



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

Spotlight on Age UK East Grinstead

Age UK East Grinstead & District, work with people aged 50+, to make a positive difference to their wellbeing. We deliver a variety of activities designed for older people including Armchair exercises, Tai-Chi, Zumba and Paracise (Aerobics).



The Armchair exercise sessions involve people exercising to music, at a slow pace with a qualified instructor. The sessions run every Friday from 11.30am -12 noon, at the Glen Vue Community Hub, in East Grinstead. We can accommodate people with health conditions such as arthritis, mobility problems and dementia. The sessions are open to the public, not just Age UK members and you don't need a referral.

The Armchair exercise classes help people:

- improve strength and range of motion
- with injuries that prevent other types of exercise
- feel healthy and engaged.

People who have attended the Armchair exercise have said:

“The classes are fun and easy to take part in.”

“The chair classes are helpful for older people, because of my injured foot, I can't stand for long.”

“I feel this is a good way for me to exercise, I won't do the exercises at home on my own.”

The key topics people chose to speak to Healthwatch about are:

- Accessing GP appointments in local GP practices
- Unclear verbal communication about medications
- Local transport issues to access services.

The key topics people from the Group chose to speak to Healthwatch about are:

- Difficulties of accessing GP appointments
- Poor communication between healthcare professionals
- Concern about receiving vague text messages without details of service
- Appropriateness of some hospital settings.

The insight Healthwatch West Sussex hear from each person is collated and anonymised and forms part of the evidence that Healthwatch gather to identify common themes around what works and what could be improved 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
- Sussex Health and Care Partnership workstreams (the NHS Integrated Care System for Sussex).

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.

To learn more about the work of **Age UK East Grinstead**

If you want to access one of gentle activity classes, call 01342 327046 to book, or email enq@ageukeastgrinstead.org.uk for further information.



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 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, Community Partnership Co-ordinator, email: cheryl.berry@healthwatchwestsussex.co.uk