



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

## Spotlight on Horsham & Shipley Community Project

Horsham and Shipley Community Project is a vibrant charity which believes that age is no barrier to fun, fitness and social interaction. Our range of activities - Men's Shed, Pétanque, Walking Football, Veterans Football, the Green Project and Health Walks exploring the local area - aim to help create a happy, healthy and involved local community. Most activities are based at TD Shipley football site, in Shipley just outside Horsham, while the veterans football club, Hills Farm Lane FC, plays at Roffey FC in Horsham.



THE HORSHAM  
& SHIPLEY  
COMMUNITY  
*project*

Our Men's Shed welcomes people with a flair for or interest in DIY, especially - but not exclusively - woodworking. Previous experience of working with the machinery is helpful, but not essential, and we are very health and safety conscious. If woodwork is not your interest, bring your own DIY project along; or if you would just like to come along to meet with the chaps for a cuppa and to see what they are doing, you are more than welcome.

Pétanque (or French Boules) is a fun, low impact game for all ages/abilities. We have built four, all-weather, competition sized Pétanque pistes which also have wheelchair access. The sessions are relaxed and friendly, with refreshments afterwards.

**Walking football** is now increasingly recognised as a natural progression for those who are not able to play traditional football anymore, or who simply prefer to play the game at a more leisurely pace! Our games are fun and active with plenty of "friendly banter"! With so many recognised health benefits for heart, bones, muscles and mind, what's not to like!

The Green Project encompasses anything which contributes towards making the site as environmentally sustainable as possible - planting, composting, mowing and ditch clearing

to name but a few. For the walkers amongst us, we also explore the local area via regular organised Health Walks. So do come along and see what we do, what you might like and how you can become involved.

**The key topics people from the project chose to speak to Healthwatch included:**

- Difficulties of accessing GP appointments (although once they have an appointment the quality of service provided is generally good)
- Poor communication from healthcare staff and having to repeat stories
- Lack of local transport for appointments to GP and hospital
- Lack of choice in provider

**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.

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To learn more about the work of the Horsham and Shipley Community Project:

Webpage: [www.horshamshipleycommunityproject.org/](http://www.horshamshipleycommunityproject.org/)

Email: [info@horshamshipleycommunityproject.org](mailto:info@horshamshipleycommunityproject.org)

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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](mailto:helpdesk@healthwatchwestsussex.co.uk),

Website [www.healthwatchwestsussex.co.uk](http://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](mailto:cheryl.berry@healthwatchwestsussex.co.uk)