



Patient Roundup

15th – 26th January 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.

Flu Season update(2) [Click here](#) Local GPs are calling for the thousands of people who are at high risk of medical complications from seasonal flu, who haven't yet received their vaccination, to get their free flu jab now.

Advice Sheets for parents and carers (2) There are a number of common childhood illnesses that often can effectively be managed at home by parents and carers. However, understanding when it is OK to look after your child at home and when to seek additional support can be difficult. A number of advice sheets were created by a group of West Sussex-wide clinicians working with, parents, education and social care for common childhood ailments. [Click here](#)

You can **#HelpMyNHS** (2) to give the best care by making sure you and your loved ones get the right care, at the right time, in the right place. Follow the links to find out how to help your GP and help your A&E [Click here](#)

Same day GP appointments for Children who need urgent care in Mid Sussex: [Click here](#) (1)

Sussex Community NHS Foundation Trust

Sussex Community NHS Foundation Trust Carers Health team (1)

<https://www.sussexcommunity.nhs.uk/> covering Burgess Hill, Crawley, East Grinstead, Haywards Heath, Horsham. The team promote the health and wellbeing of carers. A free service providing support for carers over the age of 18 living in West Sussex, working closely with other NHS specialist services, social & caring services and voluntary & community services and will link carers with these services when appropriate. They provide information and advice on specific health conditions, as well as practical advice on the caring environment. Visiting carers in their own home at a time to suit their needs. Carers can self-refer. North Carers Health Team Phone: (01403) 227000 ext. 7613 / 7686. South Carers Health Team Phone: (01243) 623521. Email: SC-TR.carerwellbeing@nhs.net

Also see Carers Support West Sussex: Training for Carers <http://carerssupport.org.uk/events/>
Call: 0300 028 8888 Email: info@carerssupport.org.uk

NHS England:



NHS England consults on freeing up 136 million to boost frontline NHS care by curbing prescription costs. (3) NHS England consults on freeing up £136 million to boost frontline NHS care. NHS England has launched a public consultation on proposals to rein in prescriptions for some 'over the counter' products such as dandruff shampoo and drops for tired eyes, freeing-up up to £136 million to expand other treatments for major conditions such as cancer and mental health problems. Ending routine prescribing for minor, short-term conditions, many of which will cure themselves or cause no long term effect on health, would free up NHS funds for frontline care.

For more information about the webinars contact england.medicines@nhs.net

Webinar dates: Wednesday 21 February (1pm - 2:30pm)

Involvement – From NHS In touch bulletin 62 (1) [Click here](#)

Patients Association

The Patients Association is currently seeking Trustees, their website has a [full description](#) of the trustee roles. The closing date for applications is Friday 2 February 2018. [Click here](#)

Getting involved with clinical reference groups

NHS England welcomes the involvement of interested people in the work of its clinical reference groups (CRGs). These groups of clinicians, commissioners, public health experts, patients and carers use their specific knowledge and expertise to advise NHS England on the best ways that specialised services should be provided. Get involved by registering as a stakeholder [Click here](#).

NHS England launches a new film about specialised services

NHS England has created a [short film](#) which explains how decisions are made about which new specialised treatments and services to introduce into the NHS. NHS England has [announced the results](#) of the first of two prioritisation rounds to decide which new specialised commissioning treatments and services will be made available for patients for the 2018/19 financial year. Further treatments will be considered in May 2018.

#SpeakUp

Healthwatch is running a campaign to encourage people to speak up and help to make NHS and social care services better for their communities. Why not join the conversation and share your ideas and experiences on social media from **4 to 31 January 2018** using #SpeakUp. [Click here](#).

Your Health issues - Cervical Cancer Prevention Week

Every day in the UK nine women are diagnosed with cervical cancer and three women lose their lives from the disease every day. Cervical Cancer Awareness Week 22-28 January 2018 aims to raise awareness that cervical cancer is the most common cancer in women aged 35, and 75% of cervical cancers can be prevented by cervical screening (smear tests). However one in four women do not choose to attend and have this potentially life-saving test. You can find out more information, including details on how to get involved [here](#).

Last chance to apply for Understanding the Health and Social Care Environment course

Places are still available on a 12 week course, starting in March, to help NHS patient partners improve their understanding of the health and social care environment. The course helps participants to recognise key health and social care stakeholders and understand how to influence them. If you would like to apply for a place please do so by the end of January 2018 - more information on this course can be found on the [Involvement Hub](#). If you have already expressed an interest in the course you will hear whether your application has been successful soon.

CQC:

CQC consults on plans to evolve regulation of independent healthcare services in England

The Care Quality Commission (CQC) is inviting people to give their views on plans to evolve its approach to regulating independent healthcare services in England to ensure a more targeted, responsive and collaborative approach. The proposals, published today (Friday 26 January) set out how CQC intends to develop its next phase of regulation for independent healthcare services, such as independent acute hospitals, independent doctors and clinics, and independent substance misuse services. They include:

- How CQC plans to introduce quality ratings following its inspections for those independent healthcare services that it was given the power to rate by the Department of Health and Social Care last month.
- Changes to the regulation of independent healthcare services, including the scheduling and intensity of its inspections and how CQC will monitor providers and gather its intelligence on an ongoing basis

For more information contact www.cqc.org.uk/nextphase

Macmillan Cancer Support Cancer Awareness Workshop (2). Cancer awareness workshop 7th Feb, 9am to 15:30pm offered for all staff and volunteers working in Sussex who provide an advisory, signposting, navigation or support service. This is an opportunity to gain an understanding of cancer and learn more about local and national services and support available for cancer patients. Venue : Charis Centre, Crawley. To book LondonSELearning@macmillan.org.uk or call 01904 756 447. For further info contact Lucy Beach via lbeach@macmillan.org.uk or call 07474 570840

AgeUK Painful Journeys campaign (2) Click on link to see campaign and policy reports to explore the issue and explain why getting to hospital appointments is a major issue for older people.

Crawley Community

Sangam Women's Open Day meeting (1) Monday 12th February from 12 noon to 2pm, at Crawley Library. Guest speakers include a representative from Gatwick Airport's Assisted Travel Scheme, discussing travel with a hidden disability, and a representative from Carers Support West Sussex. Sangam is a meeting place for women from all communities. Light refreshments will be provided. For further information contact Alzheimer's Society Sussex Helpline on 01403 213017.

Ehlers-Danlos Support meeting (2). 15th February, 7pm to 9pm at Three Bridges Community Centre, Gales Place, RH10 1QG. For anyone with or interested in Ehlers-Danlos syndromes or Hypermobility spectrum disorder. The speaker is Jason Parry, Clinical Specialist Physiotherapist in Hypermobility/Extended Scope Practitioner. Contact janegehlersdanlosuk@gmail.com

Crawley CVS

Crawley CVS news (1)

Baby Buddy App a launch event at Langley Green and Ifield Children and Family Centre on Monday 29 January 1-2.30pm. Visit [Baby Buddy](#)

Short breaks and fun days for disabled children and young people at K2 Crawley, Saturday 17th March 2018. Sessions 10am until 3pm for ages 25 and under. Please ensure that children are accompanied by a parent or carer at all times. See link for more information

www.crawley.gov.uk/disabilitysport

Transforming children and young people's mental health Green Paper launched consultation until **2nd March 2018**. To take a look at the paper and provide your views on the proposals visit: [Transforming children and young people's mental health Green Paper](#)

SASBAH: The Sussex Association for Spina Bifida & Hydrocephalus. SASBAH, formed as an independent charity in 1965 to meet the growing demand for support services for those with Spina Bifida and Hydrocephalus in Sussex. Contact <http://www.sasbah.org.uk/>

Horsham and Mid Sussex Community

HAMSVA E Bulletin(2)- 17th Jan 2018 [Click here](#)

Note HAMSVA(1)are moving to 38 Church Rd, Burgess Hill, RH15 9AE On January 25.

East Grinstead Action for Deafness: (2) Lip Reading classes. Mondays 2pm to 4pm at Chequer Mead Theatre RH19 3BS. To book: Call 01444 415582 or 01444 415593. Email: info@actionfordeafness.org.uk Web site: www.actionfordeafness.org.uk

Horsham District Older people Forum: (2) 2nd March 10.30am - 1pm on Friday 2nd March 2018 at the Council Offices, ground floor, Parkside, Chart Way, Horsham with Jeremy Quin MP for Horsham. To book a place email: hdopforum@gmail.com