



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

Spotlight on Self-Care Week Community Information Event

Our Self-Care Week Community Information Event was a collaboration with Age UK East Grinstead and held at their offices at the Glen Vue Centre, East Grinstead in November. This was a 'free drop in event', with refreshments and introduction/taster sessions.

Self-Care is empowering. It means the things people can do to protect, maintain and improve their health and wellbeing. Having the right information about local services provided by local statutory and community groups and how to access them is really important.

The Mayor of East Grinstead, Counsellor Danny Favor and West Sussex Communities and Partnership Lead for Mid Sussex attended and spent time talking to individuals, groups and organisations. This was a small event and the first community event to be held at Glen Vue since Age UK moved in. We were absolutely delighted to welcome over 40 local residents who dropped-in during the morning.

The event had three taster/introductions sessions which were well attended and means that attendees have a tool to take away to help their self-care journey. The tea and chat area were buzzing as people had the opportunity to socialise.

One attendee told us **"I am leaving with more knowledge of local organisations who can support me and my family now and in the future. Also, with information."**





The insight Healthwatch West Sussex hear from each person is collated and anonymised and forms part of the evidence that Healthwatch gather to identify common themes around what works and what could be improved 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
- 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.



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:

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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