

Media Release

18 January 2017

Childhood Illness Workshops – back by popular demand

Parents across mid Essex are invited to a second phase of free NHS workshops aimed at providing information and advice about common childhood illnesses.

The first phase of workshops, run by local GPs and community pharmacists last November, aimed to help parents feel confident when dealing with common illnesses by talking through scenarios providing practical advice on what to do and when.

Feedback from the events showed that 100% of parents who attended would recommend the workshops to others with 86% scoring them between 8 and 10 (out of 10) for usefulness.

Comments from parents included:

“Interactive and relaxed, opportunity to ask questions to a range of professionals”

“It was great that the workshop was interactive. The professionals were very human”

“Excellent opportunity to hear from a GP, Pharmacist and 111 staff about services they provide and the scenarios that could trigger their support”

As a result of this positive response, the CCG is running another series of workshops between 6th and 10th March 2017 and would like to invite local parents, grandparents and anyone caring for children aged 0 -11 to come along. The dates and venues are listed below:

Date / Time	Venue
Thursday 2 nd March / 12:45pm to 2:30pm	Harlequin Children's Centre, Witham
Thursday 2 nd March / 7:00pm to 8:30 pm	Braintree Council Offices
Monday 6 th March / 7:00pm to 8:30pm	Marconi Social Club, Chelmsford
Tuesday 7 th March / 10:00am to 12:00pm	Chelmsford West Children's Centre
Wednesday 8 th March / 10:00am to 12:00pm	Carousel Children's Centre, Braintree

Issued by the Communications and Engagement team, Mid Essex Clinical Commissioning Group

Telephone: 01376 531145, email: MECCG.communication@nhs.net

www.midessexccg.nhs.uk Follow us: [@MidEssexCCG](https://twitter.com/MidEssexCCG)

Dr Ahmed Mayet, Clinical Lead for Mid Essex Clinical Commissioning Group (MECCG) and local GP in Witham, said:

“We want to help local parents and carers feel more in control and supported, which was why we were delighted to see so many engaged with the workshops in November.

“When a child falls ill, a lot of parents naturally become very anxious and unsure about what they should do or which health service to access.

“Through the workshops we want to empower parents to spot the signs of some of the more common childhood illnesses and what to do for help and support if they need it.”

To book your free place visit <http://midessexccg.nhs.uk/your-health-services/your-health/childhood-illnesses> and click on the booking link of the preferred date.

ENDS