



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

## Spotlight on Phoenix Stroke Club

The Phoenix Stroke Club meets in Horsham, to offer socialising and support to people who have suffered a stroke or are living with another neurological disorder. There are a range of stimulating activities available through the club to help restore peoples' confidence and improve their communication and mobility.

The Phoenix team -staff, and volunteers -are there to support members in many different ways.

**Physical exercises are usually of the “music and movement” style, but occasionally, indoor ball games provide much hilarity.**



Stimulating group discussion, covering topical or controversial subjects, are a chance to talk about things unrelated to their condition, treatment or care, and offers a fantastic distraction from this.

During September/October 2018 our Healthwatch Engagement Worker captured the experiences and views from Phoenix Club members, volunteers and Care Agency Staff (who support the group) about health and social care provision. The stories and views that were shared covered a range of topics.

### **Key topics people chose to speak about were:**

- Mental Health after stroke
- Pharmacies - a strong source of support
- Transport and Mobility issues
- Discharge - knowing where to start and what help is available
- Follow up care and services (GPs, Physio etc)
- Disconnect between services
- Care options

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)

Peoples' experiences will also inform the work of the Coastal West Sussex Stroke Oversight Group, which an authorised Healthwatch representative attends to inform the development of future services.

In this way, Phoenix Stroke Club voices help to influence the ongoing development of Health and Social Care in our County.

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

Website [www.healthwatchwestsussex.co.uk](http://www.healthwatchwestsussex.co.uk).

The logo for Healthwatch West Sussex features the word "healthwatch" in a bold, lowercase sans-serif font. The "h" is pink, "e" is blue, "a" is green, "l" is blue, "t" is blue, "w" is blue, "a" is blue, "t" is blue, and "c" is blue. Below "healthwatch" is the text "West Sussex" in a smaller, blue, uppercase sans-serif font.

You can also follow our social media channels:

Facebook [@healthwatchwestsussex](https://www.facebook.com/healthwatchwestsussex)

Twitter [@healthwatchws](https://twitter.com/healthwatchws)

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If you would like to learn more about the **Phoenix Stroke Club**

Please contact Ann or Judy on 01403 268130 or

email: [manager.phoenix@btinternet.com](mailto:manager.phoenix@btinternet.com)

Website: [www.phoenixstrokeclub.org.uk](http://www.phoenixstrokeclub.org.uk)

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)