

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

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

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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**