



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

Spotlight on Friends of Henfield Medical Practice Trust - Henfield Mental Health and Wellbeing Event


The Friends of Henfield Medical Practice Trust is a Patient Participation Group, originally set up in 1995 by patients for patients. There is no membership - it is open to anyone who is registered with the Henfield Practice, either at Henfield or at the Woodlawn Surgery in Partridge Green, all of whom are welcome.

The main aim of the Friends is to act as a link between the Practice, patients and the community, and to advance the education of health care by the provision of talks/lectures and other educational activities.

The Friends also aim to raise funds and accept donations for the purchase and maintenance of medical and other equipment, for the benefit of the communities served by the Practice.

The Friends of Henfield Medical Practice Trust in conjunction with Henfield Medical Practice and MIND West Sussex, organised the **Henfield Mental Health and Wellbeing Event** on Tuesday October 16th, 2018.

The Chairman of The Friends told us *“This has arisen from an evening event that was held with MIND West Sussex at the Henfield Haven in January 2018 called **Mental Health Matters**. This event was attended by about 50 residents and identified gaps locally in the provision of information and support for Mental Health. The aim of the October 2018 event was to try to plug some of these gaps and improve people’s health and wellbeing experience.”*



Mental health and
well-being event

The Henfield Mental Health and Wellbeing Event was free to attend. There were several organisations with stalls and taster sessions in the main hall and complimentary refreshments were provided by Henfield Wild Violets WI.

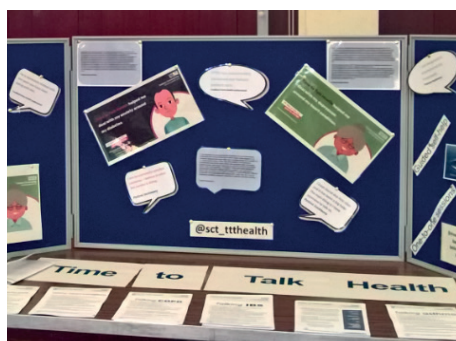
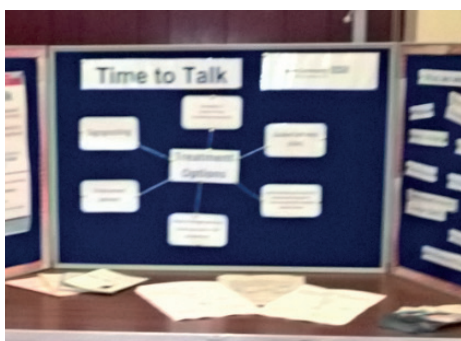
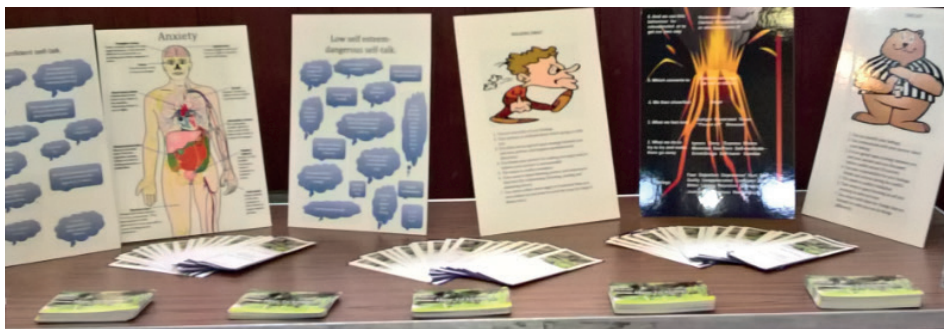
Organisations who attended in the main hall

- Age UK
- Coastal West Sussex Mind
- Families and Wellbeing Liberian
- Horsham Wellbeing
- Nicki Dowd
- Southdown
- United Response
- Mental Health Liaison Practitioner, New Park House
- Sussex Partnership NHS Foundation Trust
- CAPITAL
- Connector Plus/Haven/Impact
- Healthwatch West Sussex
- YES
- Richmond Fellowship
- Sussex Oakleaf
- Time to Talk

There were also several free Workshops: Relaxation Response, Mindfulness, Relationships, 5 ways to Wellbeing, Parents and Carers, as well as Taster Sessions: hand reflexology, massage and reflexology.

The event was very well attended with around 300 people visiting the event from 3-8pm.

Photographs from the Mental Health and Wellbeing Event



The insight and individual accounts shared with our Community Partnership Co-ordinator were 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 future health and care service development and feeds into:

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

In this way, the Henfield Mental Health and Wellbeing Event voices help to influence the ongoing development of Health and Social Care in our County.



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)

To learn more about Friends of Henfield Medical Practice please contact:

Peter J Bates, Chairman of the Friends

Telephone: 01273 493172

Email: jandpbates@gmail.com

or write to: Carselands, Woodmancote, Henfield BN5 9SS



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