

Patient Round Up

11
December

2017

NHS Crawley CCG and NHS Horsham and Mid Sussex CCG

Crawley CCG and Horsham and Mid Sussex CCG

Look at the CCG webs site for updates about :

- Stock up your medicine cabinet for Christmas [Click here](#)
- find details of your nearest pharmacy on the NHS Choices website at www.nhs.uk
- Plans to save the NHS millions of pounds for frontline care [Click Here](#)
- A pooling of resources to be discussed at NHS meeting [Click here](#)
- Let's get you home [Click Here](#)
- Stay Well This Winter, visit the campaign website at www.nhs.uk/staywell

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](#)

Coastal CCG (1) E-Panel November roundup [Click Here](#)

- Plans to save the NHS millions of pounds for frontline care
- Review of mental health services completed

NHS England:

NHS Intouch newsletter; includes engagement updates /initiatives – read /sign up [Click Here](#)

- **Saving lives by detecting cancers earlier** [Click here](#)
- Working Together to Safeguard Children- changes to statutory guidance [Click here](#)
- Improving Access to General Practice [Click here](#)
- 1.4 million people referred to NHS mental health therapy in the past year [Click here](#)
- NHS England launches consultation to simplify and strengthen arrangements for research in the NHS [Click here](#)

NHS England (2) is carrying out a survey about raising concerns and making complaints about health, social care or education for children, young people and adults with a learning disability, autism or both, their families and paid carers. To take part in the survey click on this [link](#). An easy read version of the survey can also be downloaded from this link. The closing date is 12th January 2018.

Health Education England, NHS England , Public Health

Toolkit to tackle low levels of health literacy Health Education England, in partnership with Public Health England, NHS England and the Community Health and Learning Foundation, have launched [a practical resources toolkit](#) to help health staff tackle the challenges caused by low levels of health literacy and to help improve health outcomes. **According to the Royal College of General Practitioners, health information is 'too complex' for more than 60% of working age adults to understand**, which means that they are unable to effectively use the information and are

more likely to suffer from health inequalities.

Further information about the toolkit is also available on the [Health Education England website](#).

SECamb Winter Newsletter (1) visit [SECamb](#) for the latest newsletter...

Sussex Community Trust

The annual Staff Achievement Awards (1) took place on Wednesday 22 November with the Physiotherapy Musculoskeletal Outpatient Teams at Crawley and Horsham Hospitals taking home the Quality Improvement Award for their work on self-referral to physiotherapy in Horsham and Crawley (...) [Click Here](#)

Time to Talk Health: (1) can help patients with long term conditions, such as Diabetes, COPD and Cardiac Problems. The service offers talking therapies for people who are finding it difficult to manage these long-term health conditions. Helping with;
Making and sustaining healthy lifestyle changes.

- Overcoming fears, anxieties or low mood related to living with a long-term health condition.
- Supporting patients to reduce the impact of their condition on their work, family life and other activities

Patients can self-refer: Call: 01273 666480 (8am-8pm Monday to Friday – answerphone available).
Email: sc-tr.ltcreferrals@nhs.net . or apply online : [Click Here](#)

King's fund

A conversation with the public: could different be better? (1)

As part of the King's fund work on the NHS and the Public. The king's fund is publishing a series of blogs providing different perspectives on the relationship between the NHS and the public, and how it has changed over time. Here, Professor Keith Willett, Medical Director for Acute Care, NHS England, considers the conversation around the changing nature of care (...) [Click here](#)

The Kent, Surrey, Sussex (KSS) Community of Practice local meetings (1):

Treating people with learning disabilities equally and fairly in health services. Mike Le-Surf from Mencap will be attending some of our local meetings in January to unveil plans for Mencap's 'Treat Me Well' campaign which will run in February 2018. The campaign's aim is to ensure that learning disability is high on the agenda with healthcare professionals and health trusts. Mike will be attending on the following dates: Gillingham 8 Jan, Worthing 24 Jan, Crawley 30 Jan and Canterbury 30 Jan. If you would like to attend one of the 2018 events, please let us know you are coming by following the relevant link to book. Please contact Tom Evans at communications@bild.org.uk for booking instructions.



KSS local meetings flyer high res_ Easy re

West Sussex County Council

WSSC E-Newsletter December 2017 [Click here](#)

NICE (The National Institute for Care and Excellence)

Involvement opportunity(2)

Lay member : venous thromboembolic diseases – Closing date 18/12/17 [Click Here](#)

Health and Social Care Update in West Sussex “Heads Up” Healthwatch E-news [Click here](#)

- Spotlight on Pulborough, Petworth and Midhurst
- Patient Transport Services – Where are we now?
- Get involved... helping to shape 111 and Out-of-Hours services
- Working together on the challenges older people face
- What should Healthwatch be working on?

- [New Care Models Point to a Better Future for Patients and Staff Kings Fund blog](#), 17 November 2017
- [Remove earwax if a build-up is causing hearing loss problems NICE tells primary care](#) National Institute for Health and Care Excellence (NICE), 27 November 2017
- [Government proposals-on children and young peoples mental health](#) Green Paper and consultation published, 4 December 2017

Organisations within the Voluntary Sector

HAMSVA E Bulletin - 14 December , 2017 [Click Here](#)

Carers Support Autumn/Winter Newsletter visit [CSWS](#) for details of the latest newsletter...

Asthma-news. [Click here to read about](#)

- How Christmas trees can trigger asthma symptoms
- Colds and Asthma.

MindOut Lesbian, Gay, Bisexual, Trans & Queer Mental Health Service. Please do contact us with any enquiries about mental health, we can help you find the support you need. We provide advice & information, advocacy, a peer support group programme, wellbeing activities and events, a peer mentoring service, an out of hours online chat service and a food project. For more information please [Click here](#) Website: <https://www.mindout.org.uk/> Call: 01273 234839

Safe Haven – Redhill this service is available for individuals who are experiencing a mental health crisis **or for carers** who know someone who is and need support. There is no need to book a place; individuals can talk as much or as little as they want or just sit and have a drink. The Safe Haven is open 365 days of the year with a professional mental health worker on duty plus two recovery workers. Address: Wingfield Resource Centre, St Annes Drive, Redhill RH1 1AU 6-11pm every day, including weekends and bank holidays. Web: www.sabp.nhs.uk/savehaven

AGE UK:

Age UK (2) 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

See Age UK East Grinstead web site <https://www.ageuk.org.uk/eastgrinstead/>

for all information listed below

- Volunteers required – see web site above
- West Sussex County council: Meals on Wheels service for more information: [Click here](#). For more information call: 0800 090 3258
- Charity quiz night 15th January 6:30 / 7pm start. Quiz and 2 course Indian dinner £20 per head (£12 goes to Charities) at Tarana Lingfield Restaurant. For information or to book :
 - call Lana 01342 327046 or email community@ageukeastgrinstead.org.uk
 - call Susan 01342 835190 or email susanjoy471@hotmail.com
 - call Tarana 01342 832222
- Men in Sheds. Does East Grinstead want a 'Men in Sheds project'? Age UK East Grinstead is working with other local organisations to start this project. This project will allow men to come together to connect, talk and create, they stay healthier for longer and they have

contact in the wider community. For more information see www.UKMSA.org.uk. If you want to be involved contact Pam Mitchell, Age UK East Grinstead, Swan mead, Queens Rd, East Grinstead RH19 1BE. Contact main number: Phone number: 01342 327046 or email: eng@ageukeastgrinstead.org.uk. See flyer below

- Short breaks for carers – 1st and 2nd Saturday and last Monday of each month. For those living with dementia or memory loss and for the elderly and frail. Visit main web site or call : 01342 327046 Email: shortbreaks@ageukeastgrinstead.org.uk
- Theatre performance WarHorse at The Brighton centre 7th February (Matinee) £42.50 per person. Call Lana 01342 327046

Weston-super-Mare Holiday 4th March . Call Lana 01342 327046

CRAWLEY COMMUNITY

Crawley CVS :

Crawley Community Connect 1st December 2017

Visit our [news](#) page and [forum](#) pages for additional information and remember if you want to *share a news or event item or job vacancy with us you can do so direct through this [link](#)*. Our mailing address is: admin@crawleycvs.org
[unsubscribe from this list](#) [update subscription preferences](#)

Crawley Funding opportunities e-news [Click here](#)

Expert Patients Programme. (2) A free NHS-based training programme providing opportunities for people who live with a long-term condition(s) to develop new life-skills, ultimately allowing them to self-manage their condition more effectively on a day-to-day basis. The EPP is not about educating patients about their condition instead it works to develop patients' confidence and motivation to use their own skills, information and professional services to take effective control over life with a chronic condition. The details of the next FREE courses are as follows: *Horsham: Every Monday from 15th January – 19th February 2018, 10am – 12.30pm, Horsham Hospital Crawley: Every Thursday from 22nd March – 26th April 2018, 7pm – 9.30pm, Crawley Baptist Church.* For more information see attached

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

Crawley Borough Council Neighborhood e-newsletters: [Click here](#)

crawley@public.govdelivery.com **Web:** [Contact Us](#)

Horsham and Mid Sussex Community



Horsham District e-newsletter [Click here](#) [Click here](#)
Horsham District Council : HorshamDC@public.govdelivery.com

Horsham district older peoples insight in to Hospital admissions – report (2)

The following report is insightful and helpful about patient and carer experience for Hospital admission and discharge. For more information or to invite a member of the partnership to come and talk about the project contact Judith Packer on 0330222 5613 or email Judith.packer@westsussex.gov.uk

Horsham District partner organizations including Healthwatch West Sussex, community and voluntary sector and local authority partners captured evidence and insight into the experiences of our older residents getting to and from hospital. This work is taken from an insight workshop in July which was attended by Dr Mackenzie from HMS. Hospital Insight Report [Click Here](#)

Topics include:

- Top Tips for local people and service providers; how to make hospital experience easier
- The reasons for the review ; older residents experience of getting to and from hospitals
- Hospital admissions
- Local experience of Hospital admissions and Discharge
- Parking information for Hospitals



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