



Commissioning Alliance
(North Place)
Crawley CCG
East Surrey CCG
Horsham and Mid Sussex CCG

Patient Roundup

11th June – 22nd June 2018 – next issue 20th July

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.

If you want to unsubscribe (take yourself off our list), please email or call 01293 600 300 ex 4053

Big Health care conversation Crawley 14th June 2018

Look at our web site for presentations and information booklet for themes. [Click here](#)
An update report will be produced after all conversation events . There's still time to complete our online survey : [Click here](#)

Big Health care conversation Horsham and Mid Sussex July/August 2018

Join us in our Big Health and Care Conversation: NHS Horsham and Mid Sussex CCG work in partnership with local health and care organisations to improve care for our population. Meet commissioners and clinical leaders to discuss priorities for health and care in the area, including mental health, primary and urgent care, and frailty. This gives you the chance to meet our commissioners and clinical leaders to discuss priorities for health and care in the area, including an opportunity to hear about and discuss the regional Sustainability and Transformation Partnership (STP) and the unprecedented financial challenges facing our local health and care services.

If you are unable to attend , please complete our online survey [Click here](#)

To book for Horsham <https://bhcchorsham.eventbrite.co.uk>
To book for Haywards Heath <https://bhcchh.eventbrite.co.uk>

For more information about the online survey, events, booking via Eventbrite, or how to feedback; [Click Here](#) or call 01293 600 300 ex 4053

Please share this email and Flyer with your networks and display where you can

Caring for yourself and your Children - over the counter medicines . Listen to podcasts about how you can care for yourself and your children using medicines bought over the counter at a pharmacy and advice sheets available on our website. You won't need a prescription so it's easier, quicker and cheaper! #HelpMyNHS and get 'Sickness Sorted' this summer! [Crawley](#) and [Horsham and Mid Sussex](#).



NHS 111/Clinical Assessment Service procurement. As of Wednesday, 13 June 2018 it was agreed by the seven Sussex CCGs Accountable Officers and Clinical Chairs to stop the NHS 111/Clinical Assessment Service procurement for Sussex with immediate effect.

We are in the process of communicating this decision out to our Clinicians, staff, partners and providers and other key stakeholders. Ralph McCormack, Senior Responsible Officer said: "This is not an easy decision to make. I have been in constant communication with our CCGs' Accountable Officers and Clinical Chairs who feel it is the right decision for our patients, local population, and staff. Together the seven Sussex CCGs' are committed to integrating urgent care across Sussex and getting this procurement right is the vital start needed for integration to be a success." For more information /contacts [Click here](#)

Update on local NHS finances: Focus on finance: addressing our financial challenge

The NHS nationally is facing significant challenges as it tries to meet an increasing demand on services with restricted finances and resources. People are now living longer and with ever more complex health needs, and this is making it more difficult to afford all the health and care services that the NHS currently pays for. This is being particularly felt in the work of local Clinical Commissioning Groups (CCGs), who are responsible for buying and planning health services for their local populations. At the end of the last financial year (2017/18), the CCGs of the Central Sussex and East Surrey Commissioning Alliance recorded an overall deficit of £87m. This is much worse than planned and worse than the previous financial year.

For the current financial year (2018/19), we have agreed with NHS England a collective 'control total' of £65m deficit. A control total is an agreed financial position that NHS organisations are expected to achieve at the end of the financial year. It effectively acts as an agreed overdraft that CCGs cannot exceed. This control total only relates to commissioners and does not take into account deficits from local health and care providers. If we manage to end the financial year within this £65m deficit, we will receive £65m of 'Commissioner Sustainability Funding' and will, therefore, achieve a breakeven position. This represents a significant opportunity for the CCGs to establish financial stability. For more information : [Click here](#)

Have your say in shaping future NHS dermatology services – Lay member (2) The project team are seeking members of the public who are interested in shaping the development of the service specification that will describe the new service. There is also the opportunity to support the procurement of the new service and this will involve receiving confidential procurement documentation, evaluating and scoring the bids, involvement in a moderation meeting and attendance at a scenario testing day where bidders are given scenarios to work through and present to the interview panel. For more information click here [Crawley Horsham and Mid Sussex](#)

Please register your interest through HSCTCG.ContactUs-PlannedCare@nhs.net by the 20th June. Contact Kim Rickard on 01293 600300 x 3804 (Monday, Tuesday and Thursday)

Crawley CCG annual report (2) : Read about our work during the past year, including our most significant achievements and challenges, in our Annual Report 2017-18 [Click Here](#)

Horsham and Mid Sussex CCG annual report (2) : Read about our work during the past year, including our most significant achievements and challenges, in our Annual Report

2017-18 [Click Here](#)

Carers week: (2) West Sussex County Council, the local NHS and charity providers, including Carers Support West Sussex, are joining forces for Carers Week, to recognise and celebrate the vital contribution unpaid carers make to families and communities. Click links for contacts and further information [Crawley](#) and [Horsham and Mid Sussex](#)

We are looking for a Public Member to support the Sussex wide 111 Transformation Programme (3) and ensure we have the voice of our patients and our communities for the Crawley and Horsham & Mid Sussex areas. The role will include attending the 111 Public Member Network meetings, which will be face to face meetings based centrally in Brighton, there are four meetings scheduled over the next year. Reimbursement of reasonable travel expenses and other associated expenses i.e. telephone, computer printer ink cartridges.
For more information please follow: [Crawley LINK](#) /[HMS LINK](#), if this is of interest to you, or if you have any comments /questions please contact Nicola Kemp on 07711 920424, or Dawn Fourniss on 07901 551957.

Crawley CCG and Horsham CCG AGM. Hold the Date 24th July 6pm to 7pm (4) NHS Crawley and NHS Horsham and Mid Sussex Clinical Commissioning Groups will hold their AGMs together after the Governing Body. 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.
Venue: Clair Hall Haywards Heath RH16 3DN

Sussex Community NHS Foundation Trust : Expert Patient Programme (Horsham)

Dates: Every Thursday, from 9th August to 13th September 2018 *inclusive*.

(6 sessions – *you must attend the first session to be able to take part on this course*)

Times: [10am – 12.30pm](#) (including a break)

Venue: Roffey Millennium Hall, 154-156 Crawley Road, Horsham, RH12 4DT

The Expert Patients Programme Living Well course is a free self-management course for anyone over the age of 18 living with a long-term physical or mental health condition. The overall aim is to support people to better manage their symptoms. Topics covered in these group sessions include Pain and Fatigue management, stress, anxiety, depression, isolation, physical activity, health eating, communication, getting the best out of your NHS services, budgeting, distraction techniques, relaxation, positive thinking, goal setting, problem solving and decision making. The course is run by fully trained volunteers who themselves are living with a long-term condition and this is part of what really sets the EPP course apart. Spaces are limited and booking is essential on 01403 227000 x 7547 or sc-tr.epp@nhs.net

NHS England Bulletin [Click here](#)

NHS News Staying healthy and connected when caring for someone with a learning disability and autism: [Click here](#)

NHS News Mental health and job coaches : [Click here](#)

NHS News NHS England announces areas to receive new funding to improve employment support for people with severe mental illness [Click here](#)

NHS England In touch – issue 71 [Click Here](#)

West Sussex County Council (Courtesy of Crawley CVS)

West Sussex Dementia Framework Surveys (2) 21st May to 30th June have now been launched on the WSCC Have Your Say portal. This is your opportunity to tell us what you feel is working well with the care and support people with dementia receive and what still needs to be done.

Link 1 for **all West Sussex residents** including people living with dementia and their family and friend carers: [Click Here](#)

Link 2 for all those **organisations and groups providing care and support**: [Click Here](#)

West Sussex What Matters to You 2018 Ends 16th July (2) In October 2017 WSCC published their [West Sussex Plan](#) which sets out their priorities and commitments for the next five years. The consultation asks you which of these priorities and related service areas are most important to you going forward. [Click Here](#) for survey; a separate survey is available for young people.

Health Watch West Sussex

Heads up : June 2018 [Click here](#)

Horsham District Council

Crawley Community

Crawley Local council : 7th July To celebrate the 70th Anniversary of the NHS #NHS70 have partnered with parkrun. Tilgate parkrun are holding their NHS70 celebration event on Saturday 7 July 2018, Starting at 9am at Tilgate Park, Crawley. It's a FREE 5k timed run. If participants are new to parkrun we ask them to register first and remember to bring a printed copy of their barcode; <http://www.parkrun.org.uk/register/>. For more info contact tilgateoffice@parkrun.com

Crawley community connections : [Click here](#)

Crawley community funding : [Click here](#)

Streetlight: Streetlight UK provides a dedicated, specialised support service for women involved in prostitution across Sussex, Surrey and London. This includes an on-call service for the Crawley and Gatwick Police 'Hotel Watch' schemes, servicing some 30 plus hotels around the airport and surrounding areas. <http://www.streetlight.uk.com/>

Parkinson's UK Self-Management Programme in Crawley (2) starts in autumn 2018. Delivered over 6 weeks . The self-management groups are led by trained volunteer facilitators. Contact Parkinson's UK via an online registration form: www.parkinsons.org.uk/selfmanagement or by email: selfmanagement@parkinsons.org.uk or by phone: 020 7963 3924....

The Saturn Centre Open Days(2) the Sexual Assault Referral Centre (SARC) provides a range of services to anyone aged 14 and above who has experience sexual abuse or sexual violence in Sussex. **All professional staff are** welcome to attend the open days which are on Friday 4th May and Friday 1st June from 10am – midday. The Saturn Centre is based in Crawley Hospital, West Green Drive, Crawley, West Sussex, RH11 7DH. Call 01293 600469 to book your place.

First Steps to Adulthood 4 July 2018 6-8pm. (2) At Eat Central Café at Crawley College

Crawley Campus, College Road, Crawley RH10 1NR. Do you have a young person aged 14+ with additional needs and disabilities? Come and join us to explore the different opportunities available when considering the next step to adulthood. You may be wondering about post 16 school support, clubs and groups and how to achieve and encourage independence. We may be able to help plug the gaps! If you can, please encourage your young person to come with you and see for themselves what is on offer. Contact : <http://www.wspcf.org.uk/>

BEAT Eating Disorders (2) with Mental Health Awareness Week focusing on stress, and exam season upon students across the country, BEAT have produced a guide on exam stress and eating disorders. It covers issues to be aware of, as well as tips on studying, looking after your mental wellbeing, and supporting a friend or family member. To see this guide and more downloadable resources which cover Carers; GPs; Young carers; and tips campaign visit: [BEAT Exam Stress](#) or [BEAT downloadable resources](#)

Horsham and Mid Sussex Community

Community Other (Courtesy of CVS)

Sussex Oakleaf (2) Employment project by Sussex Oakleaf for people experiencing mental health difficulties. To find out more call 01444 416391 or 01293 534782 or email sussexoakleafreferrals@nhs.net Support and help offered ; one to one support, Confidence building, help to access training and skills development .

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. See website for newsletter and information
<https://www.pathfinderwestsussex.org.uk/>

Community – Other

National Kidney Federation

- For national conference <https://www.kidney.org.uk/>
- Sign up for news letter – [NKF In Touch Information from the National Kidney Federation – supporting kidney patients, their friends & family - June version available \[Click here\]\(#\)](#)