



**Commissioning Alliance**  
Brighton and Hove CCG  
Crawley CCG  
East Surrey CCG  
High Weald Lewes Havens CCG  
Horsham and Mid Sussex CCG

## Patient Roundup

6<sup>th</sup> April 2018- 20<sup>th</sup> April

### 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.

**Join us in our 'Big Health and Care Conversations'.** Hold the Date/s. Crawley CCG and Horsham and Mid Sussex CCG are in partnership with health and social care organisations working together to help improve local health and social care for the population of Burgess Hill, Crawley, East Grinstead, Haywards Heath and Horsham. The 'Big Health and Care Conversation' gives you the chance to meet our commissioners and clinical leaders to discuss our priorities for health and care in the area. In addition, there will be an opportunity to hear about and discuss the regional Sustainability and Transformation Partnership and the unprecedented financial challenges facing the health and social care system. Booking via Event brite : more information to follow soon

#### Dates and Locations

- Crawley, Charis Centre, RH11 7EB (14th June)
- Horsham, County Hall North in Horsham, RH12 1RL (26th July)
- Haywards Heath Clair Hall Haywards heath RH16 3DN,(2nd August)

**CCG Podcasts:** Dr Laura Hill, local GP and Clinical Chair at NHS Crawley CCG, records a podcast every month for you to find out how to get the right care, at the right time in the right place, for you, your family and friends. To listen to the free podcast visit the Crawley CCG website, click on 'Your health' then 'Health podcasts'. Once you've found a topic of interest to you, click on the heading and, once the page has loaded, just click 'play'. Or just tap on this [link](#) Crawley CCG

**Lay Member for Patient and Public Participation – NHS JOBS Job Reference: 753-CCG-3978HB.** Are you interested in the local NHS and want to help shape the future of health care in our communities? Crawley Clinical Commissioning Group (CCG) is looking for an experienced and enthusiastic Lay Member to join the Governing Body leading on Patient and Public Engagement, and to Chair the Commissioning Patient Reference Group. The successful candidate will help ensure the CCG builds and maintains an effective relationship with local stakeholders and draws on existing patient and public involvement and expertise. As a lay member, you will be asked to fulfil the role of Vice Chair of the Governing Body. The time commitment is five days per month and remuneration is £12,262 per year. Some time commitment may be required in the evenings. The role is for a three-year term of office. For more information or to apply [Click here](#)

**Crawley CCG and Horsham CCG AGM. Hold the Date 24<sup>th</sup> July 6pm to 7pm** NHS Crawley and NHS Horsham and Mid Sussex Clinical Commissioning Groups will hold their AGMs together after



the Governing Body. The AGM is an opportunity to look back on some of the successes and highlights of the past year and to discuss future plans for the NHS in Crawley, Horsham and Mid Sussex. All are welcome. This year's AGM will be a smaller event than in previous years, taking around an hour, with tea and coffee refreshments. **Venue: Clair Hall Haywards Heath RH16 3DN**

### **Dermatology Services – engagement opportunity (2)**

NHS health commissioners are reviewing local dermatology services to understand how services can continue to be delivered and improved over the next five years. In addition to engaging with relevant patient support organisations, commissioners are keen to hear from those in our community, who have an interest in or experience of using these services, as well as their friends and families. Please come along to hear about our draft plans and tell us what you think.

- Monday 23rd April, 2-4pm at Crawley Baptist Church, Crabtree Road, RH11 7HJ
- Tuesday 24th April, 10-12pm at Clair Hall, Perrymount Road, Haywards Heath, RH16 3DN

To find out more or to book please Email [HSCCG.ContactUs-PlannedCare@nhs.net](mailto:HSCCG.ContactUs-PlannedCare@nhs.net) or call 01293 600300 x 3804

We are particularly keen to hear from people who would be interested in working closely with the commissioning team to support our patient and public engagement work, as well as supporting discussions with the clinical teams who currently deliver dermatology services. There is also the opportunity to be involved in the procurement of new services. We would appreciate your support from April 2018 for up to a year, but we would be happy to tailor this to suit your circumstances. If you are interested in this role please email [HSCCG.ContactUs-PlannedCare@nhs.net](mailto:HSCCG.ContactUs-PlannedCare@nhs.net)

For more information please follow link to our CCG News section for Crawley: [this link](#) and for Horsham and Mid Sussex: [this link](#)

### **Sussex MSK Partnership Launch of Physiotherapy Self-Referral across Mid Sussex (2)**

If you are registered with an East Grinstead, Horsham, Crawley or Mid Sussex GP practice you can now self-refer into physiotherapy department at Queen Victoria Hospital, Princess Royal Hospital – Haywards Heath, Crawley Hospital or Horsham Hospital. If you belong to one of these surgeries you can self-refer yourself to physiotherapy through an online form or by picking up a paper referral form from your GP practice or physiotherapy department.

If you want clinical advice before this time or to learn more about our service please visit our website which has lots of resources available about different conditions and self-management options, you can find these on the [physiotherapy homepage](#) or for Sussex MSK Partnership please [Follow this link](#)

As part of this launch, the Princess Royal Hospital in Haywards Heath will be hosting an open morning at their physiotherapy gym on Tuesday 24th April from 10am - 12pm. Anyone interested in finding out more about accessing the new self-referral physiotherapy service is invited to attend. For more information contact [Liz.Carter6@nhs.net](mailto:Liz.Carter6@nhs.net) or call the physiotherapy team on 01444 448664

**NHS England:**

### **Common Outcomes Framework for social prescribing - We want your views!**

NHS England has worked with stakeholders to co-produce a Common Outcomes Framework for social prescribing and as a member of the growing social prescribing movement, we want your views! We are particularly interested in ensuring that the framework is fit for purpose for all services involved in social prescribing and we want to know what challenges there may be in measuring the suggested outcomes and Key Performance Indicators (KPIs).

Please submit your feedback on the draft attached to [england.socialprescribing@nhs.net](mailto:england.socialprescribing@nhs.net) by **16<sup>th</sup> May 2018**. Feedback will be gathered, analysed and factored into the finalised document

### **Help us improve care for people at the end of life**

Health and care services across Sussex and East Surrey are working to improve care for people at the end of life, making sure they have every chance to spend their last moments where and how they want. To achieve this, we are focusing on:

- Better identification and proactive support for people who may be in their last year of life.
- A helpline for people and carers to get advice and support.
- Tackling the stigma of talking about death, so people can have open, positive conversations about their wishes.
- Expanding the teams that care for people in their homes or in care homes, so they can avoid being taken to hospital in their final days.

Can you help?

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 one or two meetings (travel expenses will be paid) and engage with us via e-mail/telephone. 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.

Please contact Mary Buckingham [mary.buckingham1@nhs.net](mailto:mary.buckingham1@nhs.net)

### **Public Health England**

One you campaign (2) – website informing about number of various health campaigns, tools that can be used when introducing positively influencing our health. For more information on “One You” please [follow this link](#)

### **West Sussex County Council**

**What matters to you?** Help shape West Sussex County Council’s main priorities and how the future budget is set by taking our ‘**What Matters to You?**’ survey. Visit [www.westsussex.gov.uk/whatmatters2018](http://www.westsussex.gov.uk/whatmatters2018) for more information, and to have your voice heard.

### **Healthwatch**

**Heads Up – April** [link](#)

### **Horsham District Council**

**Health and Wellbeing:** 2018 Older People's Directory of Services available now! Electronic newsletter. For access please tap on this [link](#) .

### **Crawley Community**

## Crawley CVS

Remember to visit [Crawley CVS news page](#) and [forum pages](#) for number of information and don't forget if you want to share a news or event item or job vacancy you can do so direct through this [link](#).

- **The Healthy U drop in service** The HEALTHY U drop in service is for young people between ages of 13 and 19. It provides health information, advice and guidance. School Nurses from the Crawley Healthy Child Programme team will be at the Crawley Find It Out Centre, Centenary House, Woodfield Road RH10 8GP every Monday during every school holiday between 12 and 4pm. Young people can either "drop in" and see them or make an appointment on 01293 843327. If a young person attends a private school or are home educated they are very welcome to visit the nurses...
- **Crawley Kicks Crawley Town Foundation** see [information](#) from Adam Wicking at Crawley Town Community Foundation promoting Crawley Kicks for young people.
- **Crawley Town Community Foundation Newsletter** visit [CTCF](#) for the latest news...
- **Crawley Funding opportunities 2018** [link](#)

## Horsham and Mid Sussex Community

**A FREE session about SCAMS and FRAUD.** It session will be held in the Small Hall at the Scaynes Hill Millennium Centre on Monday 30th April 2018 from 10am till 12.30pm  
Places are limited and will be based on a first come first served basis.

Please contact the number below to secure your place.

Faustina Bayo Community Development Officer Direct Line: 01273 407320 Mobile: 07775 851 888

**Parkinson's Self-Management Programme (2):** Each self-management group brings together 12 people with Parkinson's, partners and carers. Groups meet locally for six sessions of discussion, activity and self-reflection. For further detail click [here](#).

**Crossroads Care South Central;** Are you a family or friend caring for a younger person living with dementia? Do you want time out from your caring role?

Then you may be interested in joining us for a Short Break taking place at Roffey Park (Horsham) from Saturday 12th May to Sunday 13th May 2018. For more information please visit Crossroads Care South Central Website: [www.crossroadscare-sc.org](http://www.crossroadscare-sc.org) tel: 01903 790270 Out of hours 01403 243924 Email: [admin@crossroadscare-sc.org](mailto:admin@crossroadscare-sc.org)

## Introduction to Mid Sussex District Council Targeted Intervention Project (2)

Mid Sussex District Council have a Targeted Intervention Project which is to enable families with Early Help Plans living in the Mid Sussex District to access voluntary and community services. We need organisations, clubs, groups, societies, etc. to sign up to this project, so that we have courses, activities, and sessions, that we can refer people to in order to assist them. If your organisation is interested in becoming a Member Organisation of the Targeted Intervention Project, please get in touch with Rebecca Hair via [rebecca.hair@midsussex.gov.uk](mailto:rebecca.hair@midsussex.gov.uk) or you may telephone for more information on 01444 477094. Click for links to the following documents:

[Overview](#) [Project Brief](#) [Member Organisations Offer Form](#) [Costing your project](#) [Cancellation Policy](#)

**Horsham and Mid Sussex Voluntary Action (HAMSVA)- Newsletter April 11, 2018** [Link](#)

**Community Other**

**Sussex Partnership NHS Foundation Trust. Pan-Sussex Children and Young People and Family Eating Disorder Service.** Beat's Developing Dolphins skills workshops will give you new skills, tools, advice, and practical strategies to care for someone with an eating disorder. [training@beateatingdisorders.org.uk](mailto:training@beateatingdisorders.org.uk) For further help, advice and support contact Beat: [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk) Helpline: 0808 801 0677 More information about the Sussex Child, Young Person & Family Eating Disorder Service can be found online [www.sussexpartnership.nhs.uk/eatingdisorder](http://www.sussexpartnership.nhs.uk/eatingdisorder) or tap on this

**Sussex Ehlers-Danlos Event.** Date: 27th April at ICOM in East Grinstead, RH19 1DZ acupuncture demonstration and Tai Chi. Please contact [janegehlersdanlosuk@gmail.com](mailto:janegehlersdanlosuk@gmail.com) for further details

**Manor Royal Careers Expo.** Thursday 17 May 2018, 3.00pm - 8.00pm  
Crowne Plaza Hotel in Crawley, free to attend. This one day event includes:  
Experts on hand to provide advice; Drop in sessions covering topics like finding the right role and interview skills; Information about job opportunities and apprenticeships for all ages; Manor Royal companies to answer your questions. For more info visit [www.manorroyal.org](http://www.manorroyal.org)

#### **April is Bowel Cancer Awareness Month (2)**

Bowel cancer is very treatable but the earlier it is diagnosed, the easier it is to treat. People whose cancer is diagnosed at an early stage have a much higher chance of successful treatment than those whose cancer has become more widespread. If you have any symptoms, don't be embarrassed and don't ignore them. Doctors are used to seeing lots of people with bowel problems.

The symptoms of bowel cancer can include:

- Bleeding from your bottom and/or blood in your poo
- A persistent and unexplained change in bowel habit
- Unexplained weight loss
- Extreme tiredness for no obvious reason
- A pain or lump in your tummy

Most people with these symptoms don't have bowel cancer. Other health problems can cause similar symptoms. But if you have one or more of these, or if things just don't feel right, go to see your GP.

<https://www.bowelcanceruk.org.uk/>