

# December Heads Up

Healthwatch West Sussex priorities 2016-2017 are:



**# 05**  
Every Voice Matters

As the cold sets in, so does the confirmation, for many of us, that today's NHS and social care simply cannot continue as it is. NHS and social care organisations have, and are, coming together to shape a vision for the future with *Sustainability and Transformation Plans (STP)*. People can [learn more here](#).

We are pushing hard for people to get more involved in the proposal development. We want to hear from you on this [share online](#) or by calling 0300 012 0122

## West Sussex - A Home for All, Our Migrant Listening Project

This published [report](#) and accompanying [video](#) gives local organisations a very real chance to learn about the experiences of working migrant families (over 70 in total) living in Coastal West Sussex.



We recommend: commissioners create visual local literature to simplify where people can go and when, so people can get to the right services at the right time.



Actioning the recommendations in this report has the potential not only to improve things for migrant families but for all Coastal West Sussex residents, and we will continue our conversations to realise these over the coming months.

## Time to Sew-Up the Holes in this Safety Net

A good debate sparked after presenting our [Time to Sew-up the Holes in This Safety Net Report](#) at the recent [Safeguarding Adult Board](#). We will continue to work with the Board and its member organisations to create a future where safeguarding is made personal and local people feel safer.

Healthwatch attended a recent multi-agency safeguarding audit and saw some examples of good practice and how our recommendations for revising the audit process is starting to show areas for improvement.



You can find out more about our work and activities and get involved at [www.healthwatchwestsussex.co.uk](http://www.healthwatchwestsussex.co.uk)



## # 03

### Mental Health

Together with the organisations making up the two Mental Health Alliances in West Sussex we **welcome the six people**, who will bring their lived experience and the experience of others in their networks to the strategy development of mental health services in West Sussex. They will complete their training in early January 2017 and be ready to start making a difference after this. For more information contact [Anna Hayward](#).

We would like to commend the Alliance members for having the vision and commitment to making co-production a reality.

We have been able to share the valuable insight we all gained through this carefully planned and completed recruitment process with our mental health Trust. We hope this will support them in their plans to involve people who have, or do use services in their recruitment and to carry out service audits.

## Creating better outcomes through collaboration

## # 02

### Primary Care

After publishing our [Improving Experiences for Patients with Autism in General Practice](#) Report, we attended a Practice Manager meeting in Crawley to encourage local changes. There appears to be a **real commitment** from Crawley GP Practices for **improving their services and environment** for their patients with autism.

Word is spreading and we are delighted that Ship Street Surgery in East Grinstead is taking forward the recommendations and looking at their own environment and practices. We are keen to support other West Sussex surgeries in the same way.

## # 01

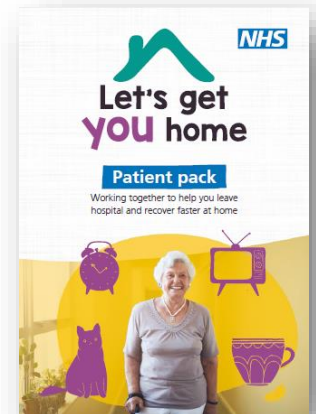
### Hot Topics

Local Healthwatch has been working with **Brighton and Sussex University Hospitals Trust** on new ways of engaging with patients and local people, which will be implemented in the New Year.

Pressures on hospital: We welcome the principles within a new campaign to help patients leave hospital faster.

**Let's Get You Home** campaign provides local organisations with a set of materials, including a patient pack, to raise awareness and change the culture around planning for hospital discharge.

As we [reported](#) back in August 2015 there is a real need to make sure plans for patients leaving hospital include the patient and their families to avoid unnecessary delays and distress.



## 3 articles you might have missed last month

- <http://www.bbc.co.uk/news/uk-scotland-37923133> - Scouts and guides provide 'mental health boost for life'. Our [Youth Leaders Guide](#) provides practical support to youth leaders on how to engage young people in health and well-being discussions.
- <https://www.hsj.co.uk/more/awards/hsj-awards/hsj-awards-2016-chief-executive-of-the-year/7013475.article> - Marianne Griffiths, Western Sussex Hospitals Foundation Trust, wins Chief Executive of the year award.
- <http://www.medicalnewstoday.com/articles/314479.php> - Community groups keep us mentally sharp as we age.

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