



Commissioning Alliance
(North Place)
Crawley CCG
East Surrey CCG
Horsham and Mid Sussex CCG

Patient Roundup

1st October 2018

NHS Crawley CCG and NHS Horsham and Mid Sussex (HMS) 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. For more information Click here [Crawley](#) and [HMS](#).

If you want to unsubscribe (take yourself off our list), please email or call 01293 600 300 ex 3801

(2) Our commitment to being open, honest and transparent.

The NHS nationally is struggling to meet an ever increasing demand on services with restricted finances and resources. Local Clinical Commissioning Groups (CCGs) across central Sussex and East Surrey have a duty to make sure we do not carry on spending more money than we have and we will have to make some difficult decisions around services that are not cost effective in the months ahead. See our website for more information [NHS Crawley CCG](#) and [NHS Horsham and Mid Sussex CCG](#)

Big Health Care Conversation

Thank you to everyone who attended. We are collating comments and will be writing and uploading a report shortly. We will announce once it's available to view on our webpage. To view documents shared at the events - [NHS Crawley CCG](#) and [NHS Horsham and Mid Sussex CCG](#). If you haven't completed the survey yet, there's still time to complete our online survey [here](#).

The NHS has celebrated its 70th birthday

A lot has changed since it was created in 1948, and as a result the NHS is responding to changes in society that were never expected, let alone planned for, when it was set up 70 years ago. But the NHS is also a dynamic and innovative institution that has continuously evolved over the last 70 years. Those who use it and work in it know that evolution needs to continue if the changing needs of patients are to be met when the NHS is celebrating its 80th birthday. With the recent Government announcement of additional funding for the NHS we can face the immediate future with renewed certainty; able to plan for the next five years confident of guaranteed budget increases.

The NHS is now working on a plan setting out our ambitions for improvement over the next decade, and our plans to meet them over the five years of the funding settlement. As part of that process it is vital that all those who rely on and work in or alongside the NHS have the opportunity to contribute their ideas, experiences and insights. The web portal for people to submit views on the NHS long term plan can be found [here](#)



NHS 111 Public Member opportunity

We are recruiting for an NHS 111 Public Member to represent the voice of the public for the new NHS 111 service, which will be going out to re-procurement shortly.

The successful candidate would need to be a member of a local Sussex Patient Participation Group (PPG) and be able to chair the NHS 111 Public Members Network. We would also like the NHS 111 Public Member to be part of the NHS 111 Programme Board to ensure the voice of the public is represented and heard in that forum. Please review the [role description](#) for further information on this position and details of how to apply.

As this role covers the whole of Sussex, we would be happy to consider applications from more than one person to split the responsibilities into regions. The successful candidates would be expected to work closely together with one person being appointed as the main representative for the network.

Fighting Flu

Check out our Fighting Flu podcast where we look to arm you, your friends and family in the fight against flu this season. It has everything you need to know about flu prevention, who's eligible for that all important free flu vaccine and why pregnant women in particular need to understand the risks associated with flu and ensure they get vaccinated. More information here: <https://www.crawleyccg.nhs.uk/news/fighting-flu/#.W7HF62hKhtQ>

Quit smoking this Stoptober!

England's 6 million smokers are being encouraged to take part in Stoptober, the 28-day stop smoking challenge from Public Health England, which begins on 1st October 2018.

Quitting smoking is easier with the right support. The most successful quit attempts are made with a combination of quit methods, so this year Stoptober is providing a free online Personal Quit Plan, which helps smokers find the right support for them – with options including face-to-face support, nicotine replacement therapies (such as patches, inhalers or lozenges) and e-cigarettes.

To date, Stoptober has driven 1.7 million quit attempts and quitting success rates are at an alltime high. Stoptober also offers a range of extra free quitting support including a Stoptober app, Facebook messenger bot, daily emails and Stoptober online communities. If you are a smoker, quitting is the best thing you can do for your health and the health of those around you. Become part of the movement and join thousands this Stoptober who are determined to become smokefree. Search 'Stoptober' to get your free Personal Quit Plan and find the support that's right for you.

(2) Eye Service survey – extended to 30 November 2018

The anonymised survey will help us understand your eye health needs so that we can make improvements to community and hospital eye services in your area. Complete the survey [here](#). For more information contact:

Katie.chipping@nhs.net and HSCCG.ContactUs-PlannedCare@nhs.net

Requests for paper copies: HSCCG.ContactUs-PlannedCare@nhs.net

Please post printed copies to: Katie Chipping, Brighton and Hove Clinical Commissioning Group, Hove Town Hall, Norton Road, Hove, BN3 4AH

Age UK - Helping to shape our next campaign

Age UK is developing a new campaign to launch in early 2019 and they want to hear from you. This is your opportunity to tell Age UK what they ought to campaign on next. [Click here](#) to let Age UK know what specific issue you think they should campaign on next. For more information email campaigns@ageuk.org.uk

(3) Sussex Community Foundation NHS Trust Expert Patients Programme (EPP) 'Living Well' Course

Spaces available on Horsham and Burgess Hill EPP 'Living Well' courses, due to start on 5 November and 6 December 2018 respectively, for adults living with a physical or mental health condition. Participants will learn skills to better manage their symptoms and regain a sense of control over their health as well as being provided with an opportunity to meet and share ideas with others with similar experiences. For more information [click here](#).

West Sussex County Council

(2) The future of West Sussex County Council's Adult's in-house social care services

Residents have shared their views on proposals to change West Sussex County Council's Adults' in-house social care services. The county council launched its Choices for the Future survey at the beginning of May to offer residents, staff, people who use the services and their families and carer's the opportunity to have their say on the future model of services. To see an update and report [click here](#).

(3) Carers UK Free Digital offer

Are you caring for someone? Do you want to know more about break respite services, group support and carer self-assessment? [Click here](#) to access a free digital resource service where you can find resources to help you in your caring role.

(2) Health Watch West Sussex – for the latest news [click here](#)

(2) Crawley Community & Voluntary Services (CCVS) – Prescription Plus

Did you know you could volunteer with Prescription Plus to combat loneliness and isolation in Crawley? Prescription Plus, working with local GP surgeries, is looking for compassionate and open minded volunteers to support their clients to access non-medical services and activities as well as helping clients to make friends. To find out more about volunteering with Prescription Plus, contact Kate Valentine on 01293 657157 or at kate.valentine@crawleycvs.org.

Crawley Community

(2) Parkrun Practice Initiative – Prescription Plus

As part of the Royal College of General Practitioners (RCGP) initiative to promote health and wellbeing, GP surgeries are developing closer links with local Parkruns to become Parkrun Practices. Leacroft and Southgate Medical Group has a Parkrun Practice every Saturday at 9 am. Why not join the Leacroft and Southgate Medical Practices on their 5K Parkrun? For more information: <http://www.parkrun.org.uk/tilgate/>

(2) Crawley Older People's Directory

Crawley wellbeing team are distributing copies around Crawley to surgeries, pharmacies' libraries & community locations. If teams have not received copies please contact wellbeing@crawley.gov.uk

(2) Mid Sussex Voluntary Action (MSVA) – for the latest E-Bulletin [click here](#)

(2) Mid Sussex Older People's Council (MSOPC)

MSOPC is an independent local charity, run by older people, for the benefit of Mid Sussex older people. MSOPC is managed and run by a Board of six volunteer Trustees and a Management Committee of ten volunteers. They work with voluntary and statutory organisations to ensure that the interests of older people across Mid Sussex are well served. For more information <http://www.msopc.org.uk/> or leave a message on our answer phone helpline 01444242760 or email: chairman@msopc.org.uk

(2) Free accredited training – Understanding the Health and Social Care Environment

Places are available on the Understanding the Health and Social Care Environment (UHSCE) online training course, which is accredited by Certa. The 12 week online course is divided into three sections: about the stakeholders, about tools and methods for influencing health and social care, and about how you can present your community issues to have maximum impact for positive change. For more information about the course and how to apply please email: england.ppve-learning@nhs.net

(2) Reading well for mental health – helpful books in your local library. For more information see <https://reading-well.org.uk/>

(2) Kent Surrey Sussex Academic health Science Network - find out about their role [here](#). [Click here](#) for the latest Breathing Matters newsletter.

(2) Bowel Cancer UK. Earlier this year Bowel Cancer UK and Beating Bowel Cancer merged to become the UK's leading bowel cancer charity. After extensive consultation, they have chosen Bowel Cancer UK as the name, underpinned with the strapline 'Beating Bowel Cancer Together'. Read more about the new brand and what they do [click here](#). To raise awareness of bowel cancer screening [click here](#). Bowel cancer is the UK's second biggest cancer killer however the disease is treatable and curable especially if diagnosed early. Screening can detect bowel cancer at an early stage in people with no symptoms when it is easier to treat and there is a greater chance of survival.