

Patient Round Up

6th
November

2017

NHS Crawley CCG and NHS Horsham and Mid Sussex CCG

Crawley CCG and Horsham and Mid Sussex CCG

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:

What happens when you are referred by your GP to see a specialist? (1)

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. (1) 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 (1) 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 (1) 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](#)

Time To Talk Health service making a real difference for patients in West Sussex- press release (1)



SCFT Press release
TTTH.docx

Sussex Community NHS Foundation Trust: Carers health team (3)

If you are a carer and aged over 18, the carers health team officer can offer professional support and guidance to main your health and wellbeing. Contact them if you are having difficulty with maintaining your own health and wellbeing. Open from 8am to 6pm Monday to Friday. Phone 01243 623521. Email SC-TR.carerwellbeing@nhs.net Web page link : [Click here for leaflet](#)

The Brow Medical Centre in Burgess Hill rated as "Outstanding" for Care by the Care Quality Commission. The overall rating for all services offered by the practice is "Good". For more information please see attached document. (1)



Press Release.pdf

West Sussex County Council

Time to Change – West Sussex (1)

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. See attached flyer (CCVS)







time to change young leader's event YCCFF.1

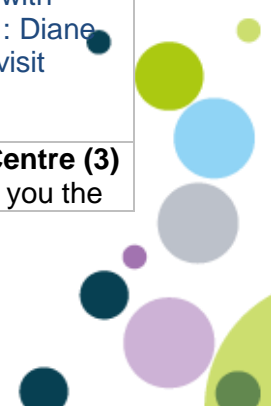
Crawley Library - Stay Safe Online: Information event, including presentation and discussion on: The 'Golden' rules for the over 50s on the subject of staying safe online avoid being scammed and therefore financially abused. Q & A session to follow. **27th November 14:00 – 16:00, Crawley Library, Southgate 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)



SGW Staying Safe online Session Poster

West Sussex Affordable Heating Emergency Heater Scheme (1) 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](#)

<p>Grassroots training Programme (1) 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</p>	
<p>West Sussex wide - Sussex Oakleaf – Pathfinder Mental Health Information & Advice Drop In (1) 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. See attached flyer.</p>	 MH Information drop in Sussex Oakleaf Patt
<p>Organisations within the Voluntary Sector</p>	
<p>Horsham District Council: Voluntary and Community Service Event - Monday 13th November 2017 - 10.00 to 14.00 (1) For details please see Meeting Agenda attached. (1) If you are able to attend on Monday please contact Claire Shepherd email Claire.Shepherd@horsham.gov.uk</p>	 VCS agenda.docx
<p>The Social Care Institute for Excellence (SCIE) improves the lives of people who use care services by sharing knowledge about what works (1). It is a charity registered in England and Wales. Please tap on the link below to access or subscribe their newsletter giving you access to a number of articles. Below are two links via which you can access two out of many more articles: > LGBTQI+ Disabled People: report, briefings and films ; CQC local system review: SCIE support For contact details and subscription please follow: Social Care Institute for Excellence, 1 Pall Mall East, Kinnaird House, London SW1Y 5BP T: 020 7766 7400 website: www.scie.org.uk/about/ (1)</p>	
<p>Age UK East Grinstead & District (1) 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 details please see attached leaflet.</p>	 Age Uk East Grinstead Taster Session 22nd N
<p>Age UK East Grinstead & District (1) Charity Quiz Night on 15th January 2018 in aid of two local charities, including Age UK East Grinstead & District. In order to attend, you need to book a table through one of the contacts on the flyer and then pay on the night.</p>	 Charity Quiz Night January 2018.pdf
<p>Healthwatch West Sussex e-bulletin: November 2017 link (1): View this email in your browser Healthwatch West Sussex, Billingshurst Community & Conference Centre, Roman Way, Billingshurst, RH14 9QW</p>	
<p>CRAWLEY COMMUNITY</p>	
<p>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. (1) 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</p>	
<p>Crawley, Ladies at Rivers; 16th November 10:00am to 12:30 Broadfield Community Centre (3) Please join us to celebrate Pakistan Culture. Rivers will be hosting an event which will give you the</p>	



opportunity to find out about the culture and food of Pakistan

Crawley Town FC in partnership with LPK Learning - Face Your Fitness Fears gentle football fitness sessions (1) 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 afternoons 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 (1) 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.

Crawley Neighborhood newsletter (1) in order to access and subscribe to the latest neighborhood newsletter. please follow the link www.crawley.gov.uk/maidenbower or contact kathryn.ripley@crawley.gov.uk phone: 01293 438633

Dementia Friendly event: 6pm-7pm , 16th November 2017, Crawley Library for details please see attached leaflet. (1)



Dementia friendly event leaflet.pdf

