

## March 2019

The NHS in West Sussex is changing and it needs your help. The Government is investing an extra £20bn a year in the NHS. Help your local NHS invest in the right support by sharing your ideas with us.

Fill out [this survey](#) to share your ideas and experiences. Join the conversation on social media with **#WhatWouldYouDo**.



We're working closely with the Sussex and East Surrey Sustainability Partnership (STP) to make sure your views and experiences can be recognised in the local NHS Long Term Plan, which will be submitted this Summer.

In next month's Heads Up will link you to an update on the various improvements and initiatives being worked on for North Chichester, as examples of the NHS Long Term Plan going into practice.

### Hearing from our communities

We heard from employers in Burgess Hill, during our Listening Tour the challenges some have faced in getting support for employees who are struggling with their mental health. In February a best practice [guide](#) for employers on how to implement Mental Health First Aid in the workplace was launched.

You can also benefit from the **FREE Move the Goalposts - Giving Mental Health the Boot** which takes place at the Triangle Leisure Centre (meeting up at Costa), Burgess Hill from 10am to 12.00 noon weekly. These sessions are for those at risk of, or currently experiencing mental health issues and provides an opportunity for people aged 18+ to engage in a relaxed and informal environment - why not come along with a friend to see what this programme can offer? Each session is about activities and conversations centred around what the group, and individuals need on the day. For more information contact: Darren Ford, Community Development Manager: [darrenford@crawleytownfc.com](mailto:darrenford@crawleytownfc.com)

- Ben, who has **Type 1 Diabetes** called us, concerned he won't get access to **FreeStyle Libre®** from 1<sup>st</sup> April 2019, as per a new national policy. *'I was excited to finally get access to this life-enhancing opportunity and have already discussed it with my GP - which led to concern the right procedures aren't in place for me to get easy access to this'*.

We approached local clinical commissioning groups, who have stated this will be made available to those who meet the NHS criteria and there will be a safe pathway for patients to access FreeStyle Libre®. An implementation plan will run alongside this and discussions are being held with provider organisation to ensure there are no delays.

## What's coming up...

We'll also be shining a light on our GP access work and how we've helped a large practice to understand things from their patients' perspective and why this is so important.

- Littlehampton residents are hearing of a proposal that three GP practices will merge. This comes at a time when, patients registered at The Lawns Surgery face the prospect of moving to a new practice because their much-loved GP retires in June.

We're raised with practices questions arising from these announcements and our aim is to put out a video with some of the answers. We'll also be at the next REAL public meeting on **Saturday 23 March** - come and share your questions with us.

- Sangam Women's Open Day meeting is on Wednesday March 27th from 12 noon to 2pm at Crawley Library.

**Guest speakers to include Representatives Sussex Police, Pathfinder West Sussex, Crawley Lifeline and Crawley Library.**

Light refreshments will be provided and for further information contact Alzheimer's Society Sussex Helpline on 01403 213017.



Helping you to find the answers - 0300 012 0122

- **The Daffodil Standards** - The Royal College of General Practitioners and the terminal illness charity Marie Curie, have said that GP surgeries will be able to display a daffodil mark as a sign of commitment to improving end of life care. The mark is based on a new set of measures called the Daffodil Standards designed to support primary care teams in delivering care to patients.
- **A NEW offer for carers of people with dementia and frailty supported by West Sussex County Council.** Three local charities, Age UK Horsham District, Impact initiatives and Coastal West Sussex Mind have come together as Horsham District Carers Partnership (HDCP). Together they plan to support a minimum of **72** carers of people living with dementia and/or frailty who are resident in Horsham District every year. They will do this through the delivery of up to **22,000** respite hours per annum from three Meeting Centres offering regular programmes of activities for carers and cared for.

**01403 260560 for more information or to book an assessment and a FREE taster session.**

Do you live in Horsham, West Sussex? Come and find out what is happening in your community at our event on Thursday 21st March at The Bridge Leisure Centre. Learn more about The Bridge Leisure Centre activities, meet some of your local community organisations and learn more about how they can support you. [More information here.](#)

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

