue every day of the year for thousands of older people. There is still a stigma to admitting you're lonely, but I believe we should all be honest about our loneliness, so that others can help."

For people who would appreciate a regular call from the same person every week, there are nearly 2,000 volunteers who call lonely older people weekly. Additionally, there are regular group calls on a range of subjects that interest the callers.

Further details about the Thurrock Silver Line Workshop can be found at www.thurrockccg.nhs.uk or to find out more about The Silver Line, go to www.theilverline.org.uk. The Silver Line number is **0800 4 70 80 90**

Working together for better health care

The Travel Boutique

ABTA

Travel Specialists 'The Travel Boutique' will be opening the end of February 2016, and we look forward to welcoming you into our beautiful new branch.

In the meantime if you are looking for your perfect holiday and a tailor-made itinerary for you and your family please do contact us on **01277 563193** and a member of our team will be happy to help you. Thank you and we look forward to seeing you soon!

Janette, Carly & Bev
The Travel Boutique x

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