



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

Patient Roundup

1st September 2018 (next issue 1st October)

NHS Crawley CCG and NHS 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. Thank you to everyone who attended. We are collating comments and will be writing and uploading a report. We will announce once it's available to view on our webpage. To view documents shared at the events Click here for [NHS Crawley CCG](#) and [NHS Horsham and Mid Sussex CCG](#) . There's still time to complete our online survey: [Click here](#).

Our commitment to being open, honest and transparent. The NHS nationally is struggling to meet an ever increasing demand on services with restricted finances and resources. People are now living longer, often in poor health, 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. Across central Sussex and East Surrey, the CCGs now have a large gap between what they can afford and the amount it costs to deliver the existing health and care services. We have a duty to make sure we do not carry on spending more money than we have and we will have to make some difficult decisions around services that are not cost effective in the months ahead. See our web site for more information [NHS Crawley CCG](#) and [NHS Horsham and Mid Sussex CCG](#)

Eye Service survey – ends 9 September, but check our web sites for updates in case it's been extended. [NHS Crawley CCG](#) and [NHS Horsham and Mid Sussex CCG](#), as part of an Alliance Initiative, are currently undertaking a transformation of our eye services, in order to ensure that patients receive timely diagnosis, treatment and support at the right place and by the right person. It is really important to us to understand what you, as a service user, think about current services and how they might be improved. This survey is anonymised. The results of this survey will help us understand your eye health needs so that we can make improvements to community and hospital eye services in your area. Link to survey <https://www.surveymonkey.co.uk/r/EYENP>. **Please note that for those who use services in Crawley and Horsham and Mid Sussex there are additional questions 27, 28 and 29.** For more information or comments contact: Katie.chipping@nhs.net and HSCCG.ContactUs-PlannedCare@nhs.net
Requests for paper copies : HSCCG.ContactUs-PlannedCare@nhs.net
Please post printed copies to: Katie Chipping, Brighton and Hove Clinical Commissioning



Group, Hove Town Hall, Norton Road, Hove, BN3 4AH

(2) 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](#)

(2) 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

(2)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

(2)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

(3)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](#)

Coastal CCG Newsletter. Sign up for their newsletter and see dates for their Big Health Care Conversation: [Click Here](#)

South East Coast Ambulance Service NHS Foundation Trust. I am writing to personally invite you to South East Coast Ambulance Service NHS Foundation Trust Annual Members Meeting & Open Day (AMM). It is open to all our members, patients, staff, volunteers and the public. This year, the event is being held at [Lingfield Park Resort & Racecourse in Lingfield](#), Surrey on Friday 14th September 2018. We move this event around the areas we serve each year. We have been working hard to make improvements to our services and would love to tell you about our progress so far at this event. However, we know that communication is very much a two-way street! Therefore, YOU will have the opportunity to ask the Chief Exec and his colleagues questions in our popular Q&A session. **It is free to attend and open to all** so please register your attendance today by completing our online form: <https://www.surveymonkey.co.uk/r/SECAMBAMM2018> or telephoning the Membership Office on 0300 123 9180 / text us 07770 728 250.

NHS England in touch bulletin 16th August [Click here](#)

- New online support site for people with Type 1 diabetes
- Get Involved: Patients and public needed to help reshape NHS digital health services

(2)NHS England. Consultation: 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 28th Sept for more information [Click here](#)

NICE (National Institute for Health and Care Excellence) to find out more see web site <https://www.nice.org.uk/Get-Involved>

Community West Sussex

(2)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

West Sussex County Council

The future of West Sussex County Council's Adult's in-house social care services. Residents have shared their views on proposals to change West Sussex County Council's Adults' in-house social care services. 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 carer's the opportunity to have their say on the future model of services. To see an update and report [Click Here](#).

(2)Mental Health and Learning Disability Event. 20th 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

(2) 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](#)

(2) 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. For latest news [Click Here](#)

Crawley CVS. Would you like to help us combat loneliness and isolation in Crawley? Prescription Plus works through GP surgeries to help patients access non-medical services and activities locally. Prescription Plus is looking for volunteers to support our clients at community activities and services. We're looking for compassionate and open minded volunteers to support our clients by taking them out to activities and helping them to settle in, make friends and get the most out of their time there. To find out more about volunteering with Prescription Plus, contact Kate Valentine on 01293 657157, or at kate.valentine@crawleycvs.org.

Crawley Community

parkrun practice Initiative. In an exciting and innovative initiative, the RCGP is partnering with [parkrun UK](#) to promote the health and wellbeing of staff and patients. Under this initiative, GP practices across the UK are encouraged to develop close links with their local parkrun to become parkrun practices. Crawley parkrun have welcomed their first two parkrun practices to Tilgate parkrun; Leacroft and Southgate Medical Group. Tilgate parkrun is also one of the Prescription Plus – social prescribing providers. For more information: <http://www.parkrun.org.uk/tilgate/>

Crawley Older People's Directory. Crawley wellbeing team are distributing copies around Crawley to surgeries, pharmacies' libraries and community locations. If teams have not received copies please contact wellbeing@crawley.gov.uk

(2) 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. Web page www.rivers-space.org.uk Phone : (01293) 544953 or 07340 215678
E-mail: contact@rivers-space.org.uk

East Grinstead Age UK. East Grinstead COPD Support Group, to assist residents with Chronic Obstructive Pulmonary Disease. The group is being set up by Loral Bennett, a resident and Age UK volunteer. The monthly sessions will be held at the Age UK East Grinstead & District's Centre, the first session is on 24 September at 10.30am. For further information please contact Loral Bennett on loralbennett@hotmail.co.uk or 01342 302232

MSVA. E-Bulletin 22nd August [Click Here](#)

Mid Sussex Older People's Council (MSOPC) is an independent local charity, run by older people, for the benefit of Mid Sussex older people. MSOPC is managed and run by a Board of six Trustees and a Management Committee of ten, all of whom are volunteers and have a strong connection with other voluntary and statutory organisations working with local older people. They work with these organisations to ensure that the interests of older people across Mid Sussex are well served. For more information <http://www.msopc.org.uk/> or leave a message on our answer phone helpline : 01444242760 or email: chairman@msopc.org.uk

Free accredited training – Understanding the Health and Social Care Environment.

Places are available on the Understanding the Health and Social Care Environment (UHSCE) online training course, which is accredited by Certa. The course is divided into three sections: about the stakeholders, about tools and methods for influencing health and social care, and about how you can present your community issues to have maximum impact for positive change. There are two rounds of the course starting on 4 September 2018 and 6 November 2018. The training received excellent feedback from volunteers who participated in previous cohorts. For more information about the course and how to apply please email: england.ppve-learning@nhs.net ...

Reading well for mental health. Find helpful books in your local library. For more information see <https://reading-well.org.uk/>

Kent Surrey Sussex Academic health Science Network. Find out about their role and view newsletters [Click Here](#). See example newsletter Breathing Matters: [Click Here](#)

Bowel Cancer UK. Earlier this year Bowel Cancer UK and Beating Bowel Cancer merged to become the UK's leading bowel cancer charity. After extensive consultation, they have chosen Bowel Cancer UK as the name, underpinned with the strapline 'Beating Bowel Cancer Together'. Read more about the new brand and what they do [Click Here](#). To raise awareness of bowel cancer screening [Click Here](#). Bowel cancer is the UK's second biggest cancer killer however the disease is treatable and curable especially if diagnosed early. Screening can detect bowel cancer at an early stage in people with no symptoms when it is easier to treat and there is a greater chance of survival.

(2)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

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