



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

Spotlight on Move the Goal Post Project

Crawley Town Community Foundation, *Move the Goalposts* mental health programme at The Triangle Leisure Centre, Burgess Hill. The programme has been devised for those at risk of experiencing or those currently experiencing mental health issues and provides an opportunity for participants aged 18+ to engage within a relaxed and informal environment. Sessions are easy to access with no formal referral route.

Sessions are FREE and are delivered by trained staff from Crawley Town Community Foundation. Support staff are encouraged to join sessions, as this can break down barriers, as well as supporting workplace wellbeing. Each week, the two-hour sessions allow attendees to spend time socialising and taking part in physical activities. There is no obligation for participants to attend both sessions. We hear that the physical activity aspects of the sessions are the more 'enticing' aspects of the session. We are also aware that group sessions may not be ideal for some people's current condition.

The sessions are held in a relaxed informal environment, where attendees can also spend time catching up with other attendees over a tea or coffee, meeting in Costa at the Triangle Leisure Centre. The project provides opportunities to exercise and meet people and supports everyone, regardless of age, gender or ability.

From the sessions has been positive feedback and we were told ...

"It is very good"

"Someone being there for you helps you to move forward."

"I get to play basketball and have a health check and meet new people."

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 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 for the Sustainability Transformation Partnership workstreams (STP 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.

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 the work of Crawley Town Community Foundation Move the Goalpost project contact:

Darren Ford, Community Development Manager by email darrenford@crawleytownfc.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