



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

Spotlight on Southwater Community Church

Southwater Community Church in the village of Southwater aims to celebrate life, serve the community and change lives. As part of their Soul Space initiative, they endeavour to provide opportunities that enable all people to reconnect with life in all its fullness by offering opportunities to experience the rhythms of life and love and rest and fun! They achieve this through their Soul Space tent at community events in Horsham or Southwater, running courses that promote well-being and harmony for individuals or families, or offering a sympathetic listening ear through trained listeners.

Last Autumn (2018) they ran their free to attend Happiness Course which draws on scientific research, ancient wisdom and real-life experience to provide practical tools for a happy life.

The key topics reported by attendees from having attended the Happiness Course were:

- The importance of forgiveness to our happiness.
- Range of useful strategies and fellowship.
- That 40% of personal happiness is under our control.
- There is a scientific basis to happiness.
- There are different levels of happiness and a balance between pleasure/engagement and meaning.
- To evaluate where I am.

Faith-based groups are quietly developing proactive partnerships to build stronger, resilient communities. They are applying understanding gained from years of working within their local community, focusing on the range and breath of activity they can provide for local individuals, families and their local communities.

Southwater Community Church Happiness Course is just one such example, that supports health and care services by offering local people ways of looking after their mental and emotional wellbeing and strengthening their resilience. Southwater Community Church Happiness Courses will be running again during 2019.

Happiness attendee's voices help Healthwatch to influence the ongoing development of Health and Social Care in our County. 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.

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 would like to learn more about attending a Happiness Course contact:

Telephone: **07713 038675** Email: faith.hope.love@live.co.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