



Mid and South Essex  
Health and Care  
Partnership



# MY HEALTH MATTERS



Information to help you  
take control of your health



# Right now, looking after ourselves is more important than ever.

Everyone's health is unique to them, as are the things that will help improve their wellbeing.

There are lots of free tools, tips and resources to help you take care of your health and wellbeing.

This booklet contains information and ideas about what's available to help people to look after themselves and those they care for.

Look after you too, because **your health matters.**

## #MyHealthMattersMSE



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# LOCAL INSPIRATION

## Spotlight on...

### Billy, 26, Rochford, Essex

Billy talks about why keeping active with a long-term health condition is so important and what matters to him when it comes to being healthy.

“

I live with a long-term condition called Fibromyalgia and being active allows me to stay healthy and well, regardless of the fact at times my condition can be hard to manage. I have found various ways to help cope and manage with my daily symptoms and pain.

I like participating in events and campaigns that keep me motivated to keep active, and I also like the influence this has on helping other people to be active

”



Please visit our website to read Billy's full case study:  
[bit.ly/myhealthmattersmse](https://bit.ly/myhealthmattersmse)



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## MY HEALTH MATTERS BECAUSE...

We would like to raise awareness of local people across communities in mid and south Essex taking control of their health and wellbeing in different ways.

We're interested in ways people are connecting with local areas, certain tools or resources to support their wellbeing.

By sharing their stories, we hope to inspire and empower others to do the same.

If you have a story to share please contact us by emailing [meccg.essex.incident.comms@nhs.net](mailto:meccg.essex.incident.comms@nhs.net) with 'My Health Matters campaign' in the subject line or get involved by using the hashtag [#MyHealthMattersMSE](https://twitter.com/MyHealthMattersMSE) on social media.

You can also use this form by visiting: [bit.ly/mhmsubmission](https://bit.ly/mhmsubmission) to submit a case study if you are interested in taking part and being a featured case study in future.



# MAKE THE MOST OUT OF ONLINE TOOLS

While we know digital tools aren't for everyone, 96% of households across the UK had access to the internet in January to February 2020<sup>1</sup> – which is a major shift to online. It's now easier than ever to take advantage of all that's on offer digitally to help people easily access trusted information and advice from home.

## THE NHS WEBSITE

For information about conditions, treatments, medicines, NHS services and more.

Visit: [www.nhs.uk](http://www.nhs.uk)

## NHS APP

Download the NHS App to:

- get trusted health advice
- book appointments
- order repeat prescriptions.

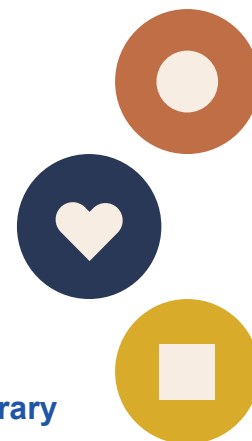


Visit: [www.nhs.uk/nhs-services/online-services/nhs-app/](http://www.nhs.uk/nhs-services/online-services/nhs-app/)

## HEALTH APPS LIBRARY

Visit the NHS health apps library for a range of apps and digital tools to help you manage your health and wellbeing.

Visit: [www.nhs.uk/apps-library](http://www.nhs.uk/apps-library)



## NHS ESSEX CHILD HEALTH APP

The NHS Essex Child Health app is designed to give parents, grandparents and carers across Essex NHS advice about children's health.



Visit: [bit.ly/childhealthapp](https://bit.ly/childhealthapp)

## HEALTH AND CARE VIDEOS

Visit the health and care video library to access more than 600 videos used as part of care offered by NHS doctors. The videos focus on a range of topics, including diabetes, cancer, pregnancy and mental health



<sup>1</sup> Office for National Statistics, *Internet access – households and individuals, Great Britain: 2020, August 2020*

## LIVING HEALTHIER

Visit [www.nhs.uk/better-health](http://www.nhs.uk/better-health) for advice, tips and tools to help you make informed choices about your health and wellbeing, including how to:

Lose weight

[www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/](http://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/)

Eat well

[www.nhs.uk/live-well/eat-well](http://www.nhs.uk/live-well/eat-well)

Help with stress, anxiety and depression

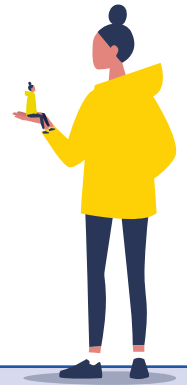
[www.nhs.uk/conditions/stress-anxiety-depression](http://www.nhs.uk/conditions/stress-anxiety-depression)

Exercise

[www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week](http://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week)

## SELF-CARE FORUM

Visit [www.selfcareforum.org/fact-sheets](http://www.selfcareforum.org/fact-sheets) for information about common ailments and how to handle the possible symptoms of a range of conditions.



## HELPFUL READING

Visit [www.reading-well.org.uk](http://www.reading-well.org.uk) for a range of helpful books recommended by health experts, as well as people with lived experience of the conditions and topics covered including their relatives and carers.



## NEED MEDICAL ADVICE?

NHS 111 online is a great source of information if you're not sure about a medical issue and need help or advice.

More information is available by visiting [111.nhs.uk](http://111.nhs.uk) online.

The 111 online service asks questions about your symptoms to help you get the help you need.

You can also **dial 111** on your phone if you cannot get the help you need online.

## NEED HELP ACCESSING ONLINE RESOURCES?

If you need support with accessing online resources, why not ask a friend or a member of the family to help you?

You can also get practical advice from local organisations (see page 12) or social prescribers (see page 10).





# KEEP ACTIVE FOR BETTER HEALTH

Many of us have had to spend more time at home which can make it harder to keep active. However, it's important to continue to do what you can to help with your physical and mental health.



Active Essex is the Sport and Physical Activity Partnership for Greater Essex. They have lots of resources and tools to help people to keep active, including from home.

Visit: [www.activeessex.org](http://www.activeessex.org)

## COUCH TO 5K



Couch to 5K is a running plan for absolute beginners.

The programme will help you gradually work up towards running 5km in just 9 weeks.

Visit: [www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k](http://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k)

## BEING ACTIVE WITH A LONG-TERM HEALTH CONDITION

When you're managing a long-term health condition, being active is about finding what works for you. We Are Undeatable have a range of ideas and resources to help you start your journey to being active.

Visit: [www.weareundefeatable.co.uk](http://www.weareundefeatable.co.uk)





# LOOK AFTER YOUR MENTAL HEALTH

## ACCESS TO PSYCHOLOGICAL SERVICES

Across mid and south Essex, you can access support via local IAPT services (Improving Access to Psychological Services). Support can be carried out virtually face to face, over the phone, through webinars or guided self-help. Find more information about local services in:

- Basildon and Brentwood by visiting: [www.basildonandbrentwoodccg.nhs.uk/your-health/mental-health-services](http://www.basildonandbrentwoodccg.nhs.uk/your-health/mental-health-services)
- Mid Essex (Braintree, Chelmsford and Maldon) by visiting: [www.midessexccg.nhs.uk/livewell/mentalhealth](http://www.midessexccg.nhs.uk/livewell/mentalhealth)
- South East Essex (Castle Point, Rochford and Southend) by visiting: [www.therapyforyou.co.uk](http://www.therapyforyou.co.uk)
- Thurrock by visiting: [www.thurrockccg.nhs.uk/your-health/mental-health-services](http://www.thurrockccg.nhs.uk/your-health/mental-health-services)

## LOCAL MENTAL HEALTH GUIDES

(including specialist mental health services)

Health organisations across mid and south Essex have developed a range of local guides to help signpost people to the right mental health services for them.

Visit: [www.msehealthandcarepartnership.co.uk/mental-wellbeing-support/guides-to-essex-mental-health-services/](http://www.msehealthandcarepartnership.co.uk/mental-wellbeing-support/guides-to-essex-mental-health-services/)



every mind  
matters

Every Mind Matters provides expert advice and practical tips to help you look after your mental health and wellbeing.

Visit: [www.nhs.uk/oneyou/every-mind-matters/](http://www.nhs.uk/oneyou/every-mind-matters/)

## NHS TALKING THERAPIES

Talking therapies, or psychological therapies, are effective and confidential treatments delivered by fully trained and accredited NHS practitioners. They can help with common mental health problems like stress, anxiety and depression.

Visit: [www.nhs.uk/conditions/stress-anxiety-depression/free-therapy-or-counselling/](http://www.nhs.uk/conditions/stress-anxiety-depression/free-therapy-or-counselling/)



ONE YOU

Making better choices today can have a big impact on your health. One You is there to help you get healthier and feel better with free tips, tools and support. Whether it's moving more, eating more healthily or checking yourself – One You can help you make small, practical changes that fit in with your life.

Visit: [www.nhs.uk/oneyou/](http://www.nhs.uk/oneyou/)

# SUPPORT IN YOUR LOCAL COMMUNITY

## TREAT MINOR HEALTH CONDITIONS

Local pharmacists are experts in minor health conditions and medicines. They can help answer questions about your prescriptions, offer clinical advice and over-the-counter medicines for a range of minor illnesses.

For more information about certain medicines, search 'medicine cabinet' on [www.nhs.uk](http://www.nhs.uk)

## DENTAL PROBLEMS

You can find a local dentist by visiting [www.nhs.uk/service-search/find-a-dentist](http://www.nhs.uk/service-search/find-a-dentist).

Use NHS 111 online (111.nhs.uk) if you do not have a dentist and you need urgent dental treatment.



## MINOR EYE AND VISION PROBLEMS

If you have any eye or vision concerns, please visit your local optician.

Visit [www.nhs.uk](http://www.nhs.uk) and search "Find an optician near you".

Your optician may refer you to the Minor Eye Conditions Service (MECS) if you have eye pain, sudden loss of vision, foreign bodies, lid problems or flashes and floaters.

## PRACTICAL AND EMOTIONAL SUPPORT

Social prescribers (or link workers) are now available at many GP practices locally. They can help connect you and your family to specialist organisations across Essex.

Social prescribers focus on what matters to people and take a holistic approach to a person's health and wellbeing.

They connect people to community groups and statutory services for practical and emotional support. You can find out more by contacting the local social prescribing services detailed on the opposite page or via your GP practice.

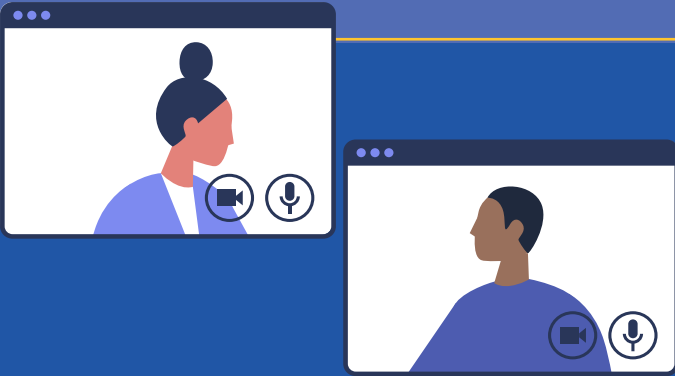
## LIVE WELL LINK WELL

Live Well Link Well is a free and confidential social prescribing service in Essex that provides practical or emotional support of a non-medical nature. If you are living in Essex and are aged over 18, you can contact the service directly without having to go through your GP.

Visit: [www.midessexccg.nhs.uk/livewell/live-well-link-well](http://www.midessexccg.nhs.uk/livewell/live-well-link-well)

Phone: **0300 303 9988**

Email: [livewell.linkwell@nhs.net](mailto:livewell.linkwell@nhs.net)



## CAVS WAYS TO WELLNESS

CAVS Ways to Wellness is a social prescribing scheme for people who live in Castle Point and Rochford. Social prescribing is when health professionals refer patients to support in the community, to improve their health and wellbeing.

Visit: [www.essexlocaloffer.org.uk/listing/cavs-ways-wellness/](http://www.essexlocaloffer.org.uk/listing/cavs-ways-wellness/)

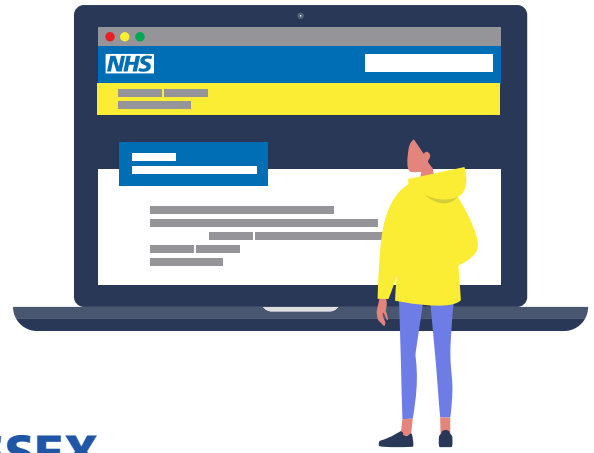
Phone: **01268 638 405**

Email: [office@cavsorg.uk](mailto:office@cavsorg.uk)



# HEALTH, WELLBEING AND SOCIAL SUPPORT LOCALLY

We want to make everyone aware about all that is on offer across mid and south Essex to help keep people well.



## ESSEX WELLBEING SERVICE

The Essex Wellbeing Service offers free and confidential support with:

- Stopping smoking
- Healthy eating
- Increasing physical activity
- Long-term condition management
- Increasing confidence
- Self-esteem and resilience
- Volunteering
- Everyday support.

Please note, the Essex Wellbeing Service is for those living in areas covered by Essex County Council.

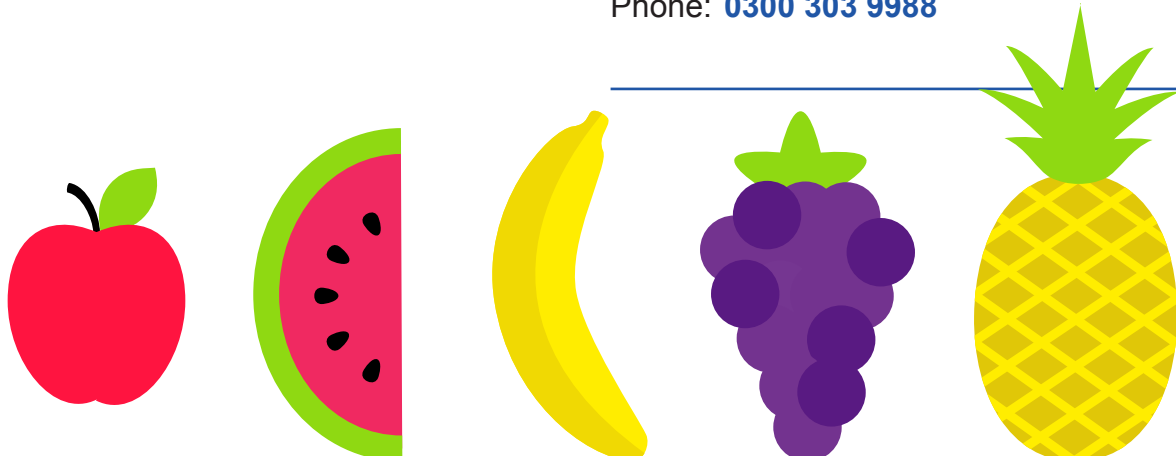
Visit: [www.essexwellbeingservice.co.uk](http://www.essexwellbeingservice.co.uk)  
Phone: **0300 303 9988**

### LIVEWELL ESSEX

The livewell campaign is designed to engage communities, families and individuals with the aim of providing information about what's on offer across Essex to improve health and wellbeing.

Visit: [www.livewellcampaign.co.uk](http://www.livewellcampaign.co.uk)

Email: [livewell@braintree.gov.uk](mailto:livewell@braintree.gov.uk)



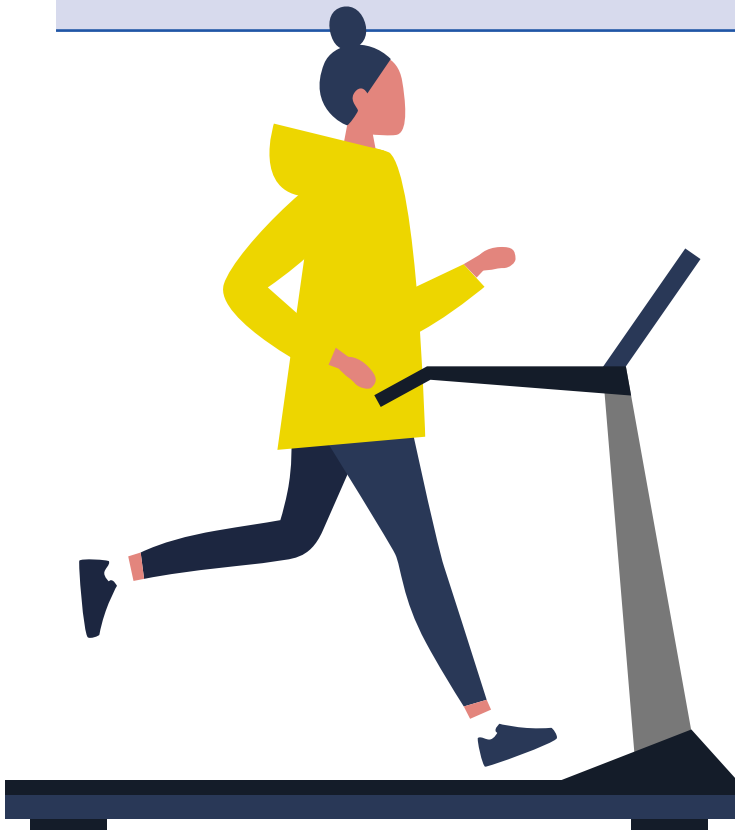
## LIVWELL SOUTHEND

Livewell Southend are a self-serve website that gives the community information such as;

- Local services
- Housing advice
- Debt advice
- Mental health support
- Bereavement support
- Healthy living

Visit: [www.livewellsouthend.com](http://www.livewellsouthend.com)

Email: [livewell@southend.gov.uk](mailto:livewell@southend.gov.uk)



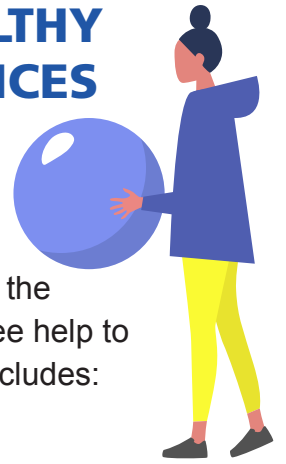
## THURROCK HEALTHY LIFESTYLE SERVICES

Thurrock Healthy Lifestyle Service offers an initial assessment of your health. Depending on the results of the assessment, you can get free help to improve your health. This includes:

- stopping smoking
- having a healthy weight
- physical activity programmes
- NHS health checks

Phone: **0800 292 2299**

Email: [THLS@thurrock.gov.uk](mailto:THLS@thurrock.gov.uk)



You can also check out **Thurrock First** for adult social care, mental health, care in the community and where to get help for a wealth of other health problems.

Phone: **01375 511 000**

Email: [thurrock.first@thurrock.gov.uk](mailto:thurrock.first@thurrock.gov.uk)

## THE ESSEX MAP

The Essex Map is another useful free tool designed to bring communities closer together by helping you to find the services, groups and activities available in your area. Please be aware that services and activities may vary due to coronavirus.

Visit: [www.essexmap.co.uk](http://www.essexmap.co.uk)

## GET HELP WHEN YOU NEED IT

While everyone is being told to stay at home, it can be hard to know what to do if you're unwell.

- Speak to a local pharmacist – for help with minor health conditions. You can find a local pharmacy online by visiting [www.nhs.uk/service-search/pharmacy/find-a-pharmacy](http://www.nhs.uk/service-search/pharmacy/find-a-pharmacy)
- For help from a GP – use your GP surgery's website, use an online service or app, or call the surgery
- For urgent medical help – use the NHS 111 online service by visiting [111.nhs.uk](http://111.nhs.uk) online or call **111** if you're unable to get help online
- For life-threatening emergencies – call **999** for an ambulance.

If you're advised to go to hospital, it's important to go.

Visit: [www.nhs.uk](http://www.nhs.uk)

## WORRIED ABOUT SYMPTOMS THAT YOU THINK COULD BE CANCER?

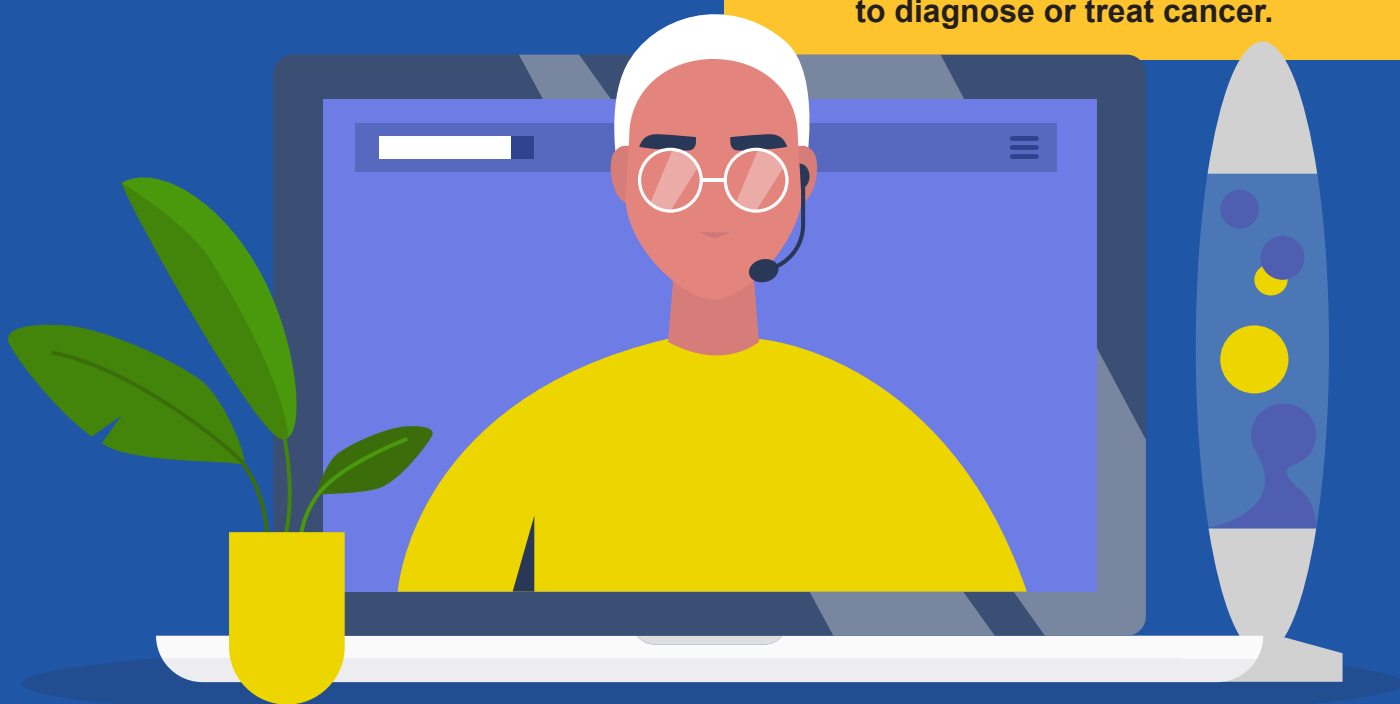
If you are experiencing any symptoms that aren't normal for you and you're worried, it's really important to speak to your GP as soon as possible.

Chances are that it isn't cancer, but finding cancer early improves your chances of successful treatment.

Local health organisations enlisted the help of doctors across Essex to explain how to recognise and identify the signs and symptoms of some of the most common cancers.

Visit: [www.msehealthandcarepartnership.co.uk/clear-on-cancer](http://www.msehealthandcarepartnership.co.uk/clear-on-cancer)

**Please also remember to continue attending important appointments for cancer, such as screening appointments and those that are used to diagnose or treat cancer.**



# CORONAVIRUS (COVID-19) SUPPORT

Get the latest advice about coronavirus, including information about symptoms, self-isolation and testing.

Find out about coronavirus by visiting [www.nhs.uk/conditions/coronavirus-covid-19](http://www.nhs.uk/conditions/coronavirus-covid-19)

Download the NHS COVID-19 app by visiting [www.covid19.nhs.uk](http://www.covid19.nhs.uk)

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## COVID-19 VACCINATION PROGRAMME INFORMATION FOR ESSEX

The COVID-19 vaccination programme across Essex is well underway with thousands of people vaccinated already.

For more information about the local rollout, please visit the Essex COVID-19 Vaccination Programme website.

Visit: [www.essexcovidvaccine.nhs.uk](http://www.essexcovidvaccine.nhs.uk)



## MANAGING COVID-19 SYMPTOMS AT HOME

Check out the COVID-19 self-care guides which have lots of advice for treating symptoms of Coronavirus at home.

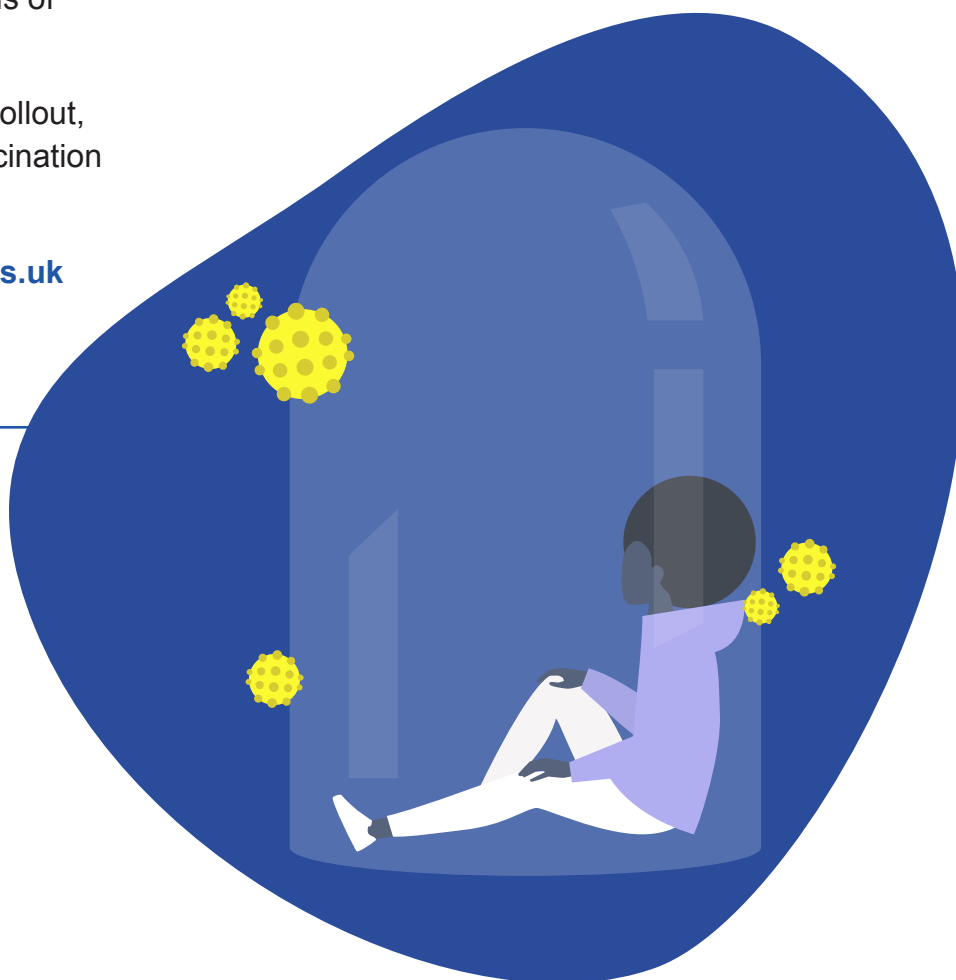
Visit: [www.essexcovidvaccine.nhs.uk/covid-self-care/](http://www.essexcovidvaccine.nhs.uk/covid-self-care/)

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## LOOKING AFTER YOURSELF WHEN ISOLATING AT HOME

This leaflet has lots of useful information for people with suspected coronavirus who will be isolating at home.

Visit: [www.essexcovidvaccine.nhs.uk/information-support/coronavirus-testing](http://www.essexcovidvaccine.nhs.uk/information-support/coronavirus-testing)





If you need an alternative version of this leaflet (e.g. a translated or large print version), please email:  
**[meccg.essex.incident.comms@nhs.net](mailto:meccg.essex.incident.comms@nhs.net)**

Website: **[www.msehealthandcarepartnership.co.uk](http://www.msehealthandcarepartnership.co.uk)**

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