



Patient Roundup

1st – 12th January 2018

Crawley CCG and Horsham and Mid Sussex CCG

Welcome to the new format for the Patient roundup for 2018. We are now part of the Central Sussex Commissioning Alliance, a new joint way of working across the four CCGs (Clinical Commissioning Group) of central Sussex – Brighton and Hove, Crawley, High Weald Lewes Havens and Horsham and Mid Sussex – that will allow the organisations to work closer together to commission services more efficiently and effectively for our local populations.

Flu Season update [Click here](#) Local GPs are calling for the thousands of people who are at high risk of medical complications from seasonal flu, who haven't yet received their vaccination, to get their free flu jab now. The NHS is offering the free flu jab to those most at risk of becoming very unwell if they contract the flu virus. The vaccine is available free on the NHS for eligible children and adults. Adults are eligible if they:

- are aged 65 years and older
- have an underlying health condition (such as a long term heart or respiratory disease)
- have a weakened immune system
- are pregnant
- are a main carer for an older or disabled person

Advice Sheets for parents and carers There are a number of common childhood illnesses that often can effectively be managed at home by parents and carers. However, understanding when it is OK to look after your child at home and when to seek additional support can be difficult. A number of advice sheets were created by a group of West Sussex-wide clinicians working with, parents, education and social care for common childhood ailments. [Click here](#)

You can **#HelpMyNHS** to give the best care by making sure you and your loved ones get the right care, at the right time, in the right place. The website below helps you do this by highlighting where you can get medical treatment that is right for you. It includes details on services, tips on using of GP appointments properly, taking steps to help prevent getting ill and self-manage minor illnesses, as well as other services, such as pharmacists. It is tailored to include listings on specific services available to you across Sussex and East Surrey. Follow the links to find out how to help your GP and help your A&E [Click here](#)

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 England consults on freeing up 136 million to boost frontline NHS care by curbing prescription costs. (2) [Click Here](#) NHS England has launched a [public consultation on proposals to rein in prescriptions for some 'over the counter' products](#) such as dandruff shampoo and drops for tired eyes, freeing-up up to £136 million to expand other treatments for major conditions such as



cancer and mental health problems. Ending routine prescribing for minor, short-term conditions, many of which will cure themselves or cause no long term effect on health, would free up NHS funds for frontline care.

NHS England: Managing prescribable items of low priority for NHS funding. Public webinars.

(1). You can participate in discussions on line by joining a webinar. It's easy to register and you are sent a web link. For more information please contact england.medicines@nhs.net Webinar dates: Monday 22 January (1pm - 2:30pm) and Wednesday 21 February(1pm - 2:30pm)

Involvement – From NHS Intouch bulletin 60,For more information [Click Here](#) (2)

- Have your say on the way your local GP services are working. Ends March
- Opportunity to be involved in supporting & recognising quality in general practice. Ends January
- Transforming children and young people's mental health Green Paper launched. Closes 2nd March
- Help improve patient safety and learning from errors. Ends 15th January
- Patient and Public Voice Expert Adviser needed for the NHS RightCare Clinical and Improvement Group (CIG) Closes 19th January 2018

Sussex Community NHS Foundation Trust : (1) Sussex Community NHS Foundation Trust has been rated Good overall for a second time by the Care Quality Commission. Inspectors focused on three of the six core services provided by the trust. [Click here](#) to read further

King's fund A conversation with the public: could different be better? (2) A series of blogs providing different perspectives on the relationship between the NHS and the public, and how it has changed over time. [Click here](#)

The Kent, Surrey, Sussex (KSS) Community of Practice local meetings (2): Treating people with learning disabilities equally and fairly in health services. The campaign aim is to ensure that learning disability is high on the agenda with healthcare professionals and health trusts. Dates: Gillingham 8 Jan, Worthing 24 Jan, **Crawley 30 Jan** and Canterbury 30 Jan. Contact Tom Evans at communications@bild.org.uk to book.

West Sussex County Council: Local Offer Newsletter [Click Here](#)

Healthwatch West Sussex: Heads Up January 2018 [Click Here](#)

Macmillan Cancer Support Cancer Awareness Workshop (2). Cancer awareness workshop 7th Feb, 9am to 15:30pm offered for all staff and volunteers working in Sussex who provide an advisory, signposting, navigation or support service. This is an opportunity to gain an understanding of cancer and learn more about local and national services and support available for cancer patients. Venue : Charis Centre, Crawley. To book LondonSELearning@macmillan.org.uk or call 01904 756 447. For further info contact Lucy Beach via lbeach@macmillan.org.uk or call 07474 570840

AgeUK Painful Journeys campaign (1) Click on link to see campaign and policy reports to explore the issue and explain why getting to hospital appointments is a major issue for older people. [Click Here](#) See attached letter for Older people's Forum Chairs requesting their assistance with patient transport survey



AgeUKEast Grinstead (1) Fundraising event Conchord Big Band. 11th March (Cost £14, some concession) Contact Chequer Mead Theatre RH19 3BS to book



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Crawley Community

Ehlers-Danlos Support meeting (1). 15th February, 7pm to 9pm at Three Bridges Community Centre, Gales Place, RH10 1QG. For anyone with or interested in Ehlers-Danlos syndromes or Hypermobility spectrum disorder. The speaker is Jason Parry, Clinical Specialist Physiotherapist in Hypermobility/Extended Scope Practitioner. Contact janegehlersdanlosuk@gmail.com

Crawley CVS

Crawley CVS funding newsletter [Click Here](#)

Carers UK Digital Offer West Sussex (1) WSCC has teamed up with Carers UK to offer carers free online digital products and resources. This is a free digital service you can sign up to where you can find guides to help you in your caring role, information on caring, carers' rights, problem solving and much more. For more information visit [are you caring for someone...](#)

Friends Against Scams (1) scams affect the lives of millions of people across the UK. People who are scammed often experience loneliness, shame and social isolation. The Friends Against Scams Online Learning module will give you information about the different types of scams and how to avoid them. For more information visit [Friends Against Scams...](#)

WSCC New Dementia Framework (1) the Learning and Development Dementia Framework has been produced to signpost you to some of the free resources that are available to support learning and develop understanding in dementia care. For more information visit [Dementia Framework...](#)

Would you like to be included in the new Crawley Older People's Directory? (2) It's time to renew the Crawley Older People's Directory. [Click here to include your information in the new Directory.](#)

Horsham and Mid Sussex Community

HAMSVA E Bulletin(1)- 3 January 2018 [Click here.](#) Note HAMSVA(1) are moving to 38 Church Rd, Burgess Hill, RH15 9AE On January 25.

Horsham District news(1): Read the current newsletter and find out about a new outdoor gym for Horsham Park. An outdoor gym has been installed in Horsham Park, building to help people live a more active healthy lifestyle. [Click Here](#)

East Grinstead Action for Deafness. Lip Reading classes. Mondays 2pm to 4pm at Chequer Mead Theatre RH19 3BS. To book: Call 01444 415582 or 01444 415593. Email: info@actionfordeafness.org.uk Web site: www.actionfordeafness.org.uk

Horsham District Older people Forum: 2nd March 10.30am - 1pm on Friday 2nd March 2018 at the Council Offices, ground floor, Parkside, Chart Way, Horsham with Jeremy Quin MP for Horsham. To book a place email: hdopforum@gmail.com