

Talkback

70
YEARS
OF THE NHS
1948 - 2018



Basildon and Brentwood
Clinical Commissioning Group

Issue 2 2018

Inside this issue:

- * Win our Medical Bear at Basildon MayFest
- * Atchoo! It's the sneezing season
- * Spring cleaning? Don't forget your medicine cabinet
- * Celebrating 70 years of the NHS
- * Brew up a Big 7Tea
- * Kooth: online support for young people

Basildon and Brentwood Clinical Commissioning Group is a team of GPs and officers who choose and buy most of the NHS health services for Basildon, Brentwood, Billericay and Wickford. NHS England commission GP services in this locality.

Welcome

Hello,

We have certainly been experiencing some changeable weather lately ... some warm, sunny days and more recently a return to cooler temperatures with rain showers. While it is still early in the year it is a good opportunity to check the contents of your medicine cabinet and give it a spring clean so you are prepared for treating those minor ailments and illnesses at home, we have given some useful suggestions for basic medicines you may need on Page 3.

Hay fever is an allergy that can affect many people at this time of year as the pollen count begins to rise and the unpleasant symptoms can last for weeks or months – on Page 2 you will find lots of useful advice about how to cope with the allergy and things you can do to ease your symptoms.

This time of year can also be very stressful for young people who may be facing the prospect of taking exams at school or college and they may find it helpful to get some support for their emotional well-being during this time. 'Kooth' is an online counselling service which is free to use and allows children and young people to chat to and receive support from a team of qualified counsellors, therapist and support workers. The service can be accessed via any connected device until 10pm 365 days a year – see the article on Page 6 for more details.

The big news this year is that the NHS turns 70 and on 5th July there will be events being held all around the country to celebrate one of the nation's most loved institutions. We want to encourage as many people as possible to take part in the **NHS Big 7Tea**, you may already have an event planned or may be looking for some inspiration ... either way, you can register for a resource pack at www.nhsbig7tea.co.uk which will provide you with everything you need to host the perfect event! Don't forget, if you would like the CCG to advertise your event then please let us know – our contact details are on Page 5.

Lastly, a date for your diary ... come along to MayFest on Saturday 12th May in Basildon Town Square for a chance to win a 'Medical Bear' at the CCG stand, we look forward to seeing you, rain or shine!

Alison Reeve -

Lay member, Patient and Public Involvement



Working for a better NHS for everybody

How to survive hay fever season

Hay fever is an allergic reaction to pollen, typically when it comes into contact with your mouth, nose, eyes and throat.

Hay Fever is usually worse between late March and September, especially when it's warm, humid and windy. This is when the pollen count is at its highest.

Check if you have hay fever

Symptoms of hay fever include:

- sneezing and coughing
- a runny or blocked nose
- itchy, red or watery eyes
- itchy throat, mouth, nose and ears
- loss of smell
- pain around your temples and forehead
- headache
- earache
- feeling tired

If you have asthma, you might also:

- have a tight feeling in your chest
- be short of breath
- wheeze and cough

Hay fever will last for weeks or months, unlike a cold, which usually goes away after 1 to 2 weeks.

Get advice from your pharmacist

As the hay fever season begins people who suffer from the allergy are being encouraged to visit their local pharmacy – rather than their GP – for help and advice.

You don't need a prescription for hay fever tablets, eye drops or nasal sprays as these items can all be easily purchased from your local pharmacy or supermarket.

Pharmacists are fully trained health professionals who can offer advice.



How to treat hay fever yourself

There's currently no cure for hay fever and you can't prevent it. But you can do things to ease your symptoms when the pollen count is high.

Do

- put Vaseline around your nostrils to trap pollen
- wear wraparound sunglasses to stop pollen getting into your eyes
- shower and change your clothes after you've been outside to wash pollen off
- stay indoors whenever possible
- keep windows and doors shut as much as possible
- vacuum regularly and dust with a damp cloth
- buy a pollen filter for the air vents in your car and a vacuum cleaner with a special HEPA filter

Don't

- cut grass or walk on grass
- spend too much time outside
- keep fresh flowers in the house
- smoke or be around smoke – it makes your symptoms worse
- dry clothes outside – they can catch pollen
- let pets into the house if possible – they can carry pollen indoors

You should see a GP if your symptoms are getting worse and don't improve after taking medicines from a pharmacy.

Spring clean your medicine cabinet

Don't overlook your medicine cabinet when spring cleaning.

It's time to dust, declutter and restock your medicine cabinet and first aid kit to make sure you have all the basics you may need to self care for minor ailments and injuries at home.

It's important to get rid of any unidentified medicines, medicines that have been badly stored or medicines beyond their expiry date. To dispose of any medicines take them to your pharmacist who can dispose of them safely for you.

When it comes to restocking, this recommended list will help you deal with most minor ailments.

Pain Relief:

Painkillers such as aspirin, paracetamol and ibuprofen but bear in mind:

- aspirin mustn't be given to children under 16
- ibuprofen must be taken with caution if you have certain conditions, such as asthma – check with your pharmacist if in doubt
- pregnant women shouldn't take ibuprofen

Antihistamines:

These are useful for allergies, insect bites and hay fever. Antihistamine can come in the form of creams you apply to the skin or tablets you swallow. Some antihistamines may cause drowsiness. Ask your pharmacist about this as there are some antihistamines that don't cause drowsiness.

Oral rehydration salts

Fever, diarrhoea and vomiting make us lose water and essential minerals, and can lead to dehydration. Oral rehydration salts, available at pharmacies help restore your body's natural balance of minerals and fluid, and help your recovery.

Anti-diarrhoea tablets

Diarrhoea is caused by a range of things, such as food poisoning or a stomach virus, and can happen without warning. Anti-diarrhoea remedies can quickly control the symptoms of diarrhoea, although they don't deal with the underlying cause.

The most common anti-diarrhoeal is loperamide, sold under the names Imodium, Arret and Diasorb, among others. Don't give anti-diarrhoea medicines to children under 12 - speak to your GP or pharmacist for advice.



Your first aid kit

A well-prepared first aid kit can help treat minor cuts, sprains and bruises, and reduce the risk of cuts becoming infected. It should contain the following items:

- bandages
- plasters
- thermometer
- antiseptic
- eyewash solution
- sterile dressings
- medical tape
- tweezers

Medicine safety

When keeping medicines at home, remember:

- always follow the directions on medicine packets and information leaflets. Never take more than the stated dose
- always keep medicines out of the sight and reach of children – a high, lockable cupboard in a cool, dry place is ideal
- regularly check the expiry dates on a medicine – if a medicine is past its use-by date, don't use it or throw it away: take it to your pharmacy, where it can be disposed of safely

If you have questions about any medicines or you want to buy them, ask your local pharmacist. Find more information at www.nhs.uk and search for 'your medicine cabinet'.

NHS 70: Celebrating 70 years of the NHS

Share your memories of the beginnings of the NHS

The NHS is turning 70 on 5 July 2018.

It's the perfect opportunity to celebrate the achievements of one of the nation's most loved institutions, to look at the wide array of opportunities being created by advances in science, technology and information, and to thank the extraordinary NHS staff – the everyday heroes – who are always there to greet, advise and care for us.

Can you remember the beginnings of the NHS? Did you come from overseas to work in the NHS? Have you been a porter, a radiographer, a surgeon, a cleaner or held any other post in the NHS? Do you have a long term medical condition treated by the NHS? Whatever your story, **Basildon and Brentwood CCG** is interested in any memories and photographs of local healthcare from 1948 onwards, the year the NHS was founded. **Please email bbccg.communications@nhs.net or call 01268 594617.** You can also come and see us on our stand at Basildon Mayfest on Saturday 12 May in Basildon Town Square.

There are also national projects which you can get involved in:

NHS at 70 is collecting stories and memorabilia to form a digital archive for future generations. See nhs70.nhs.uk for more details.

The **People's History of the NHS** is a website where you can share your recollections of the NHS, find out about public events, visit the project's 'virtual museum' and 'People's Encyclopaedia of the NHS'. See <https://peopleshistorynhs.org>

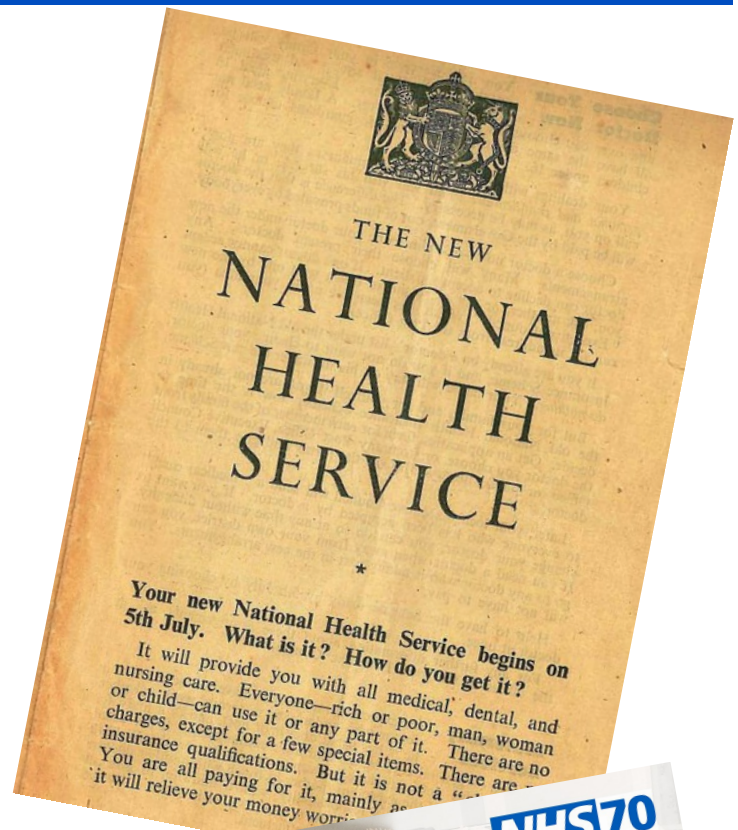


Image shown left: courtesy of The Queen's Nursing Institute

NHS 70: Celebrating 70 years of the NHS

Make time to say 'thank you' with the NHS Big7Tea

The NHS is turning 70 this year and what better way to celebrate one of the nation's most loved institutions than with a cup of tea?

But this will be more than just a regular brew. On and around 5th July, people up and down the country will get together to raise a cuppa to our beloved NHS and raise funds for NHS charities and health organisations.

The NHS has touched us all and NHS Big 7Tea is a chance to celebrate and say thank you.

Basildon and Brentwood CCG is planning an NHS Big 7Tea event locally as a thank you to members of our patient groups and staff.

We would like to encourage all our local communities to hold an NHS Big 7tea to celebrate.

You might want to invite your friends to a street party, brew up for your family, crack open the staff room tea bags at your own place of work, or commandeer the local village hall. You could raise money for NHS charities helping your local hospital, or another one that is close to your heart.

However you choose to celebrate and whichever NHS or health charity you want to support, you can register for a resource pack which will provide you with everything you need to host the perfect party. Register for your resource pack at nhsbig7tea.co.uk

If you would like the CCG to showcase your event, please contact bbccg.communications@nhs.net or call 01268 594617.



Images courtesy of British Library and National Archive



MINISTRY OF HEALTH SAYS—
**COUGHS AND SNEEZES
 SPREAD DISEASES—**
*trap the germs in
 your handkerchief*

HELP TO KEEP THE NATION FIGHTING FIT



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Working for a better NHS for everybody

Kooth.com: online counselling service for young people



Friendly counsellors



Self-help



Community support

Free, safe and anonymous online support for young people

kooth.com

On Kooth, children and young people can chat to our counsellors, read articles written by young people, receive peer-to-peer support and keep a daily journal.

Kooth's team of qualified counsellors, therapists and support workers provide guided and outcome-focused support for each individual.

Kooth is accessible through any connected device. Young people in the Basildon and Brentwood districts can log on wherever they are to access professional counselling up until 10pm 365 days a year.

Kooth, from XenZone, is an online counselling and emotional well-being service for children and young people.

It is anonymous and free at the point of use.

Kooth gives young people the autonomy they need while providing an easy route to face-to-face counselling and other specialist services, if needed.

As an anonymous self-referral service, Kooth can help to remove the stigma associated with accessing mental health support.

'Pitch a Project' to Heart of Pitsea

Community organisation Heart of Pitsea is providing opportunities for three new projects to be awarded up to £2000 each.

People are invited to submit ideas for projects which fall within one of these three themes Health, Skills or Community.

Projects ideas should meet these guidelines:

- Be deliverable within the Heart of Pitsea catchment area
- Be of benefit to local community members
- Be deliverable within 12 months

Up to five project ideas per theme will be selected and put forward for public vote to the residents of the Heart of Pitsea catchment area.

The public vote will take place on **Saturday 12 May** from 11am-1pm at Chalvedon Community Centre, Pitsea SS13 3QX.

There is no limit on the number of applications people can submit.

Heart of Pitsea is an initiative funded by the National Lottery Big Lottery Fund.

Email Heart of Pitsea at admin@heartofpitsea.co.uk for an application form. The cut-off date for receipt of applications is Monday 30 April.

Win our Medical Bear at Basildon MayFest

Staff from Basildon and Brentwood CCG look forward to seeing you on our stand at Basildon MayFest in Basildon Town Square on Saturday 12 May when you will have the chance to win this special bear and support a local charity.



Keeping in touch...

NHS Basildon and Brentwood CCG, Phoenix Place, Christopher Martin Road, Basildon SS14 3HG

email: bbccg.contact@nhs.net

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