



## Good News Stories from our All Age Recovery Co- ordination Service

Back in 2020, just before the first lock down, a young person we were working with applied for a two-week detox at East Coast Recovery Centre. The application had been accepted and the detox had been booked in. Due to COVID, a week before our young person was due to go in for their detox, we were informed by the centre that it needed to be postponed and the centre then closed for the lockdown period.

Our young person had worked extremely hard on steps within their recovery and this news impacted on them negatively.

They really struggled with lockdown and their mental health deteriorated. We supported this young person throughout the lockdown

# Public Health, Wellbeing and Communities

## Update Spring 2021

Welcome to our Spring edition of the newsletter.



We know this has been a really tough winter for so many people and we are all looking forward to lighter evenings, green leaves returning and the sense of hope and new beginnings that spring brings.

period and even though they struggled they remained in contact with the service. Sometime later we were informed that the Centre was open again and we could submit an updated application to the panel, which was accepted. The young person completed their detox and but asked if they could extend their stay and do two weeks of rehab afterwards.

In a short space of time we rallied round to put together an application for funding and it was accepted. This young person has now been drug and alcohol free for nine weeks, which is the first time in 10 years. He is highly motivated and continues to work through and maintain his recovery. This young person constantly shares their gratitude for our service's support and they have stated that this support has saved their life. We are extremely proud of what this young person has achieved.

## ACL Mental Health Wellbeing & Recovery Programme 2020/21



Adult Community Learning is dedicated to improving the health and wellbeing of the people of Essex. Over the past 6 years with support from Essex County Council Commissioning team we have devised and successfully delivered a range of classroom based, and in response to the Covid-19 pandemic, live, online practical courses for anyone wishing to improve their mental wellbeing or recovering from a period of mental ill-health.

Courses take place online in a virtual classroom with group teaching facilitated by two qualified specialist tutors with professional and lived experience and knowledge of mental health. Tutors are also able to signpost learners to local services within the community with key relationships built from referrals and networking. The programme consists of six-week and two-week courses, with weekly 2 ½ hour classes offered at a range of times and days.

Currently, topics include: Building Self Confidence, Bereavement and Self Care, Goal Setting, Health and Wellbeing, Building Resilience; Managing Anxiety; Managing Sleep; Positive Thinking for Stress Reduction; Reducing Anxiety and Staying Healthy; Self-Care for Resilience; Self-Care for Carers, Stress Awareness, Working from Home and Wellbeing, with new courses being developed and included in the programme throughout the year.



Learners report gaining benefit from attending these courses, making a positive impact on their lives. Learners had this to say about some of the things they enjoyed about the courses:

*“The camaraderie with others and understanding how they are thinking and feeling. In lockdown this course came at the right time for self-reflection and self-awareness.”*

*“This course was amazing and I would recommend to anyone. The tutors were great and I will really miss not attending each week. It has helped me at a really tricky time in my life. Thank you.”*

For course details and to enroll go to <https://aclessex.com/mental-wellbeing>

## Can I visit the dentist?



Dental services remain open for dental emergencies for you and your family through the pandemic.

### What is a dental emergency?

- Swelling of your gum, cheek or face which is spreading. If the swelling is spreading down your neck, up to your eye or along the floor of your mouth YOU MUST ENSURE YOU MENTION THIS when you contact the practice
- Excruciating pain which is causing a lack of sleep or concentration
- Mouth ulcers which haven't healed after two weeks
- Recently had a tooth extraction and are experiencing bleeding which lasts more than 20 minutes, and can't be stopped by biting down hard into a hankie/gauze
- Been following self-help advice for your problem but the pain is getting worse
- A broken tooth, which is causing pain and damage to your cheek or tongue, that you haven't been able to manage with self-help advice
- Knocked-out a tooth
- Controlled bleeding due to facial trauma

If you have a dental problem you can call your dentist who can offer you advice or schedule you an appointment. If you are unable to find a dentist you can visit the NHS 111 website [www.111.nhs.uk](http://www.111.nhs.uk) who will be able to assist you to find a dentist near you. And **check out this NHS flier** What can your NHS Dentist do for you.

## Warmer Homes Essex



Citizens Advice Essex, which supports local Citizens Advice offices across the county, provides advice services for people struggling with their energy bills. The focus of this project is to support those whose health is adversely affected or at risk from living in a cold home. This includes older people, people with illness or disabilities or families with children with asthma.

Specialist advisers provide comprehensive support to ensure benefits are paid correctly, to obtain grants to improve energy efficiency, to help manage debts with energy suppliers and to help you get a better deal on your energy bills. Contact the Citizens Advice Warm Homes team on **0300 3033 789** or visit [www.warmhomesessex.org.uk](http://www.warmhomesessex.org.uk)



### Update

Active Essex are continuing to bring Essex free online workouts for the whole family to enjoy. The Keep Essex Active YouTube channel holds over 300 workouts and wellbeing sessions to keep you entertained and moving whilst at home. From Karate and Tai Chi to Body Combat and Pilates, it is their hope there is something for everyone. So, head over to the [channel](#) to find your workout today!



To align with International Women's Day on the 8th March, Active Essex and their This Girl Can Essex ambassadors are using the Keep Essex Active channel to bring you a virtual Women Like Us festival! The evening will showcase a timetable of 14 different ambassador workouts, along with 2 Facebook Live sessions at lunchtime for women to come together and get moving! Keep an eye on the [This Girl Can Essex Facebook page](#), for more information.



## New Funding for Drug and Alcohol services

Recently the government has announced an additional £80 million to fund drug treatment in 2021/22. The money will be divided across Local Authorities to be spent primarily to support Criminal Justice work and substance misuse. The new money will be issued with a tight timeline to spend within one year and is nonrecurring. The Public Health team are waiting to receive more detail from Public Health England before looking at how this money may be spent.



## Contact Us

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Public Health  
Mailbox

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Twitter Page

[@EssexPH](https://twitter.com/EssexPH)



Website

<https://www.essex.gov.uk/Health-and-wellbeing-services>

## 5 minutes with... Adrian Coggins, Head of Public Health and Wellbeing and leading on Lateral Flow testing in Essex.

**Q. Adrian, what are lateral flow tests (LFT's) and how is there use different from the standard testing for Covid-19?**

**A.** Lateral flow tests are used to test people who don't have any symptoms of Covid-19. It's a rapid test, and you can get a result within 20-30 minutes. Community testing using rapid lateral flow devices can help identify those people who are infectious but asymptomatic and unaware that they might be spreading the disease. If they are positive, then their contacts can be traced and then support can be offered to help them to isolate and prevent transmission to others. Identifying infectious individuals early, and those they have been in close contact with, and then isolating them can significantly reduce transmission of the virus and break transmission chains.

**Q. How have ECC used LFT's?**

**A.** ECC has rolled out lateral flow testing at community sites at speed, and now has sites covering every district in the county. This testing is a fundamental part in helping tackle the continued presence of coronavirus in our communities and to help identify asymptomatic individuals who are unaware they might be spreading the virus.

**Q. How do we access the tests? Can they be used by anyone?**

**A.** If you don't have symptoms and you live or work in Essex you can book a test online. We have test center's set up in all districts. For the full list of test Centre's and to book a test, visit

<https://www.essex.gov.uk/getting-tested-for-covid-19/if-you-dont-have-symptoms>

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*“What a liberation to realize that the “voice in my head” is not who I am. Who am I then? The one who sees that.”*  
Eckhart Tolle

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## Essex County Council Wellbeing, Public Health & Communities Team

To contact anyone within the team use  
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[essex.gov.uk](http://essex.gov.uk)

**Mike Gogarty**  
Director of Wellbeing, Public Health and Communities

**Kirsty O'Callaghan**  
Head of Strengthening Communities

**Adrian Coggins**  
Head of Wellbeing and Public Health & Essex Countywide Traveller Unit

**Ben Hughes**  
Head of Wellbeing and Public Health

**Chris French**  
Head of Wellbeing and Public Health & Trading Standards

**Maggie Pacini**  
Consultant in Public Health

**Danny Showell**  
Consultant in Public Health

**Katherine Burns**  
Principal, Adult Community Learning

**Jason Fergus**  
Head of Active Essex

**Charlotte Britton**  
Lead for Strengthening Communities  
Lead North Quadrant, CAB Commissioning, CVS Commissioning, LD, Reducing Social Isolation [Youth], Volunteering, Winter Warmth, Prevention

**Paul Ashworth**  
Wellbeing, Place and Communities Lead  
Alcohol Licensing  
Gypsy and Traveller Partnership & Project Support

**Dipti Patel**  
Primary Care and Pharmacy Lead  
Cross functional Clinical Governance (All)  
BBCCG Support (LTG)  
Medicines Mgt. (All)  
Clinical advice and support (All)

**Helen Gregory**  
Wellbeing and Public Health Manager  
Children and Families (AC)  
Risk Avert (BH)  
Children's Locality Meetings (CF)  
Teenage Pregnancy (CF)

**Ryan Pitt**  
Wellbeing and Public Health Manager  
Substance Misuse (BH)  
Planning and Health (LTG)  
Mental Health (CF)

**Neale Thomas**  
Wellbeing and Public Health Manager  
Health and Justice (BH)  
Housing Related Support (BH)  
CIO Development (BH)  
Safer Essex (BH)  
HIV

**Gemma Andrews**  
Wellbeing and Public Health Manager  
Suicide Prevention (MP)  
Essex Lifestyle Service (CF)  
MH Covid recovery (MP)  
CCG support (MP/DS)

**Matthew Welsh**  
Lead for Strengthening Communities

**Carolyn Mallott**  
Senior Wellbeing and Public Health Officer

**Claire Bartoli**  
Senior Wellbeing and Public Health Officer  
Sexual Health  
Health Checks  
Young People  
MH/Depression Screening  
Supporting Clinical Governance  
Workplace Health

**Brooke Turner**  
Wellbeing and Public Health Officer  
MHFA  
Finance  
SMD Evaluation  
Performance Reporting  
HIV Procurement  
Campaigns and Marketing  
FOI Co-ordination

**Sarah Nunn**  
Senior Wellbeing and Public Health Officer  
Substance Misuse/Drink Coach  
Healthy Lifestyles/Lifestyles Service  
Smoking Cessation  
MECC  
Women Offenders pathway

**Tracey Scherer**  
Business Support  
Campaigns and Marketing Support  
General Business Support  
Substance misuse training coordinator

**Public Health Insight Team**  
Sofian Ragab – Senior Researcher  
Shaun Cook – Analyst

**Public Health Registrars/FY2s**  
Defined Project Work  
Project Evaluation  
Research  
Evidence Base Reviews  
Multi-disciplinary Team Liaison



Name of Commissioned Service	Very brief overview	Website
Essex Child and Family Wellbeing Service	A service providing a range of early intervention services for Children, Young People and Families.	<a href="https://essexfamilywellbeing.co.uk/">https://essexfamilywellbeing.co.uk/</a>
Risk Avert Schools Programme	Award winning training and support programme for schools	<a href="https://www.risk-avert.org/">https://www.risk-avert.org/</a>
Essex Sexual Health Services	A service providing a full range of sexual health services for the people of Essex.	<a href="https://www.essexsexualhealthservice.org.uk/">https://www.essexsexualhealthservice.org.uk/</a>
Essex Alcohol Recovery community (ARC)	Alcohol treatment and support	<a href="https://www.essexarc.org.uk/">https://www.essexarc.org.uk/</a>
Essex Choices	All age recovery treatment and support for Drug use	<a href="https://www.openroad.org.uk/Pages/Category/drugs-and-alcohol">https://www.openroad.org.uk/Pages/Category/drugs-and-alcohol</a>
Essex STaRS	Specialist Treatment and recovery service, and prescribing for drug and alcohol treatment	<a href="https://eput.nhs.uk/our-services/essex/essex-mental-health-services/adults/drug-alcohol-service/essex-specialist-treatment-and-recovery-service/">https://eput.nhs.uk/our-services/essex/essex-mental-health-services/adults/drug-alcohol-service/essex-specialist-treatment-and-recovery-service/</a>
Essex SHARP Programme	Community rehabilitation for those with drug and alcohol addiction.	<a href="https://www.actiononaddiction.org.uk/addiction-treatment/community-based-treatment/essex">https://www.actiononaddiction.org.uk/addiction-treatment/community-based-treatment/essex</a>
Full Circle	Support for Offenders with complex and additional needs.	<a href="https://www.phoenix-futures.org.uk/essex-full-circle-community-service">https://www.phoenix-futures.org.uk/essex-full-circle-community-service</a>
Futures in Mind	Support and peer support with recovery from mental health problems and/or	<a href="https://www.futuresinmind.org.uk/">https://www.futuresinmind.org.uk/</a>

	substance and alcohol misuse.	
Essex Wellbeing Service	We support people in the community and at work with a range of health, wellbeing and day to day needs including stopping smoking, nutrition and healthy eating, confidence building, getting more active etc.	<a href="https://www.essexwellbeingsservice.co.uk/">https://www.essexwellbeingsservice.co.uk/</a>
Health and Justice service	Essex Health & Justice Service is for people aged 10 years and over who are in the criminal justice system and have been identified as having mental health problems, learning disabilities or difficulties, cognitive disorder, substance misuse and other vulnerabilities.	<a href="https://eput.nhs.uk/our-services/essex/essex-mental-health-services/adults/community-teams/criminal-justice-liaison-and-diversion-team/">https://eput.nhs.uk/our-services/essex/essex-mental-health-services/adults/community-teams/criminal-justice-liaison-and-diversion-team/</a>
Essex Young People's Drug and Alcohol Service (EYPDAS)	Recovery treatment and support for young people up to the age of 25years, affected by substance use. Part of Essex Choices.	<a href="https://www.childrenssociety.org.uk/information/young-people/east/EYPDAS">https://www.childrenssociety.org.uk/information/young-people/east/EYPDAS</a>
Children At Risk of Exploitation (CARE)	We support children and young adults who have been, or are at risk of being, exploited.	<a href="https://www.childrenssociety.org.uk/information/young-people/east/children-at-risk-of-exploitation">https://www.childrenssociety.org.uk/information/young-people/east/children-at-risk-of-exploitation</a>

Community Hidden Harm Awareness Team (CHHAT)	We work with children and young people who are affected by someone else's drug or alcohol use.	<a href="https://www.childrenssociety.org.uk/information/young-people/east/CHHAT">https://www.childrenssociety.org.uk/information/young-people/east/CHHAT</a>
Inside Out	We provide intensive coaching support to young people on the edge of care.	<a href="https://www.childrenssociety.org.uk/information/young-people/east/inside-out">https://www.childrenssociety.org.uk/information/young-people/east/inside-out</a>
Safe in Essex	An early intervention service for young people engaging in risky behaviours.	<a href="https://www.childrenssociety.org.uk/information/young-people/east/safe-in-essex">https://www.childrenssociety.org.uk/information/young-people/east/safe-in-essex</a>