

## Community Partnerships Update July to September 2019

Our Community Partnerships work has continued to reach people across West Sussex. Highlights of our collaborative partnership work include:

- WSCC Public Health Aging Well project - community's asset mapping with a range of relevant community groups
- Community Engagement events both the Bridge Leisure Centre (32 organisations in and around Broadbridge Heath) and another with Age UK East Grinstead to showcase the 'Community in Action'.

We believe these types of relationships will help underpin the aspiration of truly Integrated Care Systems - Health, Social Care, Community and Voluntary organisations working together in partnership to better support individuals, their family, their carers and friends.



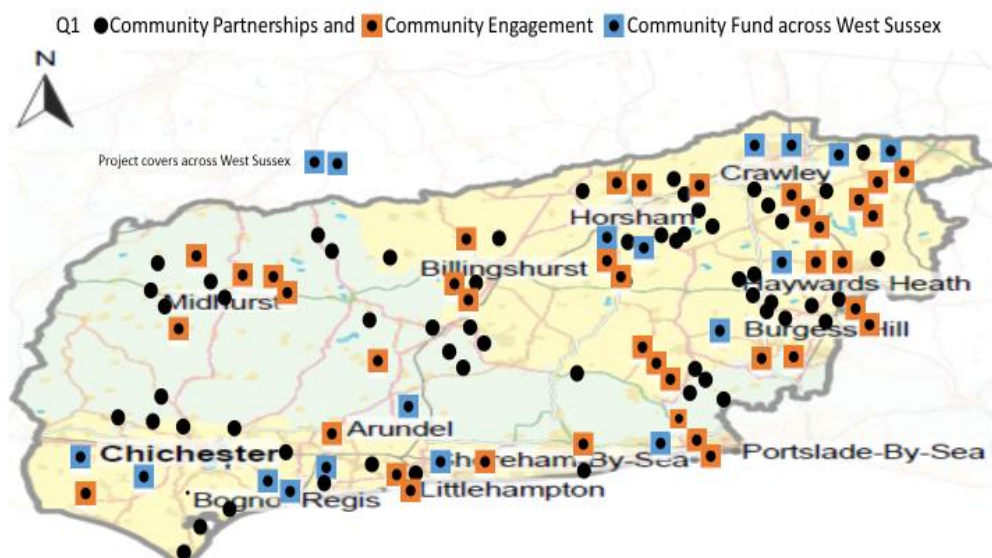
Working in partnership with West Sussex County Council's Library Services we completed the first phase of our Pop-Up in Libraries engagement.



We engaged with 420 people. A second phase began in September and runs through to December. In this phase we will be visiting another ten libraries.

The range of community and voluntary sector organisations we have active collaborations with shows a thriving and diverse community, which provides a real richness to our work. The map below shows our Community Partnership, Engagement and Community Fund projects from the last six months.

These partnerships ensure that the widest breadth of West Sussex voices help to shape and influence those who commission, deliver health and social care at this time of transformation and change.





## Community Health Hub Rural North Chichester (Midhurst, Pulborough & Petworth) Engagement

During this quarter we supported the Midhurst Task and Finish meetings and presented our engagement findings. We created a second update film of Health Hub Lead, Dr Emma Woodcock to ensure as many residents as possible are aware of this innovative development.

We have planned local engagement to capture thoughts and views. We used all of our communications channels to promote the [second public meeting](#) with the intention of helping the Local Communities in shaping the development of this Health Hub.

## Spotlight Case Studies for Community Work across the county

One of our aims in 2019, is to put the Spotlight on the amazing work that community and voluntary sector organisations provide.



everyone  
ACTIVE



We have now published a further 15 case studies to shine a light on some of the [great ideas that could be adopted or adapted in other areas in West Sussex](#).

[Sussex MS Centre](#), based in Southwick welcomes members from all over Sussex. Around 200 people a week visit. We offer drug free treatments with Oxygen Therapy remaining at the heart of what we do, individual holistic therapies, exercise classes and a thriving social calendar.

[Pregnancy Options](#) provides free, non-directive counselling and support to women and men, aged 14 upwards, facing unplanned pregnancy or struggling following a pregnancy loss.

[Headway West Sussex](#) provides support and information to people living with Acquired Brain Injury (ABI), their carer(s) and family no matter how long ago the brain injury was sustained and for as long as needed.

[Westergate Leisure Cardiac Rehabilitation](#) offer cardiac rehabilitation through the BACPR training programme which is designed to provide specialist training for instructors to prescribe and deliver exercise programmes for individuals with heart disease.

[UK Harvest](#) a not-for-profit perishable food rescue operation that collects quality excess food from commercial outlets and delivers it, direct and free of charge, to charities as well as teaching groups how to cook. UKHarvest provide much needed assistance to vulnerable people, collecting surplus food from all types of food providers, including fruit and vegetable markets, supermarkets, hotels, wholesalers, farmers, stadiums, corporate events, catering companies, shopping centres, delis, cafes, restaurants, film and TV shoots and boardrooms.

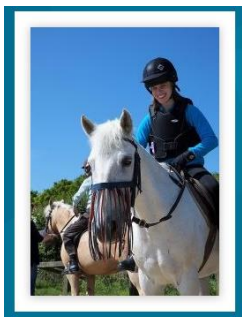
[Better Breathing Company East Grinstead](#) with the help of a Healthwatch Community Fund grant at the end of 2018, East Grinstead Chronic Obstructive Pulmonary Disease (COPD) Support Group is about to become fully constituted and has a new name, The Better Breathing Company.

[Sussex Ehlers Danlos Syndromes and Hypermobility Support Group](#) Ehlers-Danlos Syndrome (EDS) including hypermobility spectrum disorder (HSD) is a complex, heritable, connective tissue disease. The Sussex Ehlers-Danlos Syndromes and Hypermobility Support (SEDS) voluntary community group supports sufferers of all ages and family/carers with EDS or suspected symptoms; as it is so difficult to get a diagnosis. They provide active support, awareness in the local area to sufferers, to organisations, businesses, transportation, education and social and health departments. They can signpost people to further advice, to the national EDS UK Support Charity, other support groups and activities.

[Cognitive Stimulation Therapy](#) is an intervention for people with dementia that offers a range of enjoyable, fun, activities providing general stimulation for thinking, concentration and memory, in a small group.

[Southern Water](#) is the private utility company responsible for the public wastewater collection and treatment in West Sussex, Hampshire, the Isle of Wight, East Sussex and Kent. Healthwatch West Sussex have invited the Southern Water community team to several of our community events.

We recognise that the extensive local networks and collaborative relationships between communities are the 'glue' that hold services and communities together. To this end we have been linking up community organisations for mutual benefit, and very much needed with the new ways of working.



## Children and Young People with Visual Impairment Mapping Report

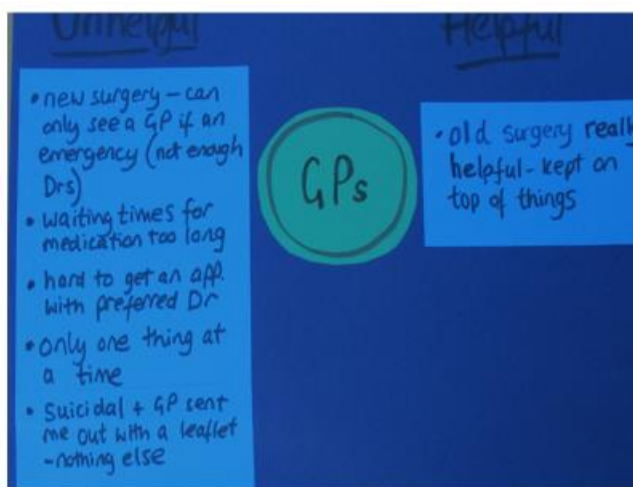
A report by 4Sight Vision Support working with Healthwatch West Sussex and Time Aside Sensory Art.



The Report was based on research carried out in 2018 that sought to identify what service provision is currently available for visually impaired children and young people in West Sussex and also to help identify gaps or duplication in services. As a result, 4Sight Vision Support and Blatchington Court are now working together to provide free Visual Impairment Fun Days for 0 to 30 year olds living with sight loss and their families.

## Community in Action

The **Healthwatch West Sussex Community Fund** was launched in June 2018, and we have been able to support 25 local community groups. A recent example is the **Mothers Apart, My Sisters House project, in Bognor Regis.**



## Community Partnership's influencing Mental Health Provision

We engaged with people who attended **My Grandad's Frontroom** in Bognor Regis about the proposals for Mental Health services in West Sussex in August. We have captured insight from members of Horsham Men's Shed. We attended the Crawley Dementia conference on the benefits of physical activity, and the Health Foundation Generation Q workshop for mental health and persistent pain. Both were excellent networking opportunities for raising awareness and sharing ideas.



## Community Partnership co-production with the Disability Trust



Healthwatch Community Partnerships worked with the Disabilities Trust to develop a [Best Interest Decision Making toolkit](#) for use by Health and Social Care professionals working with vulnerable people who lack capacity to make their own decisions about medical care or who are at risk when needing medication or surgical procedures.

The toolkit has been made free to anyone to use and is now being shared as best practice by Healthwatch England.

This was presented at the West Sussex Learning Disabilities Managers Forum and Selsey Care Managers Forum and was taken away to be used immediately. We already have some strong examples of the difference this has made to individuals receiving care, families and carers and health professionals.

The toolkit is being presented at the 2019 national Healthwatch England Conference and the West Sussex Partners in Care in October.

## Working with the Healthwatch Engagement Team

During this quarter we have continued to actively work with a wide range of health conditions organisations, focussed on supporting people in their local communities. We welcome all opportunities and look forward to working with even more community and voluntary organisations on future projects. We are delighted to be able to report that we are already seeing positive outcomes from these meetings for our engagement team who are now meeting with local support groups to provide presentations, capture stories and insight and raise awareness of our **Information & Advice Helpdesk**, **Advocacy**, and **#ItStartsWithYou** project. Our [Community Partnership webpage](#) reflect this. If you aren't already working with us, why not? Please do contact us and we can explore partnership working during 2019/20.

## Raising Awareness Partnerships - Working Age



We are actively working with Southern Water by linking their lead to many of our community contacts. We have also published and circulated a Spotlight report.



Our Raising Awareness Lead has been working with South Downs Leisure, the charity who run leisure centres across Worthing including Worthing Leisure Centre, Splashpoint, Field Place, Davison Leisure Centre and the Fitness Centre at Worthing College.

South Downs Leisure has a strong focus on outreach and inclusion, alongside well-being for both their 450 strong staff and visitors to the site. An article about Healthwatch has been included in their staff newsletter and work is being done to maintain awareness of Healthwatch across the staff team, working with HR with their Health and Wellbeing sub-group. Healthwatch information has recently been taken to their Board as evidence of supporting staff in their Time to Change pledge.

South Downs Leisure will be displaying Healthwatch Posters across all sites and Healthwatch leaflets will be available in community info areas. They plan to share information across Facebook group and social media.

Future events allowing partnership work between Healthwatch West Sussex and South Downs Leisure include a Disability Day, attendance of the Phoenix Club coffee mornings and a presentation at Speakers Lunch. Healthwatch have also been given an open invite to have a physical presence at the Leisure Centre sites to promote any campaign.



The Dome Cinema, Worthing is a busy independent cinema on Worthing seafront.

It has 3 screens, ranging from to 500 seats and shows approximately 8 to 10 screenings a day. These screenings include regular Parent and Baby, Disability Friendly and Subtitled screenings.

Staff at The Dome Cinema are very supportive of Healthwatch West Sussex. They have supported the Premiere of our Youth Engagement Films and are showing a Healthwatch West Sussex advert during the pre-show slides of all their screenings. Healthwatch information is available in their entrance and we are welcome to use their foyer space for raising awareness promotions.



We met with Sussex Oakleaf several times during the Burgess Hill Listening Tour and their staff are interested in using Healthwatch information to support signposting their clients and including Healthwatch in events.

## Raising Awareness Partnerships - young people



Chichester College is a college of further education, age 16+ in Chichester, West Sussex, England. It has a second, campus at Brinsbury, near Pulborough.

It is a member of the Collab Group which represents the largest colleges in England. The Chichester Campus has a large international student programme and the Brinsbury Campus has a significant number of students with Special Educational Need.

After meeting their CEO, Shelagh Legrave at a Chichester Chamber of Commerce meeting, Healthwatch West Sussex were invited to attend their three Fresher's Fairs. These events provided a good opportunity for raising awareness of Healthwatch with students but also proved very useful for networking with other organisations and the teaching staff as well as forging partnership links between Healthwatch West Sussex and Chichester College.

Various College Departments will use Healthwatch information as part of their displays to support students. These includes the Beauty Department, English Department, The Farm and the College Counselling Service.

Healthwatch information slides will be displayed on the College information screens and Healthwatch posters will be displayed around the College sites.



Work is ongoing in building partnerships with the National Citizen's Service across West Sussex. The National Citizen Service (NCS) is described as an essential experience for 16-17 year olds, providing an opportunity to build skills for work and life while taking on new challenges. In West Sussex, NCS is divided into three areas, Bognor, Littlehampton and Chichester, then Crawley, Haywards Heath and East Grinstead, and Mid-Sussex.

Healthwatch West Sussex is working on developing a resource pack that can be used in NCS Social Action programmes.

The work we have been doing with young people and partners is included in our report that will be given to commissioners and the Independent review looking at developing support around emotional and mental health services.

## Looking forward

We welcome partnership working with any community and voluntary organisation and businesses of any size to raise awareness of the information and advice available and to hear and amplify local voices, in relation to Health and Care. Working and sharing together makes our community stronger and individual voices louder. To find out more about our Community Partnerships work please contact:

We attended the Horsham District Scouts Sustainability and Wellbeing event on the 13 October to capture the younger voice and will be reporting on this in the next quarter.



During October to December our Community Partnership Lead will be Popping -Up at Libraries within West Sussex: Billingshurst, Chichester, Steyning, Southwick, Broadfield Crawley, Selsey and West Wittering's.



Our collaboration event with Places Leisure a community event of 30 tables is on the 10 October at The Bridge Leisure Centre, Horsham. We will be joined by Jeremy Quinn MP for Horsham.

Our collaboration with Age UK East Grinstead of a Self-Care Week Community Information event is on the 18<sup>th</sup> November. The Mayor of East Grinstead will be attending.



## Contact us

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