

# September 2018 Heads Up



## Midhurst - looking to the future

Following the announcement of the bed closures at Midhurst Hospital, our Chair, Frances Russell, has had several meetings and is pleased to be part of the task and finish group to champion local voices and to challenge NHS and local authority thinking.

Actions have already been taken to ensure safe provision of services continues whilst the hospital is closed. Focus is also on feasibility for re-opening including alternative options, based on data evidence, workforce, risk and best practice.

Frances reports “*discussions show a real desire for innovative and community-focused solutions, something we’ve not previously witnessed and I’m cautiously optimistic there will be joined up services that are working hard to support local people, close to home.*”

## Lessons from recent High Court rulings on public consultation on NHS changes

[High Court Ruling on lack of effective public engagement and consultation in Corby](#) - whilst this ruling is outside of West Sussex, it serves to remind us locally of the need to robustly involve people in the development and design of local health and care changes. The national mandate sets out to simplify how we can access urgent treatment when we need it. However, there are and will be local concerns and needs to should be understood and factored into decision-making. We are seeking assurance that lessons will be learnt locally from this ruling and there will be a range of opportunities for people to speak-up about what is needed and where challenges may be experienced with any proposals for change. On the flipside, another High Court [ruling](#) upheld the process Dorset CCG took when planning their future services. We encourage everyone to get involved in the “[Big Health and Care Conversations](#)” and are keen to hear any suggestions about more effective engagement across West Sussex.

## Hearing from our communities

We’re delighted to be giving a community chest to fund projects that will let us hear more local experiences of health and care:

- Home Start Arun, Worthing and Adur: engaging with mums with children under 5.
- CREATE - Young people connecting to the wider community and to identify the needs of local young people within Aldwick, Pagham and Bersted.
- Sussex Ehlers-Danlos Syndromes (SEDS) (Crawley and Mis-Sussex): to raise awareness of SEDS, enabling people to come together and share experiences.
- Southwater Methodist Church: to engage and capture experiences from attendees of the Happiness Course in the Autumn.
- COPD Support Group East Grinstead: to engage, raise awareness and capture experiences.
- Friends of Henfield Surgery: to engage, capture experiences from attendees of the Henfield Mental Health and Wellbeing Event.
- REAL Patient Group: to engage, capture experiences from attendees of the public meeting in Littlehampton in October.

## Recent article you may have missed

- [What did 34000 people say about mental health care](#) Healthwatch, 31<sup>st</sup> August 2018.

Find out more about our work and activities at  
[www.healthwatchwestsussex.co.uk](http://www.healthwatchwestsussex.co.uk)



## What's coming up...

- **Rolling out the red carpet** - As part of our priority to raise awareness and to explore Children and Young Peoples mental health and wellbeing, the fantastic work of our young actors will be premiered at a red-carpet event in the Dome Theatre, Worthing (in October).

In collaboration with local film company, Tori Productions, we have a series of videos and adverts, designed to engage with local people on our work of giving information and advice, and various conversation starts around the NHS.

- **Talking nationally** - We'll be showcasing West Sussex Community Collaborative working at the national Healthwatch England annual conference, being held this year in Stafford Upon Avon from 3-4 October.



Helping you to find the answers -0300 012 0122

- **Reading Well Books on Prescription** help people to understand and manage their health and wellbeing using self-help reading. The books are all recommended by health experts, as well as people with living with the conditions covered.



The books are available **free to borrow** in West Sussex libraries; book lists include: [Reading Well for Mental Health](#), [Reading Well for Dementia](#); [Reading Well for Young Peoples Mental Health](#) and [Reading Well for Long Term Conditions](#).

These are endorsed by a wide range of professional health bodies including Public Health England, NHS England and The Royal College of GPs. Visit the [Reading Well website](#) to find out more and see all of the supporting health partners.

- **For anyone with Chronic Obstructive Pulmonary Disorder (COPD)**

Local commissioners have secured some free licenses for [myCOPD](#) - an NHS England endorsed digital application, which promises to help people with COPD:

- Perfect their inhaler technique independently using online inhaler videos.
- Access COPD self-management education from world experts.
- Complete pulmonary rehabilitation exercise classes online at their own home and pace.



People with severe COPD who are registered with GPs within Crawley CCG, and Horsham & Mid Sussex CCG areas can contact their practice and/or health professional to find out if they are eligible to receive free, lifetime access to *myCOPD*. For Coastal residents there is support available through their surgery's practice nurses.

Introducing *myCOPD* to patients is one way your local NHS is seeking to increase patient choice and control, offering a modern approach to self-management alongside traditional healthcare.

- **Self-refer for psychological therapy support through *Time to Talk Health***

If you are over 18, and experiencing anxiety, stress or depression, as well as living with: COPD, Diabetes, Heart Disease, Irritable Bowel Syndrome or chronic musculoskeletal problems, you can call 01273 666480 (8am-8pm Monday-Friday - answerphone available), access online [sussexcommunity.nhs.uk/ttt](http://sussexcommunity.nhs.uk/ttt) or via email [sc-tr.ltcreferrals@nhs.net](mailto:sc-tr.ltcreferrals@nhs.net)

Find out more about our work and activities at  
[www.healthwatchwestsussex.co.uk](http://www.healthwatchwestsussex.co.uk)

