

Patient Round Up

20th
November

2017

NHS Crawley CCG and NHS Horsham and Mid Sussex CCG

Crawley CCG and Horsham and Mid Sussex CCG

FLU: People with a Learning Disability may be at greater risk of developing more serious illnesses. For more information [Click here \(2\)](#)

Are your children protected against flu? For more information. [Click here \(2\)](#)

GPnotA&E in East Grinstead

Did you know all children aged 0-5 years and who are registered with an East Grinstead GP can access same day appointments? See our web page for more information [East Grinstead GPnotA&E](#)

Working differently to #HelpMyNHS in our 5 Communities

See our web page on volunteering [Click link here](#)

While more people than ever are calling on its services, our NHS is facing its biggest financial challenge. And as the different parts of the NHS are working together to find solutions, the NHS needs us, the people it was set up to serve, to do our bit as well. Do something small to #HelpMyNHS. By adding your name and support to our pledge wall, you'll be demonstrating your commitment for our local NHS. Complete on line:

[Crawley helpmynhs-in-our-5-communities](#)

[Horsham and Mid Sussex helpmynhs-in-our-5-communities](#)

Show your support via Twitter using the hashtag #HelpMyNHS View some of our pledges in the video here: <https://www.facebook.com/NHSHorshamandMidSussexCCG/>

NHS England:

NHS England (1) Black and ethnic minority cancer patients encouraged to give feedback on their NHS care

NHS England chief executive Simon Stevens issued an appeal for more black and ethnic minority (BME) patients to help improve cancer care by sharing their experiences.

Speaking at the [Economist's War on Cancer event](#), Simon Stevens pointed out that BME patients are less likely to give feedback about treatment, with only 50% of those from ethnic groups taking part in the most recent cancer survey, making it difficult for the NHS to identify areas where care can be improved.

To subscribe to email updates from [NHS England](#) tap on link.

NHS England;(1) A wireless sensor that better detects breathing rate in hospital patients, an app to help pregnant women monitor hypertension and another that directs patients with minor injuries to treatment units with the shortest queues are among the latest innovations set to be spread across the NHS.

To subscribe for regular updates please follow this link: [NHS England](#)

Care Quality Commission is the independent regulator of health and social care in England. They make sure health and social care services offer safe, effective, well-led and responsive care.

Please feel invited to take part in **NHS use of resources consultation**. The responses from this consultation will be used together with feedback received from trusts during the current pilot phase to shape final approach towards effective use of resources to enable health and care providers to deliver and sustain safe high-quality services for patients.

The consultation will run from 8 November 2017 to 10 January 2018. (3) In order to participate

please follow this link: www.cqc.org.uk/useofresources

Local NHS providers:

Sussex Partnership Trust SPTF - Youth Mental Health in West Sussex Survey (2) SPFT are currently involved in supporting the development of youth mental health and wellbeing provision in West Sussex. The proposal is based upon the successful pilot service, i-Rock in East Sussex and consists of multi-agency provision for 14-25 year olds. The project supports individuals with Mental health and wellbeing, education, employment, housing and relationships. There are no minimum thresholds, referral process or appointments required. Young people self-present and receive a "light touch triage" to discuss their concerns informally before being offered support through statutory or third sector provider co located in the hub. In some cases they may also be offered brief therapeutic interventions of 1-4 sessions. The provision is in its early stages and SPFT are increasingly aware of the importance of young people's participation and views, therefore they would greatly appreciate your help in distributing the following link as widely as possible for feedback from the young people currently engaged with your services. [Youth Mental Health in West Sussex survey](#)

West Sussex County Council

West Sussex County Council -

Our Shared Future Health & Wellbeing Events (1) Following received feedback from the 'Our Shared Future' events held in the Spring, the County Council has decided that it needs to review its strategic relationship with the Voluntary and Community Sector and its approach to commissioning.

The Chief Executive has been talking to a number of sector organisations to better understand their experiences and is keen to jointly develop a shared 'partnership agreement' to support our working together into the future.

A key part of this wider work is the need to review how the County Council and its partners in the Districts and Boroughs support infrastructure within the sector. As such, we are already working as a local government family and would also like to talk to a number of representatives from the voluntary and community sector to inform a new approach to infrastructure commissioning.

If you are interested in taking part and would like more information about this, contact voluntas@westsussex.gov.uk

Sign up and read WSCC Newsletter [Click here](#) (2)

Consultation opens on proposal to increase autism provision at Crawley school (2). People are being asked for their views on a proposed change to the special need provision at a Crawley school. The change would affect the special support centre at Maidenbower Junior School and see it change from providing for additional learning needs to providing additional support for pupils with autistic spectrum conditions. West Sussex County Council has been reviewing the specialist provision on offer across the county and says the change is due to the needs of pupils as well as making the best use of available funding. The consultation will run until Sunday 10 December 2017. People can take part in the consultation at <https://haveyoursay.westsussex.gov.uk> Following the end of the consultation the Cabinet Member for Education and Skills will take a decision on whether to approve the proposal. A final decision on the proposed changes is expected to be made in January 2018. If the proposal goes ahead the change would be implemented from September 2018.

Time to Change – West Sussex (3) Mental health – Young people, leadership training at Crawley Library, Saturday 2nd December 2017: 1pm - 3pm

An introductory course on leadership & campaigning, this training will provide young people with the skills they need to start running events in their own communities & to learn more about Time to Change. This event is also an opportunity to hear from one of our Young Champions about their experiences of mental health & campaigning. Contact Time to Change – West Sussex

West Sussex Affordable Heating Emergency Heater Scheme (3) the West Sussex Emergency Heater Scheme will continue to run this winter. If your client has no working heating system, then the West Sussex Fuel Poverty Coordinator is offering one oil-filled electric radiator per fuel poor household to help keep them warm and well. Remember, the heater is only a stopgap until your client's heating system is fixed or replaced. For more information visit [Emergency Heater Scheme](#)

Grassroots training Programme (3) the training courses will help you promote mental health awareness, suicide alertness, and positive wellbeing. The training will help individuals provide practical support within their group, organisation, or community. For more information visit [Grassroots Training Programme](#)

Organisations within the Voluntary Sector

Age UK West Sussex

Age UK hosts a number of activities and events in the Mid Sussex area.

For a free taster session at Age UK centers please call:

John Macrae Centre Manager of Haywards Heath on 01444 450248 or

Peter Hornsby for Burgess Hill on 07904 976736 or email

haywardsheath@ageukwestsussex.org.uk / cherrytreecentre@ageukwestsussex.org.uk

CRAWLEY COMMUNITY

Crawley CVS : Crawley Community Connector Newsletter (1)

Visit [news](#) page and [forum](#) pages, for additional information and remember if you want to share a news or event item or job vacancy with Crawley Council for voluntary Services you can do so direct through this [link](#).

Gossops Green Neighbourhood News November (1) More information can be found on the Crawley Borough Council [website](#). Keep up to date with local activities, projects consultations and events by following or liking Kathryn Ripley Community Development on [Facebook](#) web: www.crawley.gov.uk/gossopsgreen

Chagossian & Mauritian Culture event hosted by Rivers Local Women's Group. Thursday, 14th December, 10:00am to 12:30pm, at Broadfield Community Centre (1) Find out about the food, the clothes and jewellery and see traditional artwork and photos. You will also learn more about the journey that brought the Chagossians and Mauritians to settle in Crawley. Organiser: Jeredyne Stanley, Director, Rivers LPC, Tel:07539 995328, www.riverslpc.org.uk

Please RSVP to contact@riverslpc.org.uk

West Sussex Mental Health Time to Change (2) : Time to Change : West Sussex Information sheets/links

Mental Health Foundation

<https://www.mentalhealth.org.uk/publications/>

<https://www.mentalhealth.org.uk/publications/managing-mental-health-workplace>

Five Ways to Well-being Self-help booklet link:

<https://www.dpt.nhs.uk/resources/recovery-and-wellbeing/five-ways-to-wellbeing>

Assess Your Well-being online

<http://www.nhs.uk/Tools/Documents/Wellbeing%20self-assessment.htm>

<http://www.heretohelp.bc.ca/wellness-modules>

Useful information and support

- Time to Change Campaign: www.time-to-change.org.uk
- Local support: www.mindcharity.co.uk/advice-information/directory-of-services

- Time to Change, West Sussex: <http://www.coastalwestsussexmind.org/get-involved/time-to-change-west-sussex>
- General mental health info: <https://www.rethink.org>
- Talking about mental health: <https://www.time-to-change.org.uk/talk-about-mental-health/telling-someone-about-your-mental-health-problem>
- Work: <https://www.time-to-change.org.uk/get-involved/tackle-stigma-workplace/support-employees>

'**Wicketz**'(2) is a programme that uses cricket as a catalyst to change the lives of young people across the UK. Participation in sport has a very positive impact on health, emotional development and education. The projects are situated in areas where access to sporting activity and facilities are lower than the UK average. Sessions are totally free, and open to both boys and girls from all ethnic backgrounds and cultures regardless of physical ability. If you would like any further information about the project see **website:** www.sussexcricketfoundation.co.uk/crawley-wicketz/
contact Roger Newman at roger.newman@sussexcricket.co.uk

What to do if your child has Bronchiolitis (2). Bronchiolitis is a common lower respiratory tract infection that affects babies and young children under two years old. With the winter months closing in, Bronchiolitis is something all parents and carers of young children should be aware of and know how best to treat.

New advice sheets have been published to provide a handy guide to keep at home, which will help parents, guardians and carers to know what to do if they are caring for a child with Bronchiolitis symptoms. **For more information on Children's health** [Click here](#)

CCVS TRAINING; Autism Training Event. Tuesday 28th November from 12:30 – 15:30 and is being run here at The Orchard (Address: 1-2, Gleneagles Court, Brighton Rd, Crawley RH10 6AD. (2) A training course this month in partnership with Aspie Trainers who are a group of autistic people who deliver autism training from a first-person perspective and specialise in the use of lived experience in order to demonstrate what works when working alongside autistic individuals. The course will cover: how to communicate effectively with autistic individuals and how to work with meltdowns and shutdowns. There will be time for a Q&A session with the trainers. Contact: Diane Ruban. Phone: 01293 657093, Email: diane.ruban@crawleyccvs.org. For more information visit [Autism Training](#)

Crawley Town FC in partnership with LPK Learning - Face Your Fitness Fears gentle football fitness sessions (2) the sessions are FREE and aimed at women who never really got into PE or sport at school.

They will be run by a CTFC coach on Wednesday afternoon's term-time from 1.30 to 2.30pm in Grattons Park, Pound Hill. Phone: 07523 151415 Email: lpklearning@gmail.com

Horsham and Mid Sussex Community

HAMSVVA Newsletter (1) [link to sign up: update your preferences](#) or: [unsubscribe from this list](#) www.hamsva.org.uk

Horsham District Older Peoples Forum (2) The next Forum public meeting will be (10.15am tea/coffee) **10.30am - 1pm on Wednesday 6th December 2017 at Southwater PC Offices, Beeson House, Lintot Square, Southwater, RH13 9LA.**

Confirm attendance by email hdpoforum@gmail.com If you are unable to attend this meeting but would like to support this initiative or offer your services, please contact us by email hdpoforum@gmail.com

