

# newsletter.

Summer  
2014

## We Must Work it Out Together



We are all expecting more and more great things from our GP practices. In the future it is likely that GP surgeries will become bigger, work closer together and offer more, different services including those previously delivered in hospitals such as consultant appointments and day surgery.

Of course all our NHS services need to work together to provide the best care for our communities. To do this locally, we need to start by ensuring we have the right services in the right places. All this will take a lot of planning and we have regular meetings,

particularly with district and town councils, to plan ahead and ensure that our NHS meets the current and future needs of our growing communities.

NHS Horsham and Mid Sussex CCG – the group responsible for planning, buying and monitoring your care – is working on a draft proposal for the future of our local services. You can read more about this below. It is really important for us to discuss the options for GP and community services with our patients and the public so please - ensure your voice is heard. As the NHS Constitution States – ‘the NHS belongs to the people’.

*Dr Simon Dean,  
Joint Chair for NHS Horsham and Mid Sussex CCG  
Locality Group and Member of Governing Body*

## The 5 Communities Plan

### Securing the future of our local NHS

Patients, carers, families and key local representatives shared their views on draft plans for the future of our NHS at a series of public events across Crawley, Horsham and Mid Sussex.

The workshops marked the beginning of an on-going conversation to gain the views of our five community areas as we begin working on long term proposals looking at the current and future needs of our population as it ages and continues to grow. The 5 Communities Plan assesses likely demand on future GP services and community care at Horsham and Crawley hospitals, as well as the care provided to you

in your own home. The plan is not looking at acute care (at the larger hospitals), hospital mental health care or specialist care such as cancer or stroke.

Dr Minesh Patel, lead GP for NHS Horsham and Mid Sussex CCG, said: “The NHS must change. We want to improve the quality and safety of care and learn the lessons from the Francis Report to improve services. To do this with a flat level of funding and tightening budgets we must change the way we deliver and use NHS care. If we really want to keep our NHS for future generations let’s act now, together.”



Read the plan in full, or a public summary, and share your views at [www.5communitieswestsussex.nhs.uk](http://www.5communitieswestsussex.nhs.uk)

Alternatively, you can contact us at **01293 600300** ext 3562

Further public events will be held in September, details to be announced soon.

# Stroke service review to raise standards of care across county

A review of stroke services being conducted across Sussex will agree minimum standards of care and set out the full range of options to meet those standards. A stroke is a serious medical condition that occurs when the blood supply to part of the brain is cut off, leading to paralysis and in some cases, death.

Sussex NHS clinical commissioning groups (CCGs), patients, hospital and community health providers, ambulance service (SECamb), Stroke Association and local authorities are all involved in the review. The National Clinical Lead for Stroke, Professor Tony Rudd, has provided input by sharing his experiences of stroke review work from across England.

Lead GP for NHS Horsham and Mid Sussex CCG, Dr Minesh Patel, said: "The aim of this review is to deliver the highest possible standards of stroke care from prevention to recovery across the whole county.

"Evidence shows that recovery from a stroke is significantly influenced by several factors including timely assessment, scanning and treatment by a consultant, specialist nurse and therapists available in a dedicated stroke unit and having an effective nutritional and swallowing assessment also aid recovery."

Symptoms of a stroke can be remembered with the word FAST: Face-Arms-Speech-Time.

- **Face** – the face may have dropped on one side, the person may not be able to smile or their mouth or eye may have dropped
- **Arms** – the person may not be able to lift one or both arms and keep them there due to arm weakness or numbness
- **Speech** – their speech may be slurred or garbled, or the person may not be able to talk at all despite appearing awake
- **Time** – it is time to dial 999 immediately if you see any of these signs or symptoms

## Ensure your views are heard

Improving access to joined up, coordinated health care is a topic often raised by patient groups. We hear stories about lack of access to local services or complaints about the failure to synchronise a handover from one care team or service to another. Ensuring that consistent good quality and coordinated care is made available close to home is a key priority for our CCG.

The draft 5 Communities Plan is about making our local NHS work better for us now as well as for future generations and about helping the CCG to commission harmonised services to the resident population. But we cannot do this without your help. Input from patients and families, heard first hand by the GPs and the CCG team, is vital to informing the development of our plans and it is essential, as

### *Simon Chandler*

*Lay Member for Public and Patient Engagement*

we move forward, that your preferences are clearly identified.

The CCG has started a public conversation to engage with patients, the public and a wide range of service users, including those catered for within the voluntary sector, to ensure your views are heard. So please attend the future public briefing sessions and/or share your thoughts and questions at [www.5communitieswestsussex.nhs.uk](http://www.5communitieswestsussex.nhs.uk) Your help will be much appreciated.





## Inspirational Paralympic triple-gold medallist helps recognise staff at CCG Star Awards

Paralympian Jane Blackburn helped recognise local NHS teams and individuals - including our GP practices and partners - at the CCG Star Awards 2014.

The awards were part of NHS Crawley CCG and NHS Horsham and Mid Sussex CCG Annual General Meeting (AGM) held on 24 July, at which we formally presented the Annual Reports and Accounts.

Paralympic triple gold medallist, Jane, who lives in Crawley, said: "The AGM was interesting and everyone who won awards seemed really pleased, so it was a good evening. It motivates people to be recognised with an award and makes them feel uplifted to be part of the good that's being done. I enjoyed meeting the doctors that are leading the CCG and learned about different aspects of the NHS."

Michelle Miles, a clinical nurse specialist at St Peter and St James Hospice, North Chailey, won a Star Award in the 'Above and beyond' category, recognising an extra effort beyond normal duties. She said: "I was very surprised to receive the award, but it was a pleasant surprise. The job I do is hugely satisfying, to care for people who suffer from life limiting illness and their family."

A total of six awards categories saw runners up and winners receive recognition for the efforts that went above and beyond for the benefit of others. Read the full award shortlist on our website, under the Get Involved tab.

Sue Braysher, Chief Officer for NHS Horsham and Mid Sussex CCG and Chief Operating Officer for NHS Crawley CCG, said: "Our joint-AGM was an opportunity to look back on some of the successes and highlights of the past year in more detail including recognition at national level for two key areas of work - winning a National Dementia Award from the Alzheimer's Society for the Dementia

Friendly Crawley initiative and a Highly Commended award at the national NHS England Excellence in Participation Awards 2014 for our Proactive Care approach to looking after patients with long term health and social needs.

"We were honoured to have Jane Blackburn presenting awards recognising the achievements of our staff and members. Jane's personal achievements are truly inspirational."

Use our healthcare services web app to find the right care for you, right now.



\* Exclusive to Crawley, Horsham and Mid Sussex.

[www.rightcarerightnow-nhs.net](http://www.rightcarerightnow-nhs.net)

# Partnerships key in fight against diabetes and obesity

One in 17 people has diabetes - a long term condition caused by a lack or inefficiency of insulin in the body that means it is unable to break down glucose (sugar) into energy. Diabetes needs to be carefully managed so people can stay well and avoid complications, which can be serious.

Together with our health and wellbeing colleagues we are trying to prevent diabetes by tackling the obesity epidemic at all ages, making sure people understand their condition, have an individual care plan and are able to manage their condition.

This 'joined-up' working at a local level is crucial because diet, lifestyle and exercise can make a huge difference to people at risk of developing diabetes. Wellbeing hubs have a wide range of activities specific to your area, offering advice on diet, exercise groups, quitting smoking, alcohol

dependency and much more. For information about these hubs visit: [www.westsussexwellbeing.org.uk](http://www.westsussexwellbeing.org.uk) or phone **01403 215111** for the Horsham area, **01444 477191** for Mid Sussex

We also need patients, and not just diabetics but all those with on-going health needs, to work with us so that we can develop the services to help us, help you. Benefit from all the latest CCG news on how we are shaping and redesigning your local NHS by becoming a Health Network member (see section below).



## Join the network.

To join the Horsham and Mid Sussex Health Network, or simply to get in touch with us, you can:

Email us at

**[HSCCG.Contactus-horshamandmidsussexccg@nhs.net](mailto:HSCCG.Contactus-horshamandmidsussexccg@nhs.net)**

Visit the Get Involved pages of our website at

**[horshamandmidsussexccg.nhs.uk](http://horshamandmidsussexccg.nhs.uk)**

Write to our postal address at:

**Engagement Team, Crawley CCG, Lower Ground Floor,  
Crawley Hospital, West Green Drive, Crawley RH11 7DH**

Telephone us on **01293 600300** ext 4255

You can even join the conversation and share your thoughts and experiences of local care and services direct with us.

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