



## Patient Roundup

26th March – 6<sup>th</sup> April 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.

#### **Dermatology Services – engagement opportunity (3)**

##### **Share with your networks and display poster in your area**

Have you been diagnosed with and/or treated for skin cancer? Do you or a family member have a long term skin condition such as psoriasis or eczema? Do you regularly attend a hospital for your dermatology appointments or have you used dermatology services recently?

NHS health commissioners are reviewing local dermatology services to understand how services can continue to be delivered and improved over the next five years. In addition to engaging with relevant patient support organisations, commissioners are keen to hear from those in our community, who have an interest in or experience of using these services, as well as their friends and families. We want to hear about and use your experiences, comments and feedback to help shape a new service. Please come along to hear about our draft plans and tell us what you think.

Monday 23rd April, 2-4pm at Crawley Baptist Church, Crabtree Road, RH11 7HJ

Tuesday 24th April, 10-12pm at Clair Hall, Perrymount Road, Haywards Heath, RH16 3DN

To book Email [HSCCG.ContactUs-PlannedCare@nhs.net](mailto:HSCCG.ContactUs-PlannedCare@nhs.net) or call 01293 600300 x 3804.

For more information please follow link to our CCG News section for Crawley: [Click here](#) and for Horsham and Mid Sussex: [Click here](#)



Dermatology Events  
Flyer FINAL 3.04.18.1

#### **Sussex MSK Partnership Launch of Physiotherapy Self-Referral across Mid Sussex.**

Physiotherapy self-referral service already exists for residents registered with a GP in East Grinstead, Horsham and Crawley. From April 3<sup>rd</sup> this has been extended to residents registered with GP practices in Haywards Heath and Burgess Hill, who can now self-refer to access physiotherapy. People can self-refer to physiotherapy via a link which will be available on their GP practice website or via a paper referral form available from their GP practice. For more information visit [www.sussexmskpartnershipcentral.co.uk/physiotherapy](http://www.sussexmskpartnershipcentral.co.uk/physiotherapy)

As part of this launch, the Princess Royal Hospital in Haywards Heath will be hosting an open morning at their physiotherapy gym on Tuesday 24<sup>th</sup> April from 10am - 12pm. Anyone interested in finding out more about accessing the new self-referral physiotherapy service is invited to attend. For more information contact [Liz.Carter6@nhs.net](mailto:Liz.Carter6@nhs.net) or call the physiotherapy team on 01444 448664

Coastal West Sussex CCG ePanel Roundup March 2018 [Click here](#)

**AGM Date Change.(2) The provisional date for the AGM has changed; information to follow.**

NHS Crawley and NHS Horsham and Mid Sussex Clinical Commissioning Groups will hold their AGMs together. 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.

**NHS England:**

**Improved asthma and dementia care from community pharmacists under new quality scheme (2):** Most community pharmacies in England are now providing improved asthma and dementia care, NHS England figures show. Thousands of community pharmacists took up incentives to offer new patient services, such as providing asthma checks and undertaking training to become more dementia aware, as part of a programme to improve care. The uptake figures from NHS [...] [Click here](#)

**Better treatments for patients as advanced paramedics prescribe medicines.** For full article please [Click here](#)

**NHS70: Celebrating 70 years of the NHS (3)**

The National Health Service is turning 70 on 5 July 2018. It's the perfect opportunity to celebrate the achievements of one of the nation's most loved institutions, to appreciate the vital role the service plays in our lives, and to recognise and thank the extraordinary NHS staff – the everyday heroes – who are there to guide, support and care for us, day in, day out. [Click here](#)

**Involvement – From NHS In touch 65** [Click here](#)

**Public Health England**

One you campaign – website informing about number of various health campaigns, tools that can be used when introducing positively influencing our health. For more information on "One You" please [Click here](#)

**West Sussex County Council**

**Think Carer (2):** Are you caring for someone? Register the West Sussex Digital Offer at Carers UK There is a free digital service carers can sign up to where they can find guides to help them in their caring role, information on caring, carers' rights, problem solving and much more. There's a free Carers UK mobile phone app called Jointly (free code DGTL2948), for those who want to organise or share care. For more information visit West Sussex Digital Offer [Click here](#)

**Healthwatch**

**West Sussex : March Heads Up (2):** [Click Here](#)

**Crawley Community**

**Rethink Crawley Support and Social group (2):** Do you have experience of mental health issues? Come and join our group, a space to speak openly and get support and information from others. 1<sup>st</sup> Monday of every month, 7-9pm, Longley Room, 1-2 Gleneagles Court, Crawley, RH10 6AD. For all enquiries call Andrew on 07464398427 or email: [groups@rethink.org](mailto:groups@rethink.org)

**Sangam Women's Open Day meeting Thursday April 19<sup>th</sup> from 12 noon to 2pm at Crawley Library.** Guest speakers include Carers Health Team, Parkinson's UK, Tuberculosis Specialist Nurse and a Specialist Stroke Nurse. Light refreshments will be provided and for further information



contact Alzheimer's Society Sussex Helpline on 01403 213017.

### **Crawley CVS**

#### **Crawley Community Connect 23rd March 2018**

Remember to visit Crawley CVS [news](#) page and [forum](#) pages for number of information and don't forget if you want to share a news or event item or job vacancy you can do so direct through this [Click here](#).

### **Horsham and Mid Sussex Community**

**Parkinson's Self-Management Programme (2):** Each self-management group brings together 12 people with Parkinson's, partners and carers. Groups meet locally for six sessions of discussion, activity and self-reflection. For further detail [Click here](#)

**Introduction to Mid Sussex District Council Targeted Intervention Project:** Mid Sussex District Council have a Targeted Intervention Project which is to enable families with Early Help Plans living in the Mid Sussex District to access voluntary and community services. We need organisations, clubs, groups, societies, etc. to sign up to this project, so that we have courses, activities, and sessions, that we can refer people to in order to assist them. If your organisation is interested in becoming a Member Organisation of the Targeted Intervention Project. Contact [rebecca.hair@midsussex.gov.uk](mailto:rebecca.hair@midsussex.gov.uk) or call 01444 477094.

**Horsham District Council Stay Connected bulletin** April 2018: [Click here](#)

**Horsham and Mid Sussex Voluntary Action (HAMSVA)- Newsletter** March [Click here](#)

### **Community Other**

**Mid Sussex Older People's Council:** Annual public meeting Thursday 12th April 2018. 10am coffee and signing in, for a 10.30 start. Free event, open to all over 60's including refreshments, entertainment and lunch. Lindfield Evangelical Church Hall, RH16 2NQ. Presentation by MSOPC Health and wellbeing talks and stalls, including 4Sight, the Clinical Commissioning Group, ROVI, Home and Company The event will close at 1.30pm. To book call 01444 242760 and leave a message, or e-mail [Nicola@msopc.org.uk](mailto:Nicola@msopc.org.uk)

**April is Bowel Cancer Awareness Month:** Bowel cancer is very treatable but the earlier it is diagnosed, the easier it is to treat. People whose cancer is diagnosed at an early stage have a much higher chance of successful treatment than those whose cancer has become more widespread. If you have any symptoms, don't be embarrassed and don't ignore them. Doctors are used to seeing lots of people with bowel problems. The symptoms of bowel cancer can include:

- Bleeding from your bottom and/or blood in your poo
- A persistent and unexplained change in bowel habit
- Unexplained weight loss
- Extreme tiredness for no obvious reason
- A pain or lump in your tummy

Most people with these symptoms don't have bowel cancer. Other health problems can cause similar symptoms. But if you have one or more of these, or if things just don't feel right, go to see your GP. <https://www.bowelcanceruk.org.uk/>

**Young Minds newsletter** :[Click here](#)