



Patient Roundup

29th January – 9th February 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.

AGM Hold the date - 3rd July 2018, Crawley (1)

A provisional date for the AGM has been set for the 3rd July for 2018 at 12pm to 1pm at Broadfield Stadium, Crawley. NHS Crawley and NHS Horsham and Mid Sussex Clinical Commissioning Groups will hold their AGMs together. A meeting of the Governing Body will follow the AGM and will start at 1:15pm The AGM is an opportunity to look back on some of the successes and highlights of the past year and to discuss future plans for the NHS in Crawley, Horsham and Mid Sussex. All are welcome. This year's AGM will be a smaller event than in previous years, taking around an hour, with tea and coffee refreshments.

Flu Season update(3) [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.

Advice Sheets for parents and carers (3) 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** (3) 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. Follow the links to find out how to help your GP and help your A&E [Click here](#)

Same day GP appointments for Children who need urgent care in Mid Sussex: [Click here](#) (2)

Sussex Community NHS Foundation Trust

Sussex Community NHS Foundation Trust Carers Health team (2)

<https://www.sussexcommunity.nhs.uk/> covering Burgess Hill, Crawley, East Grinstead, Haywards Heath, Horsham. The team promote the health and wellbeing of carers. A free service providing support for carers over the age of 18 living in West Sussex, working closely with other NHS specialist services, social & caring services and voluntary & community services and will link carers with these services when appropriate. They provide information and advice on specific health conditions, as well as practical advice on the caring environment. Visiting carers in their own home at a time to suit their needs. Carers can self-refer. North Carers Health Team Phone: (01403) 227000 ext. 7613 / 7686. South Carers Health Team Phone: (01243) 623521. Email: SC-TR.carerwellbeing@nhs.net



Also see Carers Support West Sussex: (2) Training for Carers <http://carerssupport.org.uk/events/>
Call: 0300 028 8888 Email: info@carerssupport.org.uk

Sussex Partnership NHS Foundation Trust

Admiral Nurse Service (1)

For a family carer of someone who has a diagnosis of Dementia, an Admiral Nurse can:

- provide specialist practical advice, and emotional and psychological
- be your single point of contact, helping to join up different parts of the health and social care system
- give you the knowledge to understand dementia and its effects, and the skills to improve how you communicate with someone living with dementia.
- offer advice on referrals to other services and liaise with health and social care professionals on your behalf
- support you at difficult times in your dementia journey

Each Admiral Nurse service is operated as a partnership between Dementia UK and a host organisation. Your local service is hosted by Sussex Partnership NHS Trust and covers Crawley CCG and Horsham and Mid Sussex CCG.

The service can be contacted directly on 0300 304 0028 for further information with regards to referral.

NHS England:

Medicines on prescription that can be bought over the counter -We want to hear your views – survey ends 28th February (1)

In the year prior to June 2017, the NHS spent approximately £569 million on prescriptions for medicines which can be purchased over the counter from a pharmacy and other outlets such as supermarkets. People are also able to easily access information on managing their health online and through community pharmacists. NHS England asked people what they think about spending less on medicines for some illnesses by supporting people to treat themselves. In response to feedback, a list of 33 illnesses that can be treated using over the counter medicines has been made, and NHS England are asking further questions about views on the prescription of medicines for these health issues. We are supporting NHS England with this survey by seeking the views of local people; the results of the national consultation will inform the work we do locally and determine whether we consider making any changes to existing local policies.

For further information or to complete the survey please visit the [Crawley CCG](#) or [Horsham and Mid Sussex CCG](#) websites.

Involvement – From NHS In touch bulletin 63 (1) Click here

NHS England's Rare Diseases Advisory Group seeking new patient or public representative

NHS England is seeking a new patient or public recruit to its Rare Diseases Advisory Group (RDAG). For more information and to request an application pack please e-mail england.voice-crg@nhs.net.

Service users and carers - have your say on the Mental Health Act

Service users and carers with experience of the Mental Health Act are asked to complete an online survey to have their say on an [Independent Review of the Act](#).

The survey, which closes on 28 February 2018, [can be completed online](#) and includes questions about individuals and their experiences.

Your Health issues - Cervical Cancer Prevention Week

Every day in the UK nine women are diagnosed with cervical cancer and three women lose their



lives from the disease every day. Cervical Cancer Awareness Week 22-28 January 2018 aims to raise awareness that cervical cancer is the most common cancer in women aged 35, and 75% of cervical cancers can be prevented by cervical screening (smear tests). However one in four women do not choose to attend and have this potentially life-saving test. You can find out more information, including details on how to get involved here.

CQC:

CQC consults on plans to evolve regulation of independent healthcare services in England (2)

The Care Quality Commission (CQC) is inviting people to give their views on plans to evolve its approach to regulating independent healthcare services in England to ensure a more targeted, responsive and collaborative approach. The proposals, published on Friday 26 January set out how CQC intends to develop its next phase of regulation for independent healthcare services, such as independent acute hospitals, independent doctors and clinics, and independent substance misuse services. For more information contact www.cqc.org.uk/nextphase

AgeUK Painful Journeys campaign (2) 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.

Crawley Community

Ehlers-Danlos Support meeting (2). 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

Expert Patient Programme courses (1): The course is for adults living with any long term physical or mental health conditions who would like to learn new skills to help them better manage their symptoms. The course is free and run once a week for 6 weeks starting from Thursday 22nd March – Thursday 26th April 2018, from 7pm – 9.30pm each week, at Crawley Baptist Church, Crabtree Road, West Green, Crawley, RH11 7HJ. For more information follow the [link](#).

Crawley CVS

Crawley CVS news (2)

Short breaks and fun days for disabled children and young people at K2 Crawley, Saturday 17th March 2018. Sessions 10am until 3pm for ages 25 and under. Please ensure that children are accompanied by a parent or carer at all times. See link for more information www.crawley.gov.uk/disabilitysport

Transforming children and young people's mental health Green Paper launched consultation until **2nd March 2018**. To take a look at the paper and provide your views on the proposals visit: [Transforming children and young people's mental health Green Paper](#)

SASBAH: The Sussex Association for Spina Bifida & Hydrocephalus. SASBAH, formed as an independent charity in 1965 to meet the growing demand for support services for those with Spina Bifida and Hydrocephalus in Sussex. Contact <http://www.sasbah.org.uk/>

Horsham and Mid Sussex Community

HAMSVA E Bulletin(1)- 31st Jan 2018 [Click here](#)

Note HAMSVA are being rebranded to Mid Sussex Voluntary Action (MSVA) from 2nd April following the announcement from Horsham District Council that they will no longer be funding HAMSVA to deliver Voluntary and Community sector support in the Horsham district. Please see the bulletin for full details.

West Sussex County Council Voluntary and Community Sector Engagement Event (1)

WSSCC is reviewing its strategic relationship with the Voluntary and Community Sector and its approach to commissioning. It is important that they hear your views about the support that your organisation needs. WSSCC is holding an event with VCS groups on 27th February at the Charmandean Centre, Worthing. If you would like more information or would like to attend, please email voluntas@westsussex.gov.uk.

East Grinstead Action for Deafness: (3) 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: (3) 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