

THE NHS LONG TERM PLAN FOR COLCHESTER AND TENDRING - HAVE YOUR SAY



The NHS Long Term Plan is the National Health Service's plan to make sure it is fit for the future. It aims to give everyone the best start in life, will deliver world-class care for major health problems such as cancer and mental health, and will help people age well. The plan, backed by extra investment, has been developed by people who know the NHS best – frontline health and care staff, patients and their families, and other experts – who will continue to shape how it is implemented across the country.

Over the next few months we will be working with patients, the public and partners - including local councils, the voluntary and community sector and social care – to develop local plans to turn the national ambitions contained in the Long Term Plan into real improvements to services and outcomes for patients, building on the progress we've already made together over the last few years.

The national priorities which have been identified as part of the Long Term Plan are:

- A new service model for the 21st century
- A focus on 'out of hospital' care and dissolving the historic divide between primary and community health services
- Reducing pressure on emergency hospital services
- People having control over their own health and more personalised care when they need it
- Digitally enabled primary and outpatient care across the NHS (utilising technology)
- Local NHS systems focusing on population health and moving to Integrated Care Systems
- More NHS action on prevention and health inequalities

To read further and complete the survey please [click here](#)

Please note a deadline date for the survey has not been provided.

KEEPING OUR CHILDREN SAFE



Primary and secondary pupils in England will learn about relationships, keeping safe online and looking after their mental health as part of compulsory lessons from September next year. Children in primary schools will have relationships education and this will be broadened to relationships and sex education in secondary schools. Health education for all ages will also be part of the curriculum in England.

What issues will be covered in primary school?

Under new compulsory health education lessons, primary children will be taught about how to look after their own mental wellbeing and also to recognise when their classmates might be struggling.

They will cover why simple self-care, such as getting enough sleep and spending time outdoors and with friends, is important.

In terms of relationships education, primary children will also be taught age-appropriate online safety - including what to do if they come across things they are uncomfortable with, the importance of respect for others even when posting anonymously and the risks of talking to people on the internet who they don't know in real life.

What will be covered in secondary school?

Secondary-age pupils will also have health education, focusing on mental health. The curriculum will aim to ensure that young people can spot the signs of common mental illnesses, such as anxiety and depression in themselves or others. They will learn how to discuss their emotions accurately and sensitively and how to access professional help. They will also cover the impact of alcohol and drugs on physical and mental health.

In terms of sex and relationships, lessons will cover online safety topics, including the serious risks of sharing private photos, the impact of viewing explicit or harmful content - including how to report it and receive support. Lessons will also cover how the internet can promote an unhealthy view of sex and relationships. The government says they should also be taught about forms of honour-based abuse, as well as grooming, forced marriage and domestic abuse. Schools will decide how frequently to hold age-appropriate lessons. The new guidance follows an extensive call for evidence and a three-month consultation, which received more than 11,000 responses.

How have charities responded?

The NSPCC said the guidance would help children "navigate the modern world".

Head of policy, Almudena Lara, said: "The NSPCC firmly believes that every child should be taught from an early age about consent, different relationships, and what abuse and harassment is, so that they learn they have the right to be treated with dignity and respect.

"Teachers must receive high-quality training and support to deliver the new curriculum, so that every school across the country meets the same high standards."

The Catholic Education Service said it welcomed the government's announcement.

Director Paul Barber said: "Catholic education is centred on the formation of the whole child and age-appropriate RSE is an essential part of this.

"It is essential for creating well-rounded young people, for equipping students to make good life choices and for keeping our children safe."

Anna Feuchtwang, chief executive of campaign group the National Children's Bureau, said the guidance was "a welcome step forward in preparing children for adulthood, improving their well-being and keeping them safe and healthy".

This is a step in the right direction but sad in one way that children of primary school age require this knowledge however the positive is that awareness is obviously required and action will happen in our schools by 2020. As the Education Secretary Damien Hinds said:

"Growing up and adolescence are hard enough, but the internet and social media add new pressures that just weren't there even one generation ago.

"Almost 20 years on from the last time guidance on sex education was updated, there is a lot to catch up on."

To read the full article please [click here](#)

TELEPHONE VOLUNTEER



People look forward to receiving telephone calls from Independent Age friendship volunteers. It is a mood booster and helps people feel more connected and less lonely. If you are a good listener and enjoy a chat, this is a great volunteering opportunity.

Telephone volunteering is an opportunity to use your listening and communication skills supporting an older person. Your regular telephone call can be a great source of satisfaction and enjoyment for you as well as the older person you're matched with. We ask all our Telephone Volunteers to give a commitment of 20-30 minutes a week for a year to build a strong relationship and so you can get the most out of your training. To apply please [click here](#)

HACKING WARNING TO SOCIAL MEDIA AND EMAIL USERS IN ESSEX



Online users are being urged to assess the strength of their social media and email log-ins following 184 hacking reports in Essex in six months. Figures released by the National Fraud Intelligence Bureau (NFIB) show that between April and September 2018, £405,000 was lost by victims of hacking through social media and email. Fraudsters were able to do this by guessing passwords and passphrases in a technique known as brute force attacks. This is where criminals will continue to guess your password using various techniques and sequences in the hope of gaining access to your accounts. The statistics for Essex also show there were 15,180 infected IP addresses and 1,967 computers infected with malware. This is made possible after crooks trick people into downloading viruses that are designed to steal your information. Viruses can be hidden in links within emails that claim to be your bank or on fake websites trying to sell you a bargain online - there are a number of different methods.

To read the full article please [click here](#)

DIGITAL BOOMERS PROGRAMME AND HEALTHWATCH ESSEX SURVEY



Digital Boomers is part of the Superfast Essex Community Engagement Group, which is working to help older people in Essex live more independently by being more digital.

Switched On

The survey focuses on the use of digital in the voluntary and charity sector in Essex and will take approximately 10 minutes to complete. It has been designed to gain an insight into existing capacity, barriers to digital take-up and approaches to digital. The survey is being conducted by a team at Healthwatch Essex on behalf of RETHINK Partners and the [Digital Boomers](#) programme.

The deadline date for the survey is Monday 11th March 2019

If you wish to know more and complete the survey please [click here](#)

FREE TICKETS - Be proud of what is 'on your doorstep' and enter The Essex BIG Weekend



The Essex Big Weekend is now in its third year, and is a great event to engage with local Essex residents. Many visitor attractions throughout Essex offer residents the chance to win thousands of FREE entry tickets over the weekend of 6th and 7th April 2019. From gardens, to castles, boat trips to high adrenalin activities, there is something for everyone to choose from.

The on-line ballot is open from 21st February – 17th March, during which time residents can apply to win as many different tickets as they wish, however, there will only ever be one lucky winner per household. Tickets will then be allocated two weeks before the weekend. [Click here](#) to apply.

COMMUNITY AGENT VACANCY



Supporting independent living

Community Agents Essex is a countywide network of agents and volunteers who will support older people and their informal carers to find and develop independent living solutions from within their local community. The service is delivered through a community and voluntary sector partnership, bringing together four well established organisations: Rural Community Council of Essex (RCCE); British Red Cross (BRC); Age UK Essex; and Essex County Neighbourhood Watch. These organisations bring a wide range of experience and expertise, working with vulnerable people across rural and urban areas.

Community Agents Essex is seeking to recruit a Community Agent to work in the following area:

Uttlesford (Saffron Walden) - For further information please email: enquiries@caessex.org.uk

GARDEN BIRD GUIDE: HOW TO CARE FOR BIRDS AND WHAT TO FEED DIFFERENT SPECIES



Help your garden birds stay healthy throughout the seasons with our expert guide on how to care for wild birds, including the best foods to feed the different species and tips on how to attract birds to your garden.

Create a garden filled with birdlife with this expert guide by Countryfile on how to care for wild birds, including the best foods to feed the different species and tips on how to attract birds to your garden.

The guide explains how to help your garden birds stay healthy. Feeding birds in your garden can be a really rewarding experience, but there can be some unfortunate consequences. We all know that bird feeders attract birds, but encouraging birds to congregate together and share food can aid in the spread of avian diseases.

To read the full article please [click here](#)

FULL ERP MEETING DATES For 2019

Date: Tuesday 2nd April

Time: Start time 11am – 2pm

Venue: Essex Young Farmers Conference Centre, Whitbread's Farm Lane, Chelmsford CM3 3LQ

Date: Tuesday 8th October

Time: Start time 11am – 2pm

Venue: Essex Young Farmers Conference Centre, Whitbread's Farm Lane, Chelmsford CM3 3LQ

IS HARE COURSING HAPPENING IN YOUR AREA?

HARE COURSING IS ILLEGAL

Please call 999 if you are witnessing criminal activity right now

If you have any information about hare coursing in your area, please let us know by:

- Reporting online (www.essex.police.uk/doitonline)
- Calling 101
- To remain anonymous call Crimestoppers on 0800 555 111

 **ESSEX POLICE**
www.essex.police.uk

#OperationGalileo





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Compiled and edited by Lizzie Rose, Rural Community Council of Essex. Rural Community Council of Essex Registered Charity No. 1097009. Company registered in England and Wales No. 4609624