

Thurrock prevention services for health conditions and wellbeing needs

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About this document

This document provides information about prevention services available to Thurrock residents for different health conditions and wellbeing needs at different life stages. It covers services that support physical and mental health and wellbeing, including health and non-health services.

Services for adults and children are shown on separate pages. 'Adults' refers to ages 18 years-old and older.

Service names wherever possible link to the [Thurrock Frontline](#) directory.

For some types of condition there is overlap between prevention services where they may be associated with each other. For example, mental health and unhealthy weight can be discrete issues but can also be bidirectionally associated with each other, along with other long-term conditions such as cardiovascular disease, diabetes, social factors and environmental factors. This may not be fully reflected in the tables.

Definition of prevention levels

The definitions below are taken from The King's Fund. A pro-active approach. Health Promotion and Ill-Health prevention: www.kingsfund.org.uk/projects/gp-inquiry/health-promotion

Primary prevention

This includes interventions and services designed to reduce the risk and causes of new illnesses.

Secondary prevention

This includes interventions and services aimed at detecting and diagnosing diseases in people who may not yet have any visible symptoms, so treatment can be offered before it gets worse. For example, blood pressure monitoring for hypertension (high blood pressure), or cancer screening.

Tertiary prevention

This includes interventions and services designed to reduce the effects of a disease once it is established in an individual. It can include rehabilitation techniques and managing symptoms through medical care to improve quality of life.

Adult health services – primary and secondary prevention

Service	Condition or need	Programmes
Breast cancer screening – for everyone aged 50 to 71 registered as female with a GP	Cancer prevention	National
Bowel screening – home test kit for everyone aged 60 to 74	Cancer prevention	National
Cervical screening – women and people with a cervix aged 25 to 64	Cancer prevention	National
Targeted lung health checks – current or former smokers aged 55 to 74	Cancer prevention	Local
	Substance misuse	
Blood pressure checks at community pharmacies	Cardiovascular health	Local
	Cardiovascular health	National
Essex diabetic eye screening	Cardiovascular health	Local
NHS Health Checks for ages 40 to 74 with no existing cardiovascular disease (CVD) conditions	Cardiovascular health	National
Better Health NHS weight loss plan app	Healthy weight	National
Digital weight management programme for people with a body mass index (BMI) of at least 30, plus hypertension and/or diabetes – GP referral required	Healthy weight	National
	Cardiovascular health	
Exercise on Referral at Impulse Leisure centres	Healthy weight	Local
	Cancer prevention	
	Cardiovascular health	
	Other	
MoreLife for people with a body mass index (BMI) above 39.9 – referral required from GP or via Thurrock Healthy Lifestyle Service. Waiting list closed as at May 2024. As an interim support measure, the BMI criteria upper limit for Slimming World has been extended.	Healthy weight	Local
National Diabetes Prevention programme	Healthy weight	National
	Cardiovascular health	
NHS Type 2 Diabetes Path to Remission programme – GP referral required	Healthy weight	National
	Cardiovascular health	
Slimming World 12-week free programme for people with a body mass index (BMI) of BMI 25+ or BMI 23+ for certain non-white ethnic minority groups	Healthy weight	Local
Better Health Every mind matters	Mental health	National

Service	Condition or need	Programmes
EPUT – Care for serious mental health problems – Mental Health PCN team	Mental health	Local
EPUT – Essex support and treatment for early psychosis (ESTEP)	Mental health	Local
PANDAS – Post-natal depression awareness and support	Mental health	National
SMI health checks	Mental health	National
	Healthy weight	
	Cardiovascular health	
Thurrock and Brentwood MIND – Positive Pathway Service	Mental health	Local
Thurrock Inclusion – Talking Therapy	Mental health	Local
Thurrock Lifestyle Solutions – Post-18 autism service	Mental health	Local
DrinkCoach provides tips and advice to help reduce alcohol intake	Substance misuse	National
The Forward Trust – Thurrock Drug and Alcohol Service offering support for those aged 18 or over	Substance misuse	Local
Stop Smoking service provided by Thurrock Healthy Lifestyle Service and selected GP practices	Substance misuse	Local
	Cancer prevention	
Brook Thurrock provides free confidential sexual health services for everyone in Thurrock – access to contraception, STI testing, emergency contraception, and more	Sexual health	Local
COVID 19 vaccine for at-risk groups	Other	National
Flu vaccination for at risk groups via GP or pharmacy	Other	National
NELFT Integrated Respiratory Service – Breathlessness and Diagnostics Service	Other	Local
Pneumococcal vaccine for ages 65 or older	Other	National
Physiotherapy via GP practice for people with musculoskeletal problems	Other	National
Shingles vaccine for adults aged 65, 70 to 79, and 50 or older with a weakened immune system	Other	National

Adult tertiary prevention and non-health services

Service	Condition or need	Programmes
Complex Housing Intervention Programme (CHIP) supports residents with complex care needs – processes and criteria to be agreed – and can support Housing First scheme residents and referrals via an online form	Health-promoting homes	Local
Enhanced Housing First (pilot) offers housing support that prioritises people with complex mental health needs, taking referrals from professionals including Inclusions, EPUT, Thurrock Council's Adults, Housing and Health directorate and other specialist organisations, as required	Health-promoting homes	Local
Essential Living Fund supports households with food, hygiene products and the cost of energy	Health-promoting homes	National
Financial Inclusion Officers within Thurrock Council's Housing Rents team support vulnerable council tenants with income maximisation, health signposting and debt referral advice and work with residents in fuel poverty – officers can be contacted by emailing rents@thurrockgov.uk	Health-promoting homes	Local
Help through Hardship helpline is a freephone service provided by the Trussell Trust to help people struggling to afford food, heating and toiletries	Health-promoting homes	National
Housing First provides housing for homeless people with complex needs – mental health, substance misuse – taking referrals from professionals including Inclusions, EPUT, Thurrock Council's Adults, Housing and Health directorate and other specialist organisations, as required.	Health-promoting homes	Local
Thurrock Sustainable Warmth Upgrade Scheme	Health-promoting homes	National
Thurrock Council's Well Homes programme to improve housing conditions and health and wellbeing of residents living in private homes	Health-promoting homes	Local
Warm Home Discount available for people on relevant means tested benefits	Health-promoting homes	National
NELFT Cardiac rehabilitation psychology service – provides rehab, educational and psychological support to people who have had a cardiac event or undergone cardiac surgery	Rehabilitation services for long-term conditions	Local
NELFT Community Parkinson's Service	Rehabilitation services for long-term conditions	Local
NELFT Dementia Crisis Support Team supports people with dementia / cognitive decline and their carers to prevent hospital admission	Rehabilitation services for long-term conditions	Local

Service	Condition or need	Programmes
NELFT Diabetes Service provides South West Education and Training (SWEET) for diabetes	Rehabilitation services for long-term conditions	Local
NELFT Epilepsy Service	Rehabilitation services for long-term conditions	Local
NELFT Integrated Respiratory Team provides specialist care for people with respiratory disease and chronic obstructive pulmonary disease (COPD)	Rehabilitation services for long-term conditions	Local
NELFT Medical management and support for people with chronic heart failure	Rehabilitation services for long-term conditions	Local
NELFT Stroke Hub provides specialist assessments and intervention to patients with stroke within first year of onset	Rehabilitation services for long-term conditions	Local
NELFT Thurrock Clinical Health Psychology Therapy Service provides a patient-centred integrative approach to support people living with a long-term condition	Rehabilitation services for long-term conditions	Local
NELFT Thurrock Falls Prevention Service – patients can contact the service by phoning 0300 300 1725	Rehabilitation services for long-term conditions	Local
Royal Osteoporosis Society top tips for bone health	Rehabilitation services for long-term conditions	National
Thurrock CVS By Your Side provides 6-week support for people to settling at home upon leaving hospital – practitioners who work with residents leaving hospital can refer directly to get support that includes help with shopping, collecting prescriptions and arranging light furniture or hospital equipment	Rehabilitation services for long-term conditions	Local
Citizen's Advice South Essex provides a debt counselling service at the Voluntary and Community Resource Centre, High Street, Grays, RM17 6XP	Social isolation and loneliness	National
Community hubs and centres across Thurrock	Social isolation and loneliness	Local
Friends of Parks groups across Thurrock	Social isolation and loneliness	Local
Men's Shed Grays is a community shed focused on practical activities and improving the health and wellbeing of men – another Shed is available in Aveley	Social isolation and loneliness	Local

Pregnancy, post-natal, and children and young people's health services – primary and secondary prevention

Service	Condition or need	Programmes
Children's Diabetes Service provides support, advice and education for children living with diabetes	Cardiovascular health Healthy weight	Local
Better Health Start for Life provides advice and guidance during pregnancy, birth and parenthood	Family hubs	National
Brighter Futures Family Hubs provide a mixture of support for families with children, such as midwifery and antenatal clinics, infant feeding support, domestic abuse support, job, debt and welfare advice, and more	Family hubs Immunisations and vaccinations	Local
Parents 1st peer support offer for low level perinatal mental health issues – Parents 1st antenatal information sessions in Thurrock	Family hubs	Local
Beezee Bodies provides: <ul style="list-style-type: none"> • Beezee Academy – online modules to promote healthy lifestyles • Beezee Live – a 12-week online programme for families with children aged 5 to 12 years-old who are overweight or obese • B-You(th) – a pilot programme for young people aged 13 to 18 years-old • 'HENRY' – training the trainers (Family Hub staff) to deliver the HENRY programme aimed at children aged 0 to 4 years-old and their families 	Healthy weight	Local
Better Health Healthier Families	Healthy weight	National
NCMP surveillance programme for children aged 4 to 5 years-old and 10 to 11 years-old	Healthy weight	National
3 in 1 teenage booster for children aged 14 years-old	Immunisations and vaccinations	National
4 in 1 pre-school booster for children aged 3 years 4 months-old	Immunisations and vaccinations	National
EPUT School based immunisation programme covers nasal flu, HPV vaccination, school leaver booster and Meningitis ACWY	Immunisations and vaccinations Cancer prevention and cardiovascular health	Local
Hib and MenC vaccine given to babies at 1 year-old	Immunisations and vaccinations	National
HPV vaccine for children aged 12 to 13 years-old	Immunisations and vaccinations Cancer prevention and cardiovascular health	National

Service	Condition or need	Programmes
MenB vaccine for babies at 8 weeks-old, 16 weeks-old and 1 year-old	Immunisations and vaccinations	National
MMR vaccine for children aged 1 year-old and 3 years 4 months-old	Immunisations and vaccinations	National
Nasal spray flu vaccine children aged 2 and 3, all primary school-aged children and those aged 11 to 17 years-old with certain long-term conditions	Immunisations and vaccinations	National
Pneumococcal vaccine for babies at 12 weeks-old and a booster at 1 year-old	Immunisations and vaccinations	National
Rotavirus vaccine for babies at 8 weeks-old and 12 weeks-old	Immunisations and vaccinations	National
Whooping cough vaccine for pregnant women from weeks 16 to 32 of pregnancy	Immunisations and vaccinations	National
Kooth provides online support for young people	Mental health	National
NELFT Mental Health Support Teams increase access to support in educational settings	Mental health	National
Open Door provides support, counselling and advocacy services	Mental health	National
Southend, Essex and Thurrock Child and Adolescent Mental Health Service (SET CAMHS) provides advice and support to children with emotional wellbeing or mental health difficulties	Mental health	Local
Stop smoking support for ages 13 and older	Substance misuse	Local
Thurrock Sexual Health Service	Sexual health	Local
Wize-Up offers confidential advice, information, and support to help young people cut down or stop using substances	Substance misuse	Local

Useful links and resources

Healthwatch Thurrock

Independent champion for people who use health and social care services in Thurrock.

www.healthwatchthurrock.org

Making Every Contact Count (MECC) Thurrock Health and Wellbeing Directory of Services

Simple signposting to better health and wellbeing.

www.mecclink.co.uk/location?location=thurrock

Stronger Together Thurrock Directory

Thurrock groups and activities in your area.

strongertogetherthurrock.org.uk

Thurrock Frontline

Find local health and wellbeing services.

thurrock.essexfrontline.org.uk

Thurrock Healthy Lifestyle Service

Thurrock Healthy Lifestyle Service offers an initial assessment of your health. Depending on the results of the assessment, you can get free help to improve your health.

www.thurrock.gov.uk/thls

Thurrock local area coordinators

Help in the community.

www.thurrock.gov.uk/lac

VoiceAbility

An advocacy service that supports people in Thurrock to have their views heard and rights respected in decisions about their health, care and wellbeing.

www.voiceability.org