



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

Spotlight on Sussex MS Centre

The Sussex MS Centre is based in Southwick. Our vision is to work together to improve the mental and physical health, wellbeing and life chances of people in Sussex living with Multiple Sclerosis.

Our mission is to safely provide a range of services and facilities to realise our Vision in an economic and efficient way.

The Centre welcomes members from all over Sussex. Around 200 people a week visit. We offer drug free treatments with Oxygen Therapy remaining at the heart of what we do, individual holistic therapies, exercise classes and a thriving social calendar. Our aims are to maintain flexibility, mobility, provide pain relief and promote wellbeing and a positive attitude.

We are a flourishing user-led community with a small team of professional staff and a dedicated Board of Trustees. Most of us have MS, though some have other conditions such as Cancer, Chronic Fatigue Syndrome, Fibromyalgia, Polymyalgia, etc. To access our services individuals, need to become a member.

The Sussex MS Centre in Southwick is a 7-10-minute walk from the train station and on bus routes from Brighton and Worthing etc. Our location is in the green leafy Southwick recreation ground (car parking is available).

The key topics MS Centre members chose to speak to Healthwatch about are:

- The benefits of the Oxygen Therapy on condition
- Lack of specific condition and treatment information
- Sussex MS Center supportive offering for condition
- Benefits of talking with others.



The insight from each person was collated and anonymised and forms part of the insight and evidence that Healthwatch gather to identify what works and doesn't work for local people in terms of health and social care services.

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
- The Developing Integrated Care System for Sussex (NHS Long Term Plan).

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.

To learn more about the work of Sussex MS Centre:

Webpage www.mssussex.com

Telephone: 01273 594484

Email: info@mssussex.com



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 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