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Domestic abuse is never acceptable, whatever your age. If you are over 55 and think you are a victim, please take a look here [www.livingwellessex.org/55-plus](http://www.livingwellessex.org/55-plus) or call the 55 plus safety net on 01206 500584 #TogetherWeCan

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[www.kooth.com](http://www.kooth.com) is a free, confidential, safe and anonymous way for young people aged 11-26<sup>th</sup> birthday to ask for help from a team of highly qualified and experienced counsellors and support workers. This is a service that has been commissioned by Southend, Essex & Thurrock CCGs, for all young people who live in Southend, Essex & Thurrock to be able to access.

Kooth.com is a well-established, award winning online counselling agency and is accredited by The British Association of Psychotherapy and Counselling (BACP). Founded in 2001, they are leading pioneers of online counselling in the UK, having won a number of prestigious awards.

It is a transformational lifeline that has successfully helped and continues to reach the very vulnerable, many of whom would never have access to face-to-face counselling.

KOOTH service includes:

- drop in chats with counsellors;
- booked 1:1 chats with a counsellor;
  - themed message forums;
  - secure web-based email;
- articles regarding mental health.

<https://xenzone.com/kooth/> for information about Kooth

<https://kooth.com/> for the site for young people

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## Clinicians urge local people to stock up on medication they are likely to need before Christmas

Clinicians at North East Essex Clinical Commission Group (CCG) have published details of pharmacies and dentists that will be open during the Christmas and new year bank holiday.

They are also advising people to stock up on necessary medicines during this period. Many pharmacies will be closed for days over Christmas so getting supplies in advance will mean you're more likely to enjoy the bank holiday.

Catherine Butler, Head of Medicines Management at the CCG, said: "Having supplies of medication such as painkillers and cold and flu remedies which are readily available over the counter from local pharmacies can help ensure you are prepared for unexpected Christmas illnesses. In doing so, you could help ease the burden faced by your local surgery and mean that you'll have a more enjoyable holiday.

If you are taking any other medication, always ask the advice of the pharmacist to ensure that what you are buying is suitable for

you. More information about treating common illnesses yourself is available at [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

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## Supporting, Developing And Managing Volunteers (Accredited)

**9th March 2018**

**10:00 - 16:30**

This course explores how you can effectively manage, support and develop volunteers working in your organisation. It is aimed at Volunteer Managers and Co-ordinators.

This course focuses on:

- How organisations can support their volunteers effectively - how support starts from the very beginning of volunteers' relationship with the organisation, and is the responsibility of both volunteers and paid staff.
- How supporting volunteers aids retention - the link between reviewing progress and checking-in with each other, and volunteers' wishes to stay and support a project.

- How organisations can provide effective learning and skills development for volunteers - how to plan a timeline of appropriate role progression and tasks that lead to development, which is appropriate to your groups' goals and activities.
  - How developing volunteers benefits the individuals and the organisation - preparing resources and own skills for celebrating the great bits, and being ready for the challenging parts of managing volunteers. [Read more](#)
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## How best to ensure a healthy festive period

Common sense precautions should be followed to maximise the chances of you and your family enjoying a healthy Christmas and New Year and coping with the worst that winter may throw at us.

That is the message from Dr Phil Brown, Medical Advisor for local community healthcare provider, Anglian Community Enterprise (ACE). He offered the following advice to people to help ensure a healthy festive period and winter.

“Be prepared for minor health problems, such as colds and stomach upsets by keeping a well-stocked medicines cupboard that contains paracetamol, ibuprofen, indigestion remedies, cough mixture, mild laxatives and other medication that your family may need. Always read the label and keep out of the reach of your young ones. Remember colds are caused by a virus and won’t respond to antibiotics.

“There is nothing wrong with a Christmas drink but try not to over-do it. If you are going out for a few drinks, it is best to eat beforehand and alternate alcoholic and non-alcoholic drinks. If you are drinking alcohol, don’t risk driving – take the late bus, nominate a driver or arrange for a taxi to take you home.”

If you need treatment over the Christmas and New year holiday period, there are a number of options available to you. Please only attend A/E or call 999 for serious and life threatening conditions, for other conditions please call 111 for advice.

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## Fire Safety In The Kitchen

Essex Fire and Rescue Service is reminding us to use our kitchens safely and to ensure smoke alarms are fitted after a blaze broke out in

an apartment in Colchester. It's understood the fire started after cooking oil overheated and caught light.

Firefighters have issued a reminder that, while cooking, we should:

- be careful if you're wearing loose clothing – it could catch alight.
  - keep tea towels and cloths well away from the hob.
- never leave cooking pans unattended. If you need to leave the room, take them off the heat or at least turn them down.
- make sure saucepan handles aren't sticking out or in awkward positions where they could be knocked over.

#### **If you're cooking with oil:**

- Make sure food is dry before putting it in the hot oil, so it doesn't splash.
  - If the oil starts to smoke – it's too hot. Turn off the heat and leave it to cool down.
- Use a thermostat-controlled electric deep fat fryer. They can't overheat.
- If your pan catches fire, turn off the heat if it is safe to do so.  
**NEVER** throw water over it.

When you've finished preparing your meal, double-check the cooker or hob is off.

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## Public Representative Member – Research Design Service Management Board

The National Institute for Health Research (NIHR) Research Design Service for East of England (RDS-EoE) aims to work with health and social care professionals; researchers and service users who want to obtain funding for research to improve health and social care.

The post available is for a Public/Patient Representative Member to the Management Board. The usual term is 2 years (but new members may use their first meeting as an opportunity to decide whether they wish to commit themselves to the full 2-year term of office).

A casual contract will be offered as a visiting external contributor with University of Essex. This includes a payment based on number of hours agreed paid monthly in arrears (Rate = Academic Grade 7/spine point 27).

The Principal responsibilities is to attend 3 Management Board meetings a year: Meetings usually take place in Cambridge. To deal with the associated paperwork: You will be required to read paperwork before meetings to enable exchange of views between Board

members.

Participating in meetings: You are encouraged to actively contribute to the discussion to ensure that regional patient and public interests, rather than individual priorities, are reflected, and to ensure that the final decisions take into account issues of concern to patients and the public overall.

**For further information please contact:**

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East of England

Email: [tracey.johns@essex.ac.uk](mailto:tracey.johns@essex.ac.uk) Phone: 01206 874856

Website: <http://www.rds-oe.nihr.ac.uk/>

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## Mass Energy Switch

Braintree District Council is inviting residents to sign up to a mass energy switch so they can find a better deal and save money on their energy bills.

Residents can register now until Monday 12th February 2018 with no obligation to switch. Over 3,000 residents in the Braintree District have saved on their gas and electricity bills since the switch launched in 2014.

A one-day auction will take place on Tuesday 13th February 2018 with energy companies coming forward to offer their best possible tariffs.

Everyone who registers will receive a personalised offer which specifies how much they could save by switching to the winning provider. The last day to accept the offer is 27th March 2018.

Councillor Wendy Schmitt, Cabinet Member for Environment and Place, said: "Sign up and save, it's that simple! The energy switch is a hassle-free, secure way of cutting your energy bills – registering is free and there's no obligation to switch. The more people who sign up for the scheme, the lower the offer price is likely to be so I hope this year even more people sign up so we can help to force bills down."

Residents who have signed up for previous switches will need to re-register again to receive another offer.

To register for the next auction and for more information, visit [www.braintree.gov.uk/essexenergyswitch](http://www.braintree.gov.uk/essexenergyswitch) or call 01376 552525 or the iChoosr helpline number on 0800 048 8285.

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