



## **Dr Laura Hill, Clinical Chair Crawley Clinical Commissioning Group, and Horsham and Mid-Sussex Clinical Commissioning Group**

### **Welcome to the November edition of the Patient Roundup.**

Last week marked NHS Horsham and Mid Sussex Clinical Commissioning Group (CCG) and NHS Crawley CCG (CCG) formally saying goodbye to NHS East Surrey Clinical Commissioning Group who has now transferred within Surrey Heartlands Integrated Care System (ICS) which includes NHS Guildford and Waverley CCG, NHS North West Surrey CCG and NHS Surrey Downs CCG. We will continue to work with East Surrey as a neighbour CCG, and I know the team there will go on to do great things in Surrey.

In West Sussex this week we are seeking the approval of the CCG membership to formally agree our constitution for the West Sussex CCG.

We have also been encouraging local people aged 65 and over to claim their free flu jab. Last year saw five over 65 years old ending up in Crawley Urgent Treatment Centre due to flu. Those requiring hospital care caused an avoidable extra strain on the NHS, with people aged 65 costing the NHS just over £21,900 due to the flu last year. Local GPs are receiving their flu stock for over the coming months in phases, I would encourage those aged over 65 years to contact their GP Practice to claim their free flu jab.

I am pleased to invite you to the Commissioning Patient Reference Group (CPRG), which will take place at **10.30 – 13:00 on Thursday 12<sup>th</sup> December 2019 at the**

**Charis Centre, Crawley.** The first half of CPRG will examine how patient and public engagement could work in the new commissioning landscape. We welcome anyone so please just come along. For further information, please contact Isabel Costello ([isabel.costello1@nhs.net](mailto:isabel.costello1@nhs.net) or 0792 024 4988).

As always, there is a “Get Involved” section in the Patient Roundup. I would particularly like to draw your attention to the opportunity to become a Public Member on the Community Ambassador Task and Finish Group, which will oversee the design and development of the exciting and innovative Community Ambassador Project. Further information can be found on pages 4-5.

With all good wishes,



Dr Laura Hill

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## **NHS Crawley and NHS Horsham and Mid Sussex Clinical Commissioning Groups Updates**

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### **Governing Body Date**

The next Governing Body meeting for the Crawley CCG and Horsham and Mid Sussex CCG will be on **Thursday 28 November**.

**Please note the change of venue to:** Room Arundel 2, Crowne Plaza – Gatwick, Langley Drive, Crawley, RH11 7SX.

For further details, please visit our website at:  
[www.crawleyccg.nhs.uk/about-us/meetings-in-public/](http://www.crawleyccg.nhs.uk/about-us/meetings-in-public/)

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## Feedback sought on the Sussex Health and Care Plan by 15<sup>th</sup> November

Below is a message from **Adam Doyle**, Senior Responsible Officer for the Sussex Health and Care Partnership, inviting feedback on the developing Sussex Health and Care Plan.

[www.seshealthandcare.org.uk/about-us/sussex-health-and-care-plan/](http://www.seshealthandcare.org.uk/about-us/sussex-health-and-care-plan/)

“I am writing to invite you to comment on the working draft of the Sussex Health and Care Plan. We have made the document publicly available on Partnership website – <https://www.seshealthandcare.org.uk/about-us/sussex-health-and-care-plan/> - to allow people to give their feedback ahead of the final submission of the plan on 15 November.



“The aim of the Sussex Health and Care Plan is to improve lives, extend lives and save lives by focusing on keeping people healthier for longer and giving our local populations the right care, in the right place at the right time.

*Adam Doyle, Chief Executive Officer for the eight CCGs in the Sussex and East Surrey Sustainability and Transformation Partnership area*

“The plan represents our response to the ever-changing local health and care needs of our populations and the national ambitions and expectations set out in the NHS Long Term Plan.

“The plan includes commitments to change how our health and care organisations work together, transform patient pathways, address our financial deficit, address our workforce gap and deliver the significant number of initiatives included within the Long Term Plan.

“The plan has been developed across our health and care partners over the last nine months with the involvement and input of partners, clinicians, specialists, health and care professionals, staff, and our public. It is a continuation of the work that has already taken place over the last few years to improve and join-up health and care services.

“The purpose of the plan is to bring real benefits to the lives of our populations, through:

- Improved, equitable access to high quality, safe and joined-up care.
- Greater access to health and care professionals with the most appropriate skills for people’s specific needs.
- Health and care being tailored in a more personalised way at home, or as close to home as possible.
- People being better supported to improve their own health and wellbeing.
- Better availability of non-clinical solutions that will keep people healthier for longer.
- Easier interactions with health and care services through technology.
- Greater joined-up support for people with multiple health conditions.
- Better support to people in care homes to ensure safe and high quality care.

The Sussex Health and Care Plan will be delivered through three local plans across Brighton and Hove, West Sussex and East Sussex. We carried out a significant amount of public engagement to inform and help shape the plans and we have already collated and incorporated a large amount of feedback on the working draft.

The current document will be changed, strengthened and improved over the next few weeks before it is finally submitted and we want to give you and the wider public the opportunity to input and comment if you have not already. If you would like to give your feedback, please do so by 8 November. The final document is expected to be published on 2 December.

I would like to thank you for your continued interest and support in helping our local health and care system to continue the progress we are making.

Yours faithfully,

Adam Doyle

**Senior Responsible Officer, Sussex Health and Care Partnership**

## **Community Ambassadors Task and Finish Group – Get Involved!**

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We are seeking three Public Members to be part of the **Community Ambassador Task and Finish Group**, which will oversee the design and development of the Sussex wide Community Ambassador Project. The Public Member roles are:

- Public Member (Volunteer Lead);
- Public Member (Equality and Diversity Lead);
- Public Member (Strategic Lead).

The Public Members will work with members of the Task and Finish Group:

- To monitor and review the progress of the Community Ambassadors project.
- To develop the role descriptors for the Community Ambassadors.
- To design a suite of governance policies for the Community Ambassadors including the:
  - Volunteer agreement
  - Code of Conduct
  - Reward and Recognition policy
  - To design the training programme for the Community Ambassadors.
  - To develop the support packages for the Community Ambassadors
  - To champion and advocate for the views of local communities.
  - To encourage transparency in the work of the CCG.
  - To encourage clarity of communication for the Public.

**Closing Date: Wednesday 13th November 2019**

Contact Name: Isabel Costello, Senior Engagement Officer at NHS Sussex CCGs

Email: [isabel.costello1@nhs.net](mailto:isabel.costello1@nhs.net) / Telephone: 07920 244 988

### **Practical Information:**

The Task and Finish Group will meet in Hove Town Hall, Norton Road, Hove, BN3 3BQ.

A reward sum of £20 will be offered for each meeting. Included in this sum is preparation (pre-reading, printing of papers, any phone calls and travel time to the activity and follow-up work as required). You will also be reimbursed for reasonable

travel expenses as outlined in the NHS Crawley Clinical Commissioning Group Reimbursement, Reward and Recognition Policy.

For further information, please visit the website at <https://www.crawleyccg.nhs.uk/news/community-ambassador-advert/> or contact Isabel Costello on the details above.

### **The NHS Youth Forum are recruiting for young people to join a unique and exciting project!**

For the last 5 years, The NHS Youth Forum has successfully brought together a diverse range of young people with different skills and experiences, to work in collaboration with NHS England to embed the voices of young people in policy making and service design. They're looking for a diverse range of young people from across the health participation sector to join us for a unique and exciting short term project from November 2019 to March 2019.

As an organisation actively working with young people to enable them to shape healthcare services, they would welcome applications which enable your organisation to be represented within the project.

### **About the role**

They are recruiting up to 25 young people aged 16-25 with experience of representing the voice young people and a passion for creating positive change for young people across the country. The project will aim to:

- Ensure the experiences and voices young people are heard within the implementation of the NHS Long Term Plan

- Review our progress so far, and create next steps for youth engagement in the health sector

### **How to apply**

More information including details of the role can be found in the [Application Pack](#) for more information, visit <http://tiny.cc/c48qfz> or email: [luci.o'reilly@byc.org.uk](mailto:luci.o'reilly@byc.org.uk)

Applicants will need to submit an online application form by **Tuesday 12th**

**November**

### **Health Updates**

### **Help us help you this winter by getting your flu vaccination**

**Are you 65 and over, pregnant, or have a long-term health condition? You're eligible for a free Flu jab! Speak to your GP or pharmacist today!**

Local people aged 65 and over are being urged to claim their free flu jab by the local NHS, after figures showed a third of them missed their vaccination last year, adding avoidable pressure on local services.

Winter is set to be extremely difficult for the NHS across the country, especially on A&E departments and local GP surgeries as they cope with the annual rise in numbers of people seeking treatment.

Last year saw five over 65 year olds ending up in hospital Crawley due to flu. Those requiring hospital care caused an avoidable extra strain on the NHS, with people aged 65 costing the NHS just over £21,900 due to the flu last year.

Local doctors believe this could have been avoided had those eligible taken up the opportunity to get their free jab. Just over two thirds over 65 year olds in West Sussex had the free flu jab last year, which means thousands went unprotected and were at risk of complications if they caught the virus. This year they will get the new



and improved aTIV flu jab, which improves the body's immune response to the vaccine.

Allison Cannon, Chief Nurse Officer for East Surrey and Sussex Clinical Commissioning Groups, said: "The coming winter could really tough for the NHS and local staff are doing everything they can to prepare for the extra pressures we expect, now we are calling on the public to play their part and get the free flu jab if they are eligible.

"The vaccine for over 65 year olds could reduce GP flu consultations and hospitalisations, freeing up busy NHS staff to provide care for those in most need, so we are calling on those eligible to claim their free flu jab so they don't add unnecessary pressures to local health and care services."

Local GPs are receiving their flu vaccine stock for over the coming months in phases, those aged over 65 years old should contact their GP practice to claim their free flu jab.

**Find out more about the flu vaccine at [www.nhs.uk](http://www.nhs.uk) or contact your local GP surgery**

## **Alcohol Awareness Week**

**11 – 17 November 2019**

Alcohol Awareness Week is a chance for the UK to get thinking about drinking. It's a week of awareness-raising, campaigning for change, and more. The theme for Alcohol Awareness Week 2019 is '**Alcohol and me**'.

### **Alcohol and Me**

The evidence that drinking too much isn't good for us is strong. But how much is too much and what are the health risks associated with drinking?



During this year's Alcohol Awareness Week we will be encouraging people to test their knowledge around the drinking guidelines and health impacts associated with drinking. We will be launching a quiz and an interactive body map to improve understanding and to motivate us all to think about the ways in which we drink, and to consider if it's time to make a change. We'll be encouraging people to get talking about alcohol, to start breaking down the shame and stigma that surrounds alcohol problems.

### **Alcohol and our families, communities and society**

Alcohol doesn't only impact on individuals who drink. During Alcohol Awareness Week we will get people thinking about how drinking affects our family and friends, our working lives, those living within our communities, and our society more generally.

### **Time for change**

Finally, we'll be calling for change. Alcohol harm can affect any one of us, from any walk of life. But with improved understanding, forward-thinking policy and better support and treatment we can change and save lives.

For further information on the campaign, visit the website at <https://alcoholchange.org.uk/>

### **Surrey and Sussex Cancer Alliance**

Surrey and Sussex Cancer Alliance's members got together in October to discuss how to best to implement the Long Term Plan for cancer for the Surrey and Sussex population over the next five years.

The Alliance's core team were joined by representatives from member organisations across all three Integrated Care Systems. Attendees took part in workshops focused on performance, personalised care, prevention, faster diagnosis and workforce.

Key discussion themes included the need to address inequity and a greater focus on services and care that meets patients' needs at a time when people lead increasingly busy lives.

The feedback and insights gathered will be used to inform the Alliance's response to the Long Term Plan, which we are developing in partnership with our Integrated Care Systems. For more information, contact the Alliance's core team.

## Every Mind Matters

Public Health England (PHE), in partnership with the NHS, have launched a new campaign, Every Mind Matters, to help people take simple steps to look after their mental health, improve their mental wellbeing and support others.

It is increasingly recognised that taking care of our mental health is as important as maintaining good physical health. A new PHE survey reveals more than 8 in ten (83%) people have experienced early signs of poor mental health including feeling anxious, stressed, having low mood or trouble sleeping in the last 12 months<sup>1</sup>. While these can be a natural response to life's challenges, they can become more serious if people don't take action, and many wait too long.



Over a quarter (27%) of people who experienced signs of poor mental health waited at least 6 months before taking action to manage their mental health, with three quarters (74%) of those who waited this long wishing they had done so sooner.

Every Mind Matters shows people the simple steps they can take to be better prepared for life's ups and downs. The new platform, which has been endorsed by the Royal College of General Practitioners (RCGP), will enable people to create a personalised action plan recommending a set of self-care actions to deal with stress, boost mood, improve sleep and feel in control.

You can find out more about the campaign, and the range of opportunities to get involved, via these pages. You can also visit the Every Mind Matters hub [www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

Also available on the website are resources on how to support others, where to get information and support in a crisis and a whole wealth of information on understanding mental health and practical tips and advice for all.

## [West Sussex Updates](#)

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### **THRIVE! Free family-friendly, creative arts workshop!**



Residents in Crawley can show off their creative side at free workshops organised by Crawley Borough Council in partnership with the South East's biggest art's charity, Same Sky.

Same Sky will be visiting community venues and schools across the town over the next few weeks, delivering free, family-friendly, creative art workshops, where participants will make lanterns and bunting.

The artwork will be an integral part of THRIVE, our annual, celebratory event in the Memorial Gardens on Saturday 30 November from 2.30pm. Workshop participants will be invited to take part in an evening parade around the town centre alongside samba bands and bhangra drummers, before returning to the Memorial Gardens for a fantastic fireworks display.

Visitors can take part in activities including arts and crafts in the bandstand, community stalls and a cultural kitchen food tasting stand and enjoy music featuring local acts and a professional headliner.

Same Sky works with communities to create unique, participatory and inclusive projects that empowers them to celebrate their town and history.

The open access community workshops will be held on:

- **20 November, Broadfield Community Centre, 3.30-5.00pm**
- **23 November, Crawley Museum, 10.30am-12.30pm and 1-3.30pm**

Cabinet member for Wellbeing, Councillor Chris Mullins's said: "This year's event, THRIVE, has now launched and the workshops are starting later this month. I encourage everyone to get involved in these workshops to part of this special event. This is an event you don't want to miss!"

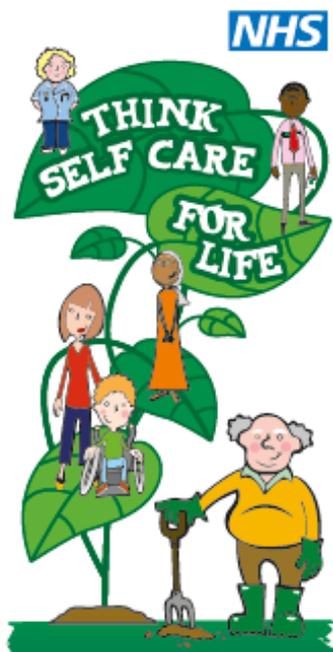
You are invited to a free event, open to the public

# Self-Care Week Community Information Event

**Location:** Age UK East Grinstead & District, Glen Vue Centre, Railway Approach, East Grinstead, West Sussex, RH19 1BS

**Date:** Monday 18th November 2019

**Time:** 10.30 - 1pm



## Contact information:

**Age UK Fiona Turner**

Tel: 01342 327046

(Select Option 2).

[Outreach@ageukeastgrinstead.org.uk](mailto:Outreach@ageukeastgrinstead.org.uk)

(Working days: Mon, Tues and Thurs)

**Healthwatch West Sussex:**

0300 012 0122

## Local Community Groups include:

- Age UK East Grinstead
- Healthwatch West Sussex
- Alzheimer's Society
- Dementia Action
- Paracise
- Singing for Lung Health
- SEDS, Sussex Ehlers-Danlos syndromes
- EDS UK Support
- Queen Victoria Hospital Rehab Team
- Age UK West Sussex
- Mid-Sussex Wellbeing Team
- Carers Support West Sussex
- North Carers Support West Sussex
- Mid-Sussex Voluntary Action
- MS Society
- Better Breathing Company
- Mid-Sussex Older People's Council
- Crossroads Care South Central

There will be taster sessions provided by Mid-Sussex Well-being Team, Paracise and Singing for Lung Health.

Supported by West Sussex Mid-Sussex Locality Lead Partnerships and Communities.





**Patrons:**  
 Austin Hughes  
 Rosie King  
 Anna Kennedy OBE  
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## Autism Support Crawley

proudly  
presents...



# David Burns

"Curious about  
Autism"



Thursday 7<sup>th</sup>  
November 2019



Doors Open: 7:00pm  
 Start: 7:30pm  
 Finish: 9:30pm



Manor Green College  
 Lady Margaret Road,  
 Ifield, RH11 0DX



Suggested donation  
 £2 per person

David is a well known for his humorous and insightful take on life with autism and is the author of several books including, *"Do lemons Have Feathers?"* and *"Straightening the Banana"*.

David's busy schedule includes writing guides for schools, lecturing at the University of Winchester and supporting families through the many varied challenges they encounter.

With vast experience of the problems people face, David both encourages individuals to "stick at life" and challenges those in authority to become better at understanding the needs of families.

David will be sharing his own life experiences and highlighting some of his recent thinking about autism.

***Come prepared to laugh, to cry and to be encouraged.***

**Please book your seat using Eventbrite**

[https://www.eventbrite.co.uk/e/an-evening-with-david-burns-tickets-75596682713?fbclid=IwAR07ZqtR8D4ZVY\\_I-PwY0PHQuyan4OLclCR42gcs6hrQMpHoeYwkCIPf6sk&utm\\_term=eventurl\\_text](https://www.eventbrite.co.uk/e/an-evening-with-david-burns-tickets-75596682713?fbclid=IwAR07ZqtR8D4ZVY_I-PwY0PHQuyan4OLclCR42gcs6hrQMpHoeYwkCIPf6sk&utm_term=eventurl_text)

*If you wish to purchase any of these Amazing books, (Please bring cash only).*

**Do Lemons have Feathers?**  
= £10



**Straightening the Banana**  
= £5



*Refreshments provided*



Autism Support Crawley, Registered Charity No: 1179383

## What should you do if you have urgent but not life-threatening symptoms? Dial 111

### You should call 111 if:

1. You need medical help fast, but it's not a 999 emergency.
2. You don't know who to call for medical help
3. You think you need to go to A&E or another NHS urgent care service; or
4. You require health information or reassurance about what to do next.



### If you have urgent but not life-threatening symptoms, dial 111.

**Minor Injuries Unit** (Adults and Children) - Horsham Hospital, Horsham, RH12 2DR. Open Monday to Friday, 09:00 am – 5:00 pm. Phone 01403 227000

**Minor Injuries Unit** (Over 1 years and Adults) - Queen Victoria Hospital, East Grinstead, RH19 3DZ. Open every day, 8:00 am – 8:00 pm. Phone 01342 414141

**Minor Injury Unit** (Over 18's only) - Caterham Dene Hospital. Open every day, 9:00 am – 8:00 pm. Phone 01883 837500

**Urgent Treatment Centre**, Crawley Hospital, Crawley RH11 7DH. Open every day, 24 hours. Phone 01293 600300 ext. 4141 or 4142

**Find a local dentist** <https://www.nhs.uk/Service-Search/Dentists/LocationSearch/3>  
If you have a **dental emergency** call **NHS 111**

**Don't forget your pharmacy services** - find a local pharmacy <https://beta.nhs.uk/find-a-pharmacy/>

**In the event of a life threatening emergency dial 999 and ask for 'AMBULANCE'**

