



Supporting and working with community groups and clubs to promote a deeper understanding of local health and care needs and experiences

Spotlight on COPD Support Group East Grinstead

With the help of a Healthwatch Community Fund grant and Age UK East Grinstead who hosts the East Grinstead Chronic Obstructive Pulmonary Disease (COPD) Support Group, so that local people living with COPD can meet. A dedicated volunteer, who lives with COPD set up the support group in September 2018. The group has a membership of 13 who usually meet monthly at the Age UK, Swan Mead Centre, East Grinstead from 10.30 to 12.30 pm.

The COPD Support Group is an informal voluntary group led and run by someone living with COPD. The agenda is supported with guest speakers joining from support services such as: the British Lung Foundation, local Health and Wellbeing service, COPD health services.

The aim of the group is for people living with COPD to:

- provide mutual support
- share information, such as: living with COPD and other resources
- learn more about the condition, and how to manage it
- provide an opportunity to talk about some of the challenges in a supportive environment.

In December 2018 our Healthwatch Engagement Worker captured the experiences and views from COPD Support Group members, about health and social care provision. The stories and views that were shared covered a range of topics.

The key topics people chose to speak about were:

- Understanding the COPD services, especially for using inhalers
- Difficulties in accessing GP and COPD Nurse appointments
- Unclear communication by health care professionals
- Transport issues to access COPD services

The insight from each person was collated and anonymised and forms part of the insight and evidence that Healthwatch gather to identify common themes around what works and doesn't work for local people. **This insight is used to influence services development and can feed into:**

- West Sussex Health and Wellbeing Board
- HASC - Health and Adult Social Care Select Committee
- WSCC Joint Strategic Needs Assessment
- Safeguarding Adult Board
- NHS Sustainability Transformation Partnership workstreams (Sussex & East Surrey).

In this way, COPD Support Group East Grinstead voices help to influence the ongoing development of Health and Social Care in our County.

Healthwatch West Sussex also share reports with the Care Quality Commission (who are responsible for the registration and inspection of services which deliver regulated activities) and to Healthwatch England to form part of the national picture used to influence national developments, such as the NHS70 10 year forward plan.



Not only do we collect the experiences of local people, but we can also provide free information and guidance just call: **0300 012 0122**.

Email helpdesk@healthwatchwestsussex.co.uk,
Website www.healthwatchwestsussex.co.uk.

healthwatch
West Sussex

You can also follow our social media channels:

Facebook [@healthwatchwestsussex](https://www.facebook.com/healthwatchwestsussex)

Twitter [@healthwatchws](https://twitter.com/healthwatchws)

If you would like to learn more about attending the COPD Support Group East Grinstead contact the group organiser Loral Bennett

Telephone: **01342 302232** or Email: loralbennett@hotmail.co.uk

If you are setting up or would like to share news of a similar project we would be interested to hear from you. Please contact Cheryl Berry, Partnership Co-ordinator, email: cheryl.berry@healthwatchwestsussex.co.uk