

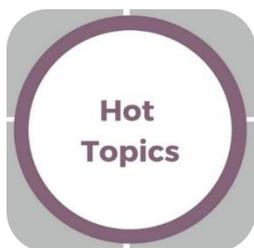
September 2017 Heads Up



Use your opportunity to influence what's happening in health and care locally

We have a great opportunity to share local peoples' experiences of GPs, hospitals and care services, across West Sussex. In November, we will be publicly discussing with local leaders from NHS, public health, adult and children's social services and elected representatives, what is happening in West Sussex - to influence how best to meet the needs of our local population and tackle local inequalities in health.

Don't rely on what others will have told us about local issues. We want **you** to be part of this by sharing what is important to you and what needs to change, to ensure local people have access to fair and appropriate health and care support now and in the future. Visit our [Facebook](#) page or share your experience [online](#) or by calling 0300 012 0122.



The future of prescribing

Not only is there an [NHS England consultation](#) which closes on 21 October on the future of prescribing medicines, but locally those that plan, buy and monitor health service are asking people to share their views on what changes can be made to save money on medicines.



Time is running out to have your say - [find out](#) more before 22 September deadline.

We're providing critical feedback to system leaders on the draft submission to NHS England of the county's [Better Care Fund](#) plan. This is a national programme working towards the integration of health and care to improve safety, quality and efficiency of services. As a public document it was incredibly difficult to read and understand for anyone not closely involved. We do not feel this has been set out in the context of the current challenges within the West Sussex health and social care economy and it was difficult to find the evidence needed to back-up many of the statements made.

This document and other plans must be written clearly, with transparent information, so local people who use services now and in the future can join in the discussions for change.



We've been busy looking at local hospital and GP services across the summer and have spoken to patients in Crawley, Worthing, Horsham and Rudgwick.

Our observations of the new [Eye Clinic at Southlands Hospital](#) (in July), are shown in our short report. We'll be publishing the other reports soon.

Find out more about our work and activities and get involved at www.healthwatchwestsussex.co.uk





Yesterday saw local organisations coming together to build on the insight older Horsham District residents face when accessing hospital treatment.

We are now adding this valuable contribution to the stories and experiences of over 65 older people, so the themes and issues can be understood and inform future health and transport decision-making.

If you are over 50, live in Horsham District and have had a hospital stay in the last 12 months, it's not too late to have your say. Call us **today** on 0300 012 0122.



You can find out the [progress and challenges](#) of our People with Lived Experience Team when supporting an alliance of local community mental health service organisations. By coming together, these organisations are working to make it easier for local people to live with mental health and to get support when they need it.

We're delighted our team has now 5 strong not 6, and would like to [thank and congratulate Gordon](#), who is no longer supporting this project as he has returned to full time work. [He puts this success down to how this work has given him the confidence to move forward.](#)



You can also [read](#) how our observations and patient experiences have supported the trust and staff team at fully recognise and start to address some of the challenges at Langley Green Hospital.

This hospital treats some of the most mentally unwell adults. We have been able to raise raising issues, monitor the hospital's progress and report some really improvements patients are now seeing and telling us about.

Pullborough, Petworth, Midhurst - we are planning our next Listening Tour for the Autumn. If you or your organisation would like to be involved in helping to shine a light on local health and care issues please get in touch. Those who plan and buy services find the reports from these Tours invaluable in helping positive change happen. Read [reports](#) from Littlehampton and East Grinstead to find out how together we can make a difference.

A couple of articles you might have missed

- You can now read all the papers of [significant services changes](#). Coastal West Sussex CCG
- [Junk food may increase cancer-risk healthy-weight women](#) NHS Choices (22 August 2017)

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