



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

## Patient Roundup

July 31<sup>st</sup> 2018 (next issue 31<sup>st</sup> August )

### 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. For more information Click here [Crawley](#) and [HMS](#).

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

**Big Health care conversation on 2nd August at Clair Hall, Haywards Heath from 12:30 to 3:30.** [Click here to book](#). For more information: [Click Here](#). Thank you to everyone who attended our Crawley and Horsham events. An update report will be produced after all conversation events. Please look at our web sites for presentations and information booklet for themes. [Crawley](#) and [HMS](#). There's still time to complete our online survey: [Click here](#).

**Dr Laura Hill's mental health blog:** for more information [Click here](#)

**Want a happier and healthier life? Podcast :** [Click here](#) [Crawley](#) and [HMS](#)

**'Look before you flush' to improve cancer:** Residents at higher risk of bladder and kidney cancers are being urged to "look before you flush" to check for the early symptoms of having blood in their pee, as early diagnosis increases chances of survival. [Click here](#) [Crawley](#) and [HMS](#)

**Get 'Sickness Sorted' this summer with our free podcast:** Listen to local GPs discuss 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! [Click here](#) [Crawley](#) and [HMS](#)

**Online consultations - another way to access primary care.** We are looking to create a new service for patients to access their GP practice. We want the service to be created based on the feedback from our patients. We will be engaging with our patients, public and GP practices to gauge the appetite for an online service that allows patients to contact their GP practice digitally as an alternative to the usual methods. See web page for more information and online survey [Crawley](#) and [HMS](#)

Contact: [CSESCA.onlineconsultation@nhs.net](mailto:CSESCA.onlineconsultation@nhs.net)

**Surrey & Sussex Healthcare NHS Trust:** Looking for Patient / carer with experience of Sepsis in hospital. We are doing a workshop on improving our response to Sepsis and would like to have a patient/ carer representative who has experienced being treated for sepsis in hospital. The workshop is from 6<sup>th</sup> to 10<sup>th</sup> August. Attendance is negotiable. The



role would be to represent the views and experience of patients and carers. You need to have experienced sepsis in hospital, but not necessarily in this trust. Expenses paid and lunch & refreshments are provided. Contact: [bridget.pettitt@nhs.net](mailto:bridget.pettitt@nhs.net) . Call: 01737 768511 ext 6982.

**Sussex Community Foundation NHS Trust: Expert Patient Programme.** Spaces on Horsham EPP Living Well course for adults living with any physical or mental health condition. Participants will learn skills to help them better manage their symptoms and help them regain a sense of control over their health. Meeting others with similar experiences and sharing ideas is also one of the biggest benefits people report from attending the course. Courses are free and Crawley residents can attend. For more information see [www.sussexcommunity.nhs.uk/epp](http://www.sussexcommunity.nhs.uk/epp)

**Kent Surrey Sussex Academic Health Science Network.** Help us improve care for people at the end of life. We want to hear the experiences of people who have cared for someone who has died. We would like to hear from people who experienced bereavement two or more years ago (talking about your experience before then can interfere with the natural grieving process). We only ask that you attend a maximum of 4 meetings a year (travel expenses will be paid) and engage with us via e-mail/telephone. We expect the project to last 18 month-2 years. You may wish to consider that any experience of bereavements may be very fresh in your mind and we do not want this experience to be a negative one for you. Contact [Agnieszka.Tworkowska@hee.nhs.uk](mailto:Agnieszka.Tworkowska@hee.nhs.uk)

**(2)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. For more information /contacts [Click here](#)

**(2)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 more information : [Click here](#)

**We are looking for a Public Member to support the Sussex wide 111 Transformation Programme (4)** 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.

**NHS England Bulletin 18<sup>th</sup> July** [Click Here](#)

**NHS England.** Survey ends 31<sup>st</sup> August : Help shape modern primary care says NHS

England as part of NHS Long Term Plan. GPs, patients and healthcare professionals are being given the chance to have their say on plans by the NHS which will help shape the future of a modern general practice. [Click Here](#)

**NHS England.** Evidence –based Interventions Programme. Research evidence shows some interventions are not clinically effective or only effective when they are performed in specific circumstances. And as medical science advances, some interventions are superseded by those that are less invasive or more effective. Closes 28<sup>th</sup> Sept for more information [Click here](#)

### **Community West Sussex**

**Coastal West Sussex Mind:** Training for parents and carers; Mental Health Training Programme. A selection of mental health awareness courses for parents & carers of children & young people in West Sussex. These courses are available free to parents and carers of children and young people in West Sussex. Starting in August, book via Eventbrite page [Click here](#). Please contact the Coastal West Sussex Mind training team for more information on: 01903 277010 or [training@coastalwestsussexmind.org](mailto:training@coastalwestsussexmind.org)

**Carer Support West Sussex** : sign up for their newsletter and for more information: <https://www.carerssupport.org.uk/our-services/> Call 0300028 8888

**Carers Support West Sussex** is conducting a survey to better understand the experiences of carers from Black, Asian and Minority Ethnic (BAME) communities within West Sussex. The contribution that unpaid carers make is vital, we want to recognise and value this contribution by putting things in place that support family and friend carers throughout their journey as a carer. A carer is anyone who looks after a family member, partner or friend who needs help and cannot cope without their support. The person they care for may need help because of illness, old age (frail), disability, a mental health problem or an addiction. The care they give is unpaid.

### **Take Part in Our Online Survey – ends 14<sup>th</sup> August**

If you are a BAME carer, please take a few minutes to share your experience in this survey which will help ensure that future carers' support services meet your needs. If you yourself are unable to take part, then please do share this e-mail with others within your network to promote participation. The survey will take about 15 minutes to complete and all responses are anonymous and will be kept confidential. **Survey Link:** [Click here](#). For more information contact [adeelah.khan@carerssupport.org.uk](mailto:adeelah.khan@carerssupport.org.uk).

**MindOut LGBTQ:** for News and Events <https://www.mindout.org.uk/>

### **West Sussex County Council**

#### **Mental Health and Learning Disability Event**

20<sup>th</sup> September 10am -3:30pm at Horsham. Come to this event to increase your awareness of care and interventions for people with a learning disability who have mental health issues. You can find out what help people can expect to be offered and also how people can help themselves. It includes workshops on: Mindfulness and Relaxation, Tree of Life, Food and Mood, Myth busting and Identifying Mental Health Issues, Time to Talk. Who should attend? People who use these services and their carers, Staff from General Practice, Mental Health and Learning Disability. To book via Eventbrite [Click here](#). For more info call (0) 330 222 5427 or E-mail: [ani.beams@westsussex.gov.uk](mailto:ani.beams@westsussex.gov.uk)

**Choices for the future:** The county council launched its Choices for the Future survey at the beginning of May to offer residents, staff, people who use the services and their families and carers the opportunity to have their say on the future model of services. For an update [Click Here](#)

**Carers UK Free Digital offer:** Are you caring for someone? There is a free digital service you can sign up to where you can find guides to help you in your caring role - [Click Here](#). The link above gives information on our Free Digital Offer from our Connect to Support West Sussex website. Our aim is to give support and advice to friends, or family members, who are looking after someone at home. This online digital offer also gives links to local offers, such as Carers Support West Sussex where carers can find information about short break respite services, group support and much more

**Health Watch West Sussex**  
**Heads up : July 2018** [Click Here](#)

### **Crawley Community**

**Crawley U3A University Of The Third Age Crawley.** Join Crawley U3A at the Join in Crawley Event Wednesday 8 August 10am – 1pm at the Hawth. Come along to the Join in Crawley Event - an event for people aged 60+ organised by Crawley Wellbeing and Crawley Voluntary Services - to discuss with members of Crawley U3A all the health benefits of being a member and belonging to one or more of its groups. Visit the website <https://u3asites.org.uk/crawley/welcome>. Call the membership secretary on 07555 021879 for more information.

**Crawley: JOIN IN CRAWLEY** Wednesday 8 August 2018

A special event for those aged 60 and over. Find out what low cost activities you can take up locally. Come alone or bring along someone you know .We'll have information stands and taster sessions on how to keep active and involved no matter what your mobility. Pop along for a cup of tea and a chat. For more information please contact Crawley Wellbeing on 01293 585350

**PRESENCE WOMEN'S RESOURCE CENTRE, CRAWLEY.** A local, independent user-led space run by women for women. PRESENCE provides resources, information and signposting about other organisations for women and teenage girls in a safe, female on space. The Centre is also home to Rivers LPC and Rivers-SPACE. Web page [www.rivers-space.org.uk](http://www.rivers-space.org.uk) Phone : (01293) 544953 or 07340 215678  
E-mail: [contact@rivers-space.org.uk](mailto:contact@rivers-space.org.uk)

**(3)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](http://www.parkinsons.org.uk/selfmanagement) or by email:[selfmanagement@parkinsons.org.uk](mailto:selfmanagement@parkinsons.org.uk) or by phone: 020 7963 3924....

**(3)The Saturn Centre Open Days** 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. The Saturn Centre is based in Crawley Hospital, West Green Drive, Crawley, West Sussex, RH11 7DH.

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

**MSVA:** Mid Sussex Funding fair for more info [Click Here](#)

**MSVA:** 18<sup>th</sup> July [Click Here](#)

**Age UK East Grinstead and District:** Defibrillator unveiling on the 7th August 11am at Swan Mead Centre. Refreshments provided .RSVP or for more information contact Fiona Turner or Barry Gilbert on 01342 327046. Web page : [www.ageuk.org.uk/eastgrinstead](http://www.ageuk.org.uk/eastgrinstead)

**Sussex Ehlers-Danlos syndromes and hypermobility group:** We support children and adults suffer from it whether they are currently diagnosed or not. We offer advice, support and raise awareness in the community. Please join us : [sussexeds@gmail.com](mailto:sussexeds@gmail.com)

### **Community – Other**

**CQC Report:** Beyond barriers: how older people move between health and care in England. [Click here](#)

### **(2)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 - **July version available [Click here](#)**