



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

Spotlight on Indian Heritage Cultural Society - Crawley

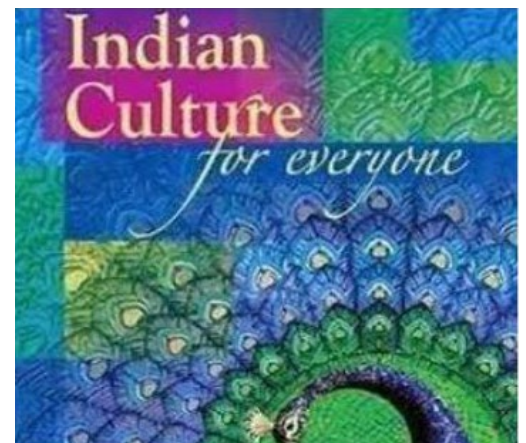
The Indian Heritage Cultural Society - Crawley, is a grass-roots community group. It has been running in Crawley for a couple of years, and its primary aim is to connect isolated and/or lonely senior residents. The society does this by providing a free vegetarian meal on a Sunday, which can be delivered directly to resident's homes. The Society's ambition is to host regular community events to bring members together to share cultural identity and companionship.

With the help of a Healthwatch Community Fund grant, the Society put on a Bollywood style Event on Saturday 23rd February 2019. A local charity Harvest UK supplied some of the food for the traditional vegetarian Indian meal which was cooked by members of the Society. The event had a drop-in format with over 50 people attending during the day.

There was really positive feedback from the event including:

“It was fantastic to watch young and older ladies dancing in a traditional way while others joined in by clapping along.”

- Lovely music and food thoroughly enjoyed it
- Very welcoming
- Singing and food lovely
- It was a great musical event with good old Bollywood songs
- Gets people out of their houses
- Everyone very welcoming.



Our Community Partnership Co-ordinator attended the event and captured the experiences and views from those who attended, about health and social care provision. The stories and views that were shared covered a range of topics.

The key topics people chose to speak about were:

- Difficulties in accessing GP appointments
- Unclear communication by health care professionals
- Problems changes to medication packaging can have
- Transport issues to access services

The insight from each person was 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 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

NHS Sustainability Transformation Partnership workstreams (Sussex & East Surrey).

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.

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.



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 the work of the Indian Cultural Heritage Society Crawley:

Contact: Vaishali Kapoor Mobile: **07963936203** Email: ihcs.crawley@hotmail.com

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