

# Patient Round Up

27th  
November

2017

NHS Crawley CCG and NHS Horsham and Mid Sussex CCG

## Crawley CCG and Horsham and Mid Sussex CCG

**CCG News:(1)** Look at the CCG webs site for updates about :

- Crawley CCG staff visiting Local Primary schools [Click here](#)
- Raising awareness of Chronic Obstructive Pulmonary disease (COPD) [Click Here](#)
- Horsham district older peoples insight into Hospital admissions report [Click Here](#)
- The role of a Care Coordinator in a GP Practice (Horsham) [Click Here](#)
- Let's get you home [Click Here](#)

## Call to action to #HelpMyNHS [Click Here](#) (1)

A campaign to ensure people are getting the right care at the right time, and are not putting NHS services under unnecessary strain, is being launched during #HelpMyNHS week from 27 November to 1 December. The NHS is doing everything it can with the resources it has to prepare for the extra pressures we expect to face this winter. Now, #HelpMyNHS is calling on the public to play their part by adopting small behavioural changes to ease pressures on local health and care services, saving them for those in the most need. It asks people to #HelpMyA&E by:

- highlighting the alternative services to A&E and when these should be used.
- using GP appointments properly, take steps to help prevent getting ill and self-manage minor illnesses, as well as using alternative services, such as pharmacists.

**FLU: People with a Learning Disability** may be at greater risk of developing more serious illnesses. For more information [Click here](#) (2)

**Are your children protected against flu?** For more information. [Click here](#) (2)

## 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](#)

## NHS England:

**NHS Intouch newsletter;** includes engagement updates /initiatives – read /sign up [Click Here](#)

Topics include :

- Involvement - Working Together to Safeguard Children- changes to statutory guidance
- Involvement - Improving Access to General Practice
- What now? New booklet published to support people with a terminal diagnosis
- The Public's Health across the Life Course – new film explores efforts to achieve a healthier nation
- Child patients have their say on hospital care
- Saving Lives by detecting cancers earlier

NHS England (1) is carrying out a survey about raising concerns and making complaints about health, social care or education for children, young people and adults with a learning disability, autism or both, their families and paid carers. To take part in the survey click on this [link](#). An easy read version of the survey can also be downloaded from this link. The closing date is 12<sup>th</sup> January 2018.

**NHS England (2) Black and ethnic minority cancer patients encouraged to give feedback on their NHS care** . NHS England chief executive Simon Stevens issued an appeal for more black and ethnic minority (BME) patients to help improve cancer care by sharing their experiences. For more information [Click Here](#)

### Sussex Community Trust

**Time to Talk Health: (1)** can help patients with long term conditions, such as Diabetes, COPD and Cardiac Problems. The service offers talking therapies for people who are finding it difficult to manage these long-term health conditions. Helping with;  
Making and sustaining healthy lifestyle changes.

- Overcoming fears, anxieties or low mood related to living with a long-term health condition.
- Supporting patients to reduce the impact of their condition on their work, family life and other activities

Patients can self-refer:

Call: 01273 666480 (8am-8pm Monday to Friday – answerphone available).

Email: [sc-tr.ltcreferrals@nhs.net](mailto:sc-tr.ltcreferrals@nhs.net) . or apply online : [Click Here](#)



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### West Sussex County Council

**SEND Newsletter (1)** [Click Here](#)

### West Sussex County Council -

**Our Shared Future Health & Wellbeing Events (2)** Following received feedback from the 'Our Shared Future' events held in the Spring, the County Council has decided that it needs to review its strategic relationship with the Voluntary and Community Sector and its approach to commissioning. A key part of this wider work is the need to review how the County Council and its partners in the Districts and Boroughs support infrastructure within the sector. As such, we are already working as a local government family and would also like to talk to a number of representatives from the voluntary and community sector to inform a new approach to infrastructure commissioning. If you are interested in taking part and would like more information about this, contact [voluntas@westsussex.gov.uk](mailto:voluntas@westsussex.gov.uk)

### NICE (The National Institute for Care and Excellence)

#### Involvement opportunity(1)

Lay member : Care before , during and after operation – Closing date 13/12/17 [Click Here](#)

Lay member : venous thromboembolic diseases – Closing date 18/12/17 [Click Here](#)

### Organisations within the Voluntary Sector

**HAMSVA E bulletin (1)** : [Click Here](#)

### Age UK West Sussex

**Age UK (2)** hosts a number of activities and events in the Mid Sussex area.

For a free taster session at Age UK centers please call:

John Macrae Centre Manager of Haywards Heath on 01444 450248 or

Peter Hornsby for Burgess Hill on 07904 976736 or email

[haywardsheath@ageukwestsussex.org.uk](mailto:haywardsheath@ageukwestsussex.org.uk) / [cherrytreecentre@ageukwestsussex.org.uk](mailto:cherrytreecentre@ageukwestsussex.org.uk)

### CRAWLEY COMMUNITY



expert-patients-programme-leaflet.pdf

**Crawley CVS :**

**Expert Patients Programme. (1)** A free NHS-based training programme providing opportunities for people who live with a long-term condition(s) to develop new life-skills, ultimately allowing them to self-manage their condition more effectively on a day-to-day basis. The EPP is not about educating patients about their condition instead it works to develop patients' confidence and motivation to use their own skills, information and professional services to take effective control over life with a chronic condition. The details of the next FREE courses are as follows: *Horsham: Every Monday from 15th January – 19th February 2018, 10am – 12.30pm, Horsham Hospital Crawley: Every Thursday from 22nd March – 26th April 2018, 7pm – 9.30pm, Crawley Baptist Church.* For more information see attached

**Action For Deafness** News & Views Autumn/Winter Newsletter: [AFD](#)

**Carers Support** Autumn/Winter Newsletter visit [CSWS](#)

**Crawley Borough: Forge Wood Neighbourhood News (1) sign up for newsletter [Click Here](#)**

**Chagossian & Mauritian Culture event hosted by Rivers Local Women's Group. Thursday, 14th December, 10:00am to 12:30pm, at Broadfield Community Centre (2)**

Find out about the food, the clothes and jewellery and see traditional artwork and photos. You will also learn more about the journey that brought the Chagossians and Mauritians to settle in Crawley. Organiser: Jeredyne Stanley, Director, Rivers LPC, Tel:07539 995328, [www.riverslpc.org.uk](http://www.riverslpc.org.uk)

**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. Phone: 07523 151415 Email: [lpklearning@gmail.com](mailto:lpklearning@gmail.com)

**Horsham and Mid Sussex Community**

**Horsham district older peoples insight in to Hospital admissions – report (1)**

The following report is insightful and helpful about patient and carer experience for Hospital admission and discharge. For more information or to invite a member of the partnership to come and talk about the project contact Judith Packer on 0330222 5613 or email [Judith.packer@westsussex.gov.uk](mailto:Judith.packer@westsussex.gov.uk)

Horsham District partner organizations including Healthwatch West Sussex, community and voluntary sector and local authority partners captured evidence and insight into the experiences of our older residents getting to and from hospital. This work is taken from an insight workshop in July which was attended by Dr Mackenzie from HMS. Hospital Insight Report [Click Here](#)

Topics include:

- Top Tips for local people and service providers; how to make hospital experience easier
- The reasons for the review ; older residents experience of getting to and from hospitals
- Hospital admissions
- Local experience of Hospital admissions and Discharge
- Parking information for Hospitals

**AGEUK east Grinstead (1)** <https://www.ageuk.org.uk/eastgrinstead/>

**See Age UK East Grinstead web site for all information listed below**

**See Newsletter below**

- Volunteers required – see web site above
- West Sussex County council: Meals on Wheels service for more information: [Click here](#). For more information call: 0800 090 3258
- Charity quiz night 15<sup>th</sup> January 6:30 / 7pm start. Quiz and 2 course Indian dinner £20 per head (£12 goes to Charities) at Tarana Lingfield Restaurant. For information or to book :



- call Lana 01342 327046 or email [community@ageukeastgrinstead.org.uk](mailto:community@ageukeastgrinstead.org.uk)
- call Susan 01342 835190 or email [susanjoy471@hotmail.com](mailto:susanjoy471@hotmail.com)
- call Tarana 01342 832222
- Members Christmas party (£15) Friday 1<sup>st</sup> December 11:30am /12pm to 2pm Lunch. At Chequer Mead East Grinstead RH19 3BS. For more information/to book call 01342 327046
- Men in Sheds. Does East Grinstead want a 'Men in Sheds project'? Age UK East Grinstead is working with other local organisations to start this project. This project will allow men to come together to connect, talk and create, they stay healthier for longer and they have contact in the wider community. For more information see [www.UKMSA.org.uk](http://www.UKMSA.org.uk). If you want to be involved contact Pam Mitchell, Age UK East Grinstead, Swan mead, Queens Rd, East Grinstead RH19 1BE. Contact main number: Phone number: 01342 327046 or email: [eng@ageukeastgrinstead.org.uk](mailto:eng@ageukeastgrinstead.org.uk). See flyer below
- Short breaks for carers – 1<sup>st</sup> and 2<sup>nd</sup> Saturday and last Monday of each month. For those living with dementia or memory loss and for the elderly and frail. Visit main web site or call : 01342 327046 Email: [shortbreaks@ageukeastgrinstead.org.uk](mailto:shortbreaks@ageukeastgrinstead.org.uk)
- Theatre performance WarHorse at The Brighton centre 7<sup>th</sup> February (Matinee) £42.50 per person. Call Lana 01342 327046
- Weston-super-Mare Holiday 4th March . Call Lana 01342 327046



Men in Sheds  
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NEWSLETTER MASTEI

