

Patient Round Up

13th
November

2017

NHS Crawley CCG and NHS Horsham and Mid Sussex CCG

Crawley CCG and Horsham and Mid Sussex CCG

FLU: People with a Learning Disability may be at greater risk of developing more serious illnesses. For more information [Click here](#) (1)

Are your children protected against flu?. For more information . [Click here](#) (1)

GPnotA&E in East Grinstead

Did you know all children aged 0-5 years and who are registered with an East Grinstead GP can access same day appointments? See our web page for more information [East Grinstead GPnotA&E](#)

Working differently to #HelpMyNHS in our 5 Communities

See our web page on volunteering [Click link here](#)

While more people than ever are calling on its services, our NHS is facing its biggest financial challenge. And as the different parts of the NHS are working together to find solutions, the NHS needs us, the people it was set up to serve, to do our bit as well. Do something small to #HelpMyNHS. By adding your name and support to our pledge wall, you'll be demonstrating your commitment for our local NHS. Complete on line:

[Crawley helpmynhs-in-our-5-communities](#)

[Horsham and Mid Sussex helpmynhs-in-our-5-communities](#)

Show your support via Twitter using the hashtag #HelpMyNHS View some of our pledges in the video here: <https://www.facebook.com/NHSHorshamandMidSussexCCG/>

NHS England:

Sign up to NHS England for their IN Touch E bulletin 58 (1) ; topics covered

<https://www.england.nhs.uk/participation/>

- World Diabetes Day - 14 November 2017
- Cancer drugs project delivers benefits for patients
- National HIV Testing Week
- Room for improvement on community mental healthcare services
- Fund launched for online consultations at GP practices
- Make Your Mark Results
- Public engagement as part of the regulation of health care
- Campaign to encourage more BME people to give feedback on cancer
- Seeking views on NHS Quality Checkers toolkits

NHS England (1) NHS chief Simon Stevens announces that NHS England has struck deals to make innovative treatments for Multiple Sclerosis and breast cancer routinely available on the NHS. [Click Here](#)

What happens when you are referred by your GP to see a specialist? (2)

NHS England together with the British Medical Association and the National Association for Patient Participation have produced a leaflet for patients to understand what they can expect if they are referred by their GP to see a specialist or consultant at a hospital or a community health centre. [The leaflet is available on NHS Choices via NHS England's website.](#)

Care Quality Commission is the independent regulator of health and social care in England. They make sure health and social care services offer safe, effective, well-led and responsive care. Please feel invited to take part in **NHS use of resources consultation**. The responses from this consultation will be used together with feedback received from trusts during the current pilot phase to shape final approach towards effective use of resources to enable health and care providers to deliver and sustain safe high-quality services for patients.

The consultation will run from 8 November 2017 to 10 January 2018. (2) In order to participate please follow this link: www.cqc.org.uk/useofresources

Public Health England:

Public Health England New mental health 'first aid' programme (2) a new [£15 million programme](#) will see up to 1 million people trained in basic mental health 'first aid' skills. The programme will improve personal resilience and help people recognise and respond effectively to signs of mental illness in others. The campaign, designed and delivered by Public Health England (PHE), will help people assess their own mental wellbeing and learn techniques to reduce stress. There will be an online learning module designed to improve the public's knowledge, skills and confidence on mental health

Local NHS providers:

Sussex Partnership Trust SPTF - Youth Mental Health in West Sussex Survey (2) SPFT are currently involved in supporting the development of youth mental health and wellbeing provision in West Sussex. The proposal is based upon the successful pilot service, i-Rock in East Sussex and consists of multi-agency provision for 14-25 year olds. The project supports individuals with Mental health and wellbeing, education, employment, housing and relationships. There are no minimum thresholds, referral process or appointments required. Young people self-present and receive a "light touch triage" to discuss their concerns informally before being offered support through statutory or third sector provider co located in the hub. In some cases they may also be offered brief therapeutic interventions of 1-4 sessions. The provision is in its early stages and SPFT are increasingly aware of the importance of young people's participation and views, therefore they would greatly appreciate your help in distributing the following link as widely as possible for feedback from the young people currently engaged with your services. [Youth Mental Health in West Sussex survey](#)

West Sussex County Council

Sign up and read WSCC Newsletter [Click here](#) (1)

Consultation opens on proposal to increase autism provision at Crawley school (1). People are being asked for their views on a proposed change to the special needs provision at a Crawley school. The change would affect the special support centre at Maidenbower Junior School and see it change from providing for additional learning needs to providing additional support for pupils with autistic spectrum conditions. West Sussex County Council has been reviewing the specialist provision on offer across the county and says the change is due to the needs of pupils as well as making the best use of available funding. The consultation will run until Sunday 10 December 2017. People can take part in the consultation at <https://haveyoursay.westsussex.gov.uk>

Richard Burrett, Cabinet Member for Education and Skills, said: "I am really keen to hear people's views on the proposal and this will help me come to a decision on the best way forward. My

ultimate aim is to make sure that our pupils receive every opportunity to fulfil their potential and that they thrive.” Following the end of the consultation the Cabinet Member for Education and Skills will take a decision on whether to approve the proposal. A final decision on the proposed changes is expected to be made in January 2018..If the proposal goes ahead the change would be implemented from September 2018.

Time to Change – West Sussex (2)

Mental health – Young people, leadership training at Crawley Library, Saturday 2nd December 2017: 1pm - 3pm

An introductory course on leadership & campaigning, this training will provide young people with the skills they need to start running events in their own communities & to learn more about Time to Change. This event is also an opportunity to hear from one of our Young Champions about their experiences of mental health & campaigning. Contact Time to Change – West Sussex

Crawley Library - Stay Safe Online (4) Information event, including presentation and discussion on: The ‘Golden’ rules for the over 50s on the subject of staying safe online avoid being scammed and therefore financially abused. Q & A session to follow. **27th November 14:00 – 16:00, Crawley Library, Southgate Ave, RH10 6HG.** Spaces are limited so please book early for this FREE event
Email: communitysafety.wellbeing@westsussex.gov.uk

Tel: 0330 2223851 Or visit: www.eventbrite.co.uk/e/staying-safe-online-free-workshop-tickets-38430425437 (3)

West Sussex Affordable Heating Emergency Heater Scheme (2) the West Sussex Emergency Heater Scheme will continue to run this winter. If your client has no working heating system, then the West Sussex Fuel Poverty Coordinator is offering one oil-filled electric radiator per fuel poor household to help keep them warm and well. Remember, the heater is only a stopgap until your client's heating system is fixed or replaced. For more information visit [Emergency Heater Scheme](#)

Grassroots training Programme (2) the training courses will help you promote mental health awareness, suicide alertness, and positive wellbeing. The training will help individuals provide practical support within their group, organisation, or community. For more information visit [Grassroots Training Programme](#)

West Sussex wide - Sussex Oakleaf – Pathfinder Mental Health Information & Advice Drop In (2) Pathfinder West Sussex is an alliance of organisations working together to enable people with mental health support needs, and their carers, to improve their mental health and wellbeing. Drop-ins are available where people can access a range of mental health support, information and advice.

- **Haywards Heath**, The Yews, 55 Boltro Rd, RH16 1BJ Mondays 2 to 4pm (Downstairs in the Broadway Lounge)
- **Crawley**, West Green Youth and Community Centre, RH11 7EL. Tuesdays 11am to 1pm (Downstairs).
- **East Grinstead Library**, 32-40 West St, RH19 4SR. Friday's – 2 - 4pm (Upstairs in the Meeting Room) 27th Oct, 3rd Nov, 10th Nov, 24th Nov, 8th Dec, 22nd Dec & 29th Dec

Organisations within the Voluntary Sector

CRAWLEY COMMUNITY

Crawley CVS : Funding Newsletter (1) [Click Here](#)

West Sussex Mental Health Time to Change (1) . See attached information sheet



Time to Change info sheet TTC.pdf

'Wicketz'(1) is a programme that uses cricket as a catalyst to change the lives of young people across the UK. We believe that participation in sport has a very positive impact on health, emotional development and education. The projects are primarily situated in areas where access to sporting activity and facilities are lower than the UK average. Our aim is to work within these communities, in partnership with local authorities and organisations, to help improve neighbourhoods and break down social barriers. Sessions are totally free, and open to both boys and girls from all ethnic backgrounds and cultures regardless of physical ability.

If you would like any further information about the project see **website:** www.sussexcricketfoundation.co.uk/crawley-wicketz/
contact Roger Newman at roger.newman@sussexcricket.co.uk



Wicketz Flyer for Bewbush YCCFF.pdf

What to do if your child has Bronchiolitis (1)? Updated advice has been issued for parents and carers of children and young people who suffer with Bronchiolitis. Bronchiolitis is a common lower respiratory tract infection that affects babies and young children under two years old. With the winter months closing in, Bronchiolitis is something all parents and carers of young children should be aware of and know how best to treat. New advice sheets have been published to provide a handy guide to keep at home, which will help parents, guardians and carers to know what to do if they are caring for a child with Bronchiolitis symptoms. See attached leaflet for more information...



What to do if your child has Bronchiolitis.

CCVS TRAINING; Autism Training Event . Tuesday 28th November from 12:30 – 15:30 and is being run here at The Orchard (Address: 1-2, Gleneagles Court, Brighton Rd, Crawley RH10 6AD. (2) A training course this month in partnership with Aspie Trainers who are a group of autistic people who deliver autism training from a first-person perspective and specialise in the use of lived experience in order to demonstrate what works when working alongside autistic individuals. The course will cover: how to communicate effectively with autistic individuals and how to work with meltdowns and shutdowns. There will be time for a Q&A session with the trainers. Contact : Diane Ruban Phone: 01293 657093, email: diane.ruban@crawleycvcs.org. For more information visit [Autism Training](#)

Crawley Town FC in partnership with LPK Learning - Face Your Fitness Fears gentle football fitness sessions (2) the sessions are FREE and aimed at women who never really got into PE or sport at school. They will be run by a CTFC coach on Wednesday afternoon's term-time from 1.30 to 2.30pm in Grattons Park, Pound Hill.
Contact: Phone: 07523 151415 Email: lpklearning@gmail.com

Crawley Town FC Move the Goalposts (1)CTFC have extended the time of the session. They will now start the session at 1500 and finish at 1630. The first hour will be a football session on their 3g pitch at Crawley Town football stadium. The last half hour will be a relaxed workshop with refreshments. If you know of anyone that would be interested in this then please refer them onto CTFC or get them to turn up every Wednesday. It is a free session for anyone. This is a mental health and sport initiative contact : TomFaulkner@crawleytownFC.com

The next Sangam Women's Open Day (2) Sangam is a meeting place for women from all communities.

Tuesday November 21st from 12 noon to 2pm at Crawley Library.

Guest speakers include: Representative from Macmillan Cancer Support;
And a HIV Clinical Nurse Specialist from Sussex Community NHS Foundation Trust
For further information contact Alzheimer's Society Sussex Helpline on 01403 213017.

Bewbush Neighbourhood News Link to follow for more information and to subscribe: www.crawley.gov.uk/bewbush

Crawley Homelink Magazine: Anne Forshaw is the editor of Homelink. Please call 01293 438257 or email anne.forshaw@crawley.gov.uk if you have any questions or ideas for features. Please tap

WORKING
together

To deliver your NHS
for our communities

on this link for access: www.crawley.gov.uk/crawleyhomes

Horsham and Mid Sussex Community

HAMSVA : E Bulletin (1) [Click Here](#)

HAMSVA : Please find information on future training events on which we currently have spaces available: Workshop delivered by HAMSVA

Target audience: Anyone with responsibility for fundraising for their charity or community group. www.hamsva.org.uk please contact Dawn Langston, Finance and Administration Assistant dawn.langston@hamsva.org.uk



Booking Form
2017.docx



HAMSVA
trainings.docx

Horsham District Older Peoples Forum (1)

The next Forum public meeting will be (10.15am tea/coffee) 10.30am - 1pm on Wednesday 6th December 2017 at Southwater PC Offices, Beeson House, Lintot Square, Southwater RH13 9LA.

Confirm attendance by email hdopforum@gmail.com

If you are unable to attend this meeting but would like to support this initiative or offer your services, please contact us by email hdopforum@gmail.com

Age UK East Grinstead & District (2)

Wednesday 22nd November 10am to 12pm

Swan Mead, Queens Road, East Grinstead RH19 1BE

Free taster session allowing you to learn about Age UK East Grinstead, meet the staff, volunteers and other members. For more information or to book lunch, Contact Sue Willox, Centre Manager, on 01342 327046 or email members@ageukeastgrinstead.org.uk

