



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

Spotlight on West Sussex Scouts



West Sussex Scouts provide opportunities for over 4,000 young people across the diverse communities of West Sussex to develop #skillsforlife. Our young people are aged 5 ½ - 18 and include girls and boys. All of our youth work can only happen thanks to approximately 2000 Adult volunteers who take on a wide variety of leadership, management and practical roles.

In October 2019 we held a collaborative Sustainability, Health and Wellbeing event at our Horsham District campsite supported by 4 Community Partners:

Over 150 Beavers (6-8), Cubs (8-10 ½) Scouts (10 - 14), Explorer Scouts (14-18), Leaders and family members took part in West Sussex Waste Partnership - Waste Reduction games and activities, donated key items of food and hygiene to Horsham Matters Foodbank, took part in cooking healthy food with [UK Harvest](#) and talked to Healthwatch about their health and social care experiences and learned where to get information and advice.

“I enjoyed the games and learned so much about healthy cooking and reducing waste. It feels good knowing that talking about my family experience of the doctor and hospital might help others in the future”

Scout aged 11



This type of interactive collaborative community event meant all participants, even the community organisations, learned new things about each other and developed relationship that will allow them to keep working together in the future. The Scouts are already working on more Waste Reduction ideas and planning next year's Outdoor Cooking competition with surplus food charity UK Harvest, with an even greater focus on waste reduction. Fundraising ideas to support Horsham Matters are also in progress.

A good number of Scout Leaders were interested in running sessions to support the scout programme and badgework using the Healthwatch Youth Pack which will be published early in 2020 having been coproduced with a number of schools and youth groups.

The insight we heard from young people and their families at this event focussed around several areas:

- Access to GP appointments
- Care and services for older relatives (we were struck by how many young people were aware of their older relatives needs and difficulties and how keen they were to know how to share sources of information and advice with parents)
- Young People's wellbeing and mental health (several also had concerns about friends at school and how to best support them).

All of the insight we collect 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