

October 2019



Dr Laura Hill, Clinical Chair Crawley Clinical Commissioning Group, and Horsham and Mid-Sussex Clinical Commissioning Group

Dear Friends,

Welcome to the October edition of the Patient Roundup.

In June this year, the Governing Bodies of NHS Crawley CCG, NHS Horsham and Mid-Sussex CCG and NHS Coastal West Sussex CCG agreed to start to explore a potential merger of the three CCGs to become one CCG for West Sussex. Member practices across the three CCGs (Crawley, Horsham and Mid-Sussex and Coastal West Sussex) have recently voted in favour of the mergers. A proposed constitution for the new CCG was presented to the Governing Body with a recommendation that a GP members vote takes place at the end of October.

We want to make sure that all our members, stakeholders, patients and the public have the opportunity to ask any questions/voice concerns about the proposed merger. If you would like to make a comment or submit a question, please send this to: sesc.comms@nhs.net. You are also welcome to attend the Commissioning Patient Reference Group at **2 – 4.30 pm on Tuesday 15th August 2019 in the Charis Centre, Crawley.**

It wouldn't be October if I didn't remind everyone about the importance of eligible patients having their flu vaccinations. Flu can be unpleasant, but if you're otherwise healthy, it'll usually clear up on its own within a week. But flu can be more severe in certain people, such as:

- anyone aged 65 and over
- pregnant women

- children and adults with an underlying health condition (such as long-term heart or respiratory disease)
- children and adults with weakened immune systems

Anyone in these risk groups is more likely to develop potentially serious complications of flu, so it's recommended that they have a flu vaccine every year. If you are invited to attend a flu clinic by your GP please make sure you attend and if you haven't heard anything but believe that you may be eligible then please contact your practice. To find out more please click on the link below:

<https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

As always there are a number of different ways that you can have your say, please take time to have a look at the “**Get Involved**” and “**Health Updates**” section at the end of this newsletter.

With all good wishes,



Dr Laura Hill

NHS Crawley and NHS Horsham and Mid Sussex Clinical Commissioning Groups Updates

Governing Body Date

The next Governing Body meeting will be on **28th November 2019** with a venue to be confirmed.

Get Involved!

Working with you to improve mental health in West Sussex

We want people in West Sussex to benefit from safe, effective and high-quality mental health services whenever they need them.

To make sure this happens, the three NHS Clinical Commissioning Groups in West Sussex and the Sussex Partnership NHS Foundation Trust are working together on plans to improve mental health services in the area, looking at the standard of care we provide to those who are in our hospitals so we can understand where we can make improvements.

Read about our proposals and find out how to have your voice heard here - <https://www.coastalwestsussexccg.nhs.uk/improving-mental-health-services-in-west-sussex>

The consultation on our proposals to improve mental health services in West Sussex will run for 12 weeks from Wednesday 17 July to 5pm on Friday 11 October.

How to get involved

We hope you will take the time to join us in this work and help us to shape the way we support people with mental health needs across our local communities.

- Our proposals

Please read about our proposals online at www.sussexpartnership.nhs.uk/west-sussex-consultation and let us know your thoughts and suggestions.

We want to get this right and we need your help to make sure we do.

- Online Survey

You can also have your say in our online survey through the following link - <https://www.snapsurveys.com/wh/s.asp?k=156216613791>.

Please contact us on the details at the end of this email if you need the survey in an alternative format, or if you would prefer to write to or call us.

- British Sign Language

If you are a Deaf British Sign Language (BSL) user and would like to provide your views on experiences of Mental Health Services through our survey, you can now use a Video Relay Service (VRS) called [SignLive](#); a free app which connects you to a qualified British Sign Language interpreter.

Simply download the SignLive app, register your details, and search for NHS Brighton and Hove in the Community Directory. An interpreter will join you on the call before the call is put through to the engagement team.

You will be able to access the service for two hours twice a week at the following times:

- Thursday 12 September, 2pm – 4pm
- Tuesday 17 September, 11am – 1pm
- Thursday 19 September, 2pm – 4pm
- Wednesday 25 September, 9am – 11am
- Thursday 26 September, 2pm – 4pm
- Monday 30 September, 1.30pm – 3.30pm
- Thursday 3 October, 2pm – 4pm
- Thursday 10 October, 2pm – 4pm

You can view a [playlist of BSL translation videos](#) of all of the survey questions.

- **Public Discussion events**

As part of the consultation on mental health services in West Sussex, we have been speaking with service users, carers, members of the public, and voluntary sector organisations at our four public events:

- Chichester, 13 August 2019
- Worthing, 19 August 2019
- Horsham, 20 August 2019
- Crawley, 4 September 2019

We are continuing to speak with service users, carers and members of the public at specific events, which are outlined below:

- **MIND** – 31 July & 29 August 2019
- **Capital Project Trusts Meeting** – 5, 12, 17 and 27 September 2019
- **Sangam Women (Alzheimer's Society)** – 10 September 2019
- **Crawley Thinking Forward Group** – 12 September 2019
- **Selsey Care Shop** – 16 September 2019
- **Crawley Carers Group** – 18 September 2019
- **Sussex Partnership NHS Foundation Trust AGM** – 21 September 2019
- **Our Café (Age UK)** – 26 September 2019
- **East Grinstead Rotary Fit4Life** – 28 September 2019
- **Healthwatch Market Place** – 10 October 2019

If you are part of a local community or other interested group which wants to find out more information and are interested in responding to our proposals, please contact us using the details below and we can arrange to attend one of your meetings to speak and answer questions.

Email us: westsussex.mh@nhs.net

Call us: Tel: 0300 304 0330 (local rates apply).

Write to us:

Freepost RTKY-LXHG-BATT
Engagement Team
Coastal West Sussex CCG
The Causeway
Goring-by-Sea
Worthing
BN12 6BT

A partnership between NHS Coastal West Sussex Clinical Commissioning Group (CCG), NHS Crawley Clinical Commissioning Group (CCG), NHS Horsham and Mid-Sussex Clinical Commissioning Group (CCG), and Sussex Partnership NHS Foundation Trust.

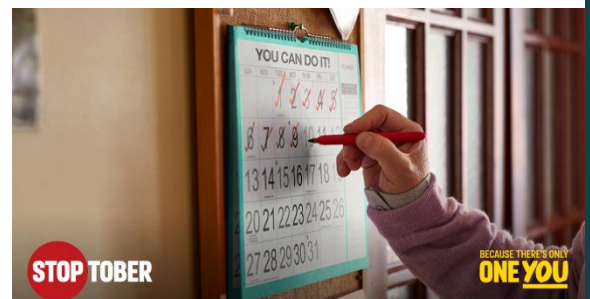
NHS England Consultations

There are currently several live consultations with NHS England. You can contribute to the consultations [here](http://bit.do/eCYrY) – <http://bit.do/eCYrY>

Take the 28 Day Challenge for Stoptober and go smoke free

Do you dream of being a non-smoker, free from nicotine for good? Did you know if you stay smoke-free for 28 days, you are five times more likely to quit smoking once and for all?

That's why we're encouraging all smokers to take part in the 28 Day Challenge. By signing up to the challenge, participants receive daily emails, support, motivation and advice to help stay on track to stop smoking.



Everyone has an adviser who will work with them to create a personal quit plan, to support them on their quit journey. The online challenge means that support is accessed from the convenience of a smartphone or computer.

It's easy to sign up to the 28 Day Challenge just visit the [NHS website](#).

Midhurst Community Hub

People living in and around Midhurst are invited to an NHS and local authority event to input into proposals for a new Integrated Community Health Hub.



Local residents and other interested parties are invited to join us to hear about the proposed Integrated Community Health Hub in Midhurst, and importantly to feed in their thoughts. There will be time dedicated at the meeting for a question and answer session.

Date: 8 October 2019

Time: 5pm – 7pm

Location: The Hall, South Downs Centre, North Street, Midhurst, West Sussex, GU29 9DH

[Register to attend](#)

Representatives from NHS Coastal West Sussex Clinical Commissioning Group (CCG), local GP leaders, West Sussex County Council and local NHS health providers (including Sussex Community NHS Foundation Trust and Sussex Partnership NHS Foundation Trust), will speak about plans for developing joined up health and care services, how the needs of local people are being considered (including community transport); and how we are working on what the local public and patients have already told us.

Come and find out what is happening in your community

Learn more about The Bridge Leisure Centre activities, meet some of your local community organisations and learn more about how they can support you.

Local community groups include:

- Healthwatch West Sussex
- Age UK Horsham District
- Alzheimer's Society
- Diabetes UK
- Horsham Matters
- St Catherine's Hospice
- Southern Water
- Turning Tides
- UK Harvest
- Headway West Sussex
- Horsham District Scouts
- Public Health Ageing Well
- Horsham Health & Wellbeing Team
- WSCC Waste Prevention Advisors
- WSCC Partnerships and Communities Team
- NHS Horsham & Mid-Sussex CCG

**Thursday
10th October**

10am - 1pm

The Bridge Leisure Centre,
Wickhurst Lane,
Broadbridge Heath,
Horsham RH12 3YS

For more information: 01403211311

Event sponsored by:



**Places
Leisure**

Part of Places for People

healthwatch
West Sussex

Rudgwick Patient Participation Group

Autumn Event

Palliative & End of Life Care

Guest Speakers from:

**MACMILLAN
CANCER SUPPORT**

Dr Mandeep Ahluwalia
MacMillan GP/NHS Crawley CCG

**ST CATHERINE'S
HOSPICE**



Thursday 17th October

3:30pm - 5:30pm

Rudgwick Village Hall

Bucks Green, Rudgwick, West Sussex RH12 3JJ

Please come along to find out more, along with refreshments and a raffle

Money raised will be donated to:

**ST CATHERINE'S
HOSPICE**



Join our Facebook Group @RudgwickPPG

The Surrey and Sussex Cancer Alliance Board Meeting

The Surrey and Sussex Cancer Alliance was established in late 2017. Our vision is to provide equitable, world-class cancer care, improved health outcomes and patient experience for the Surrey and Sussex population, delivered through integrated and seamless pathways, based upon national and international standards, research, and evidence.



Our mission is to work collaboratively with our system partners to deliver safe and effective care, improve cancer clinical outcomes and enhance patients' and carers' experience and quality of life.

Members of the general public and media are welcome to attend our Board meetings. Our next meeting will be held on Thursday 3rd October from 11:00 until 13:00.

If you would like to attend, please register your interest in advance of the meeting by emailing ruth.akujuaobi@nhs.net

Places will be allocated on a first come, first served basis up to the capacity of the meeting room. A waiting list will be in place if necessary.

We welcome relevant, written questions on any agenda item from the public. To ensure that we can give a considered and comprehensive response, written questions must be submitted in advance of the meeting (at least three clear working days). Please forward questions to ruth.akujuaobi@nhs.net clearly marked 'Questions for the Board'. Members of the public may not take part in the Board discussion. Where appropriate, the response to written questions will be published with the minutes of the meeting.

The Board may also hold parts of its business meetings in private to discuss any agenda items that are commercial in confidence or that concern any patient or member of staff that could be identified.

Next meeting:

When: Thursday 3rd October from 11:00 until 13:00 (UTC+00:00) Dublin, Edinburgh, Lisbon, London.

Where: Mariners Suite, Leatherhead Leisure Centre, Guildford Rd, Fetcham, Leatherhead KT22 9AS

Western Sussex Hospitals NHS Foundation Trust invites you to a free talk on frailty

“The most problematic expression of human ageing facing the NHS today”

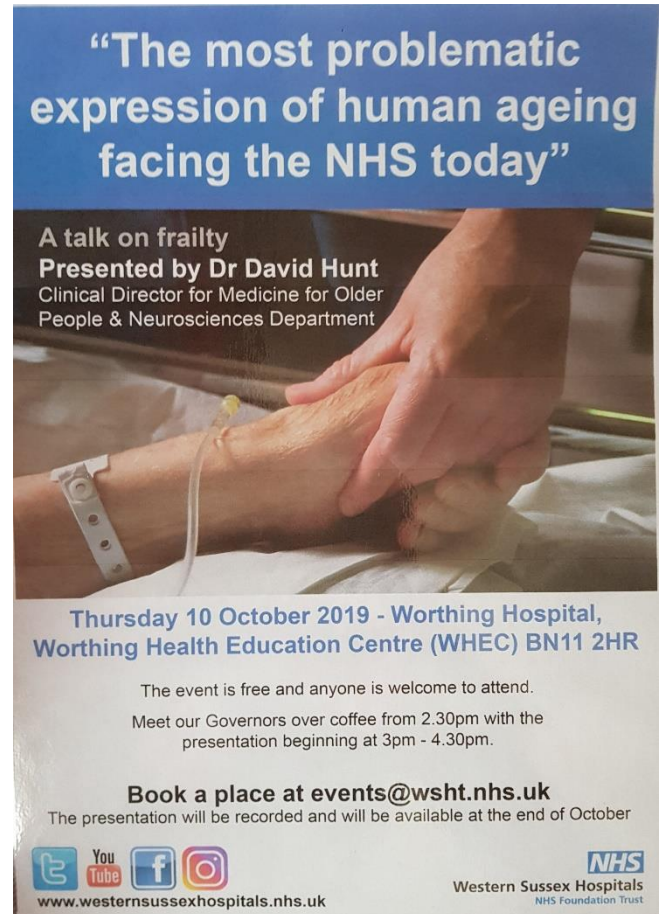
A talk on frailty, presented by Dr David Hunt, Clinical Director for Medicine for Older People & Neurosciences Department

Thursday 10 October 2019 from 2.30pm to 4.30pm at Worthing Hospital, Worthing Health Education Centre (WHEC), BN11 2HR

The event is free and anyone is welcome to attend.

Meet our Governors over coffee from 2.30pm with the presentation beginning at 3pm – 4.30pm

Book your place at events@wsht.nhs.uk



The poster features a blue header with the quote: "The most problematic expression of human ageing facing the NHS today". Below this is a photograph of a person's hand being held by another person's hand, with a medical drip on the person's arm. The text on the poster includes: "A talk on frailty Presented by Dr David Hunt Clinical Director for Medicine for Older People & Neurosciences Department", "Thursday 10 October 2019 - Worthing Hospital, Worthing Health Education Centre (WHEC) BN11 2HR", "The event is free and anyone is welcome to attend.", "Meet our Governors over coffee from 2.30pm with the presentation beginning at 3pm - 4.30pm.", "Book a place at events@wsht.nhs.uk", and "The presentation will be recorded and will be available at the end of October". At the bottom, there are social media icons for Twitter, YouTube, Facebook, and Instagram, along with the website www.westernsussexhospitals.nhs.uk and the NHS Western Sussex Hospitals NHS Foundation Trust logo.

Women's Health Survey - Reproductive choices

The Clinical Commissioning Groups for Sussex are reviewing the Termination of Pregnancy Service (ToPS) to streamline and **improve experiences** for women. Currently there are several contracts in place and this review will look to bring these together into a single contract.

There are many reasons why someone may decide to terminate a pregnancy and this can often be a **very difficult decision**. 1 in 3 UK women will have an



abortion by the time they are 45 years old*. (* British Pregnancy Advisory Service). Whilst this piece of work won't be looking at opinions around whether or not such a service should exist, it will be focusing on how people, especially those who are vulnerable, **can be best supported** if they ever became a service user.

It's important that we **understand issues** such as:

- accessing information;
- practicing confidentiality, discretion and sensitivity;
- accessing services away from where people live.

In addition we would like to **hear anything else** that people feel is important to consider when reviewing this service. We have a short, **anonymous survey** which will help us make sure the service meets the needs of those who use it. The survey will close on **Monday 10 November**.

Reward and recognition

Engagement is at the centre of the CCGs work and we want to make it as easy as possible for patients and the public to engage with us by **being involved in the decisions we make**. We value the **experience and expertise** of our population and believe that community engagement is at the heart of providing high quality services that meet the needs of our local communities.



It is important that we recognise and reward patients, carers and members of the public for their contribution to shaping health services in a consistent and appropriate way. We will soon be reviewing our **Reward and Recognition Policy** and would like to find one or two people who would be willing to work with us to review and draft a new policy. By having a clear policy we hope to encourage people to get involved from a range of backgrounds and help **remove barriers** to involvement. In addition we want to look at how we **support volunteers better** and we would value your help with this.

If this is something that might interest you, **please get in touch**.

Health Updates

Women and Heart Disease

Coronary heart disease kills more than twice as many women as breast cancer in the UK every year, and is the single biggest killer of women worldwide - yet despite this it's often perceived to be a 'man's disease'.



There are more than 800,000 women in the UK living with coronary heart disease, which is the main cause of heart attacks. 35,000 women are admitted to hospital following a heart attack each year in the UK - an average of 98 women per day, or 4 per hour.

Signs and symptoms of a heart attack in women

Heart attack symptoms can vary but the most common signs of a heart attack are:

- chest pain or discomfort in your chest that suddenly occurs and doesn't go away. It may feel like pressure, tightness or squeezing
- the pain may spread to your left or right arm or may spread to your neck, jaw, back or stomach
- you may also feel sick, sweaty, light-headed or short of breath.

Other less common symptoms include:

- a sudden feeling of anxiety that can feel similar to a panic attack
- excessive coughing or wheezing

Chest pain should never be ignored. If you are experiencing any of the above symptoms **dial 999 immediately**.

How can I reduce my risk of having a heart attack?

As a woman, your hormones may give you some protection from coronary heart disease (CHD) in your pre-menopause years. Post menopause, your risk rises

- and continues to rise as you get older. As you get older it is increasingly important to be aware of the risk factors that can affect your risk of developing CHD. The more risk factors you have, the higher your risk:

- high blood pressure
- high cholesterol
- diabetes
- smoking
- being overweight
- not doing enough physical activity

We recommend that all women over the age of 40 visit their local GP or nurse for a health check to check their cardiovascular risk. If you are aged 40–74 you can ask for a free NHS health check.

Your doctor should invite you to review your risk every five years, but you can also just make an appointment yourself to check your blood pressure and cholesterol. This check may help to highlight anything that could put you at increased risk of having a heart attack. Identifying and managing risk factors such as high blood pressure or high cholesterol early on could help lower your risk of a heart attack in the future.

If you have a family history of heart or circulatory disease make sure you tell your doctor or nurse. You are considered to have a family history of heart or circulatory disease if:

- your father or brother was under the age of 55 when they were diagnosed with a heart or circulatory disease or
- your mother or sister was under the age of 65 when they were diagnosed with a heart or circulatory disease.

If you are worried about your risk of having a heart attack, please speak to your doctor. Further information about heart attacks can be found on the [NHS website](#).

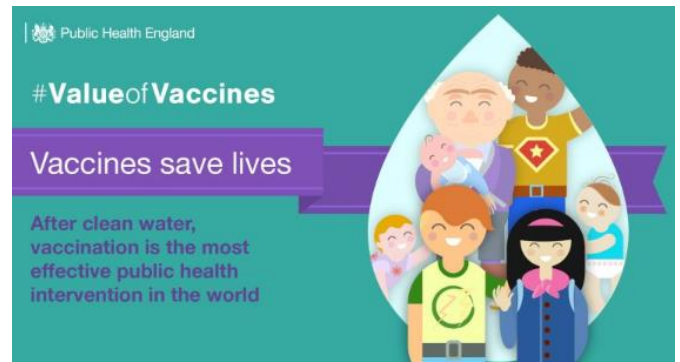
Vaccinations

Teenagers and "fresher" students going to university for the first time are advised to have a vaccination to prevent meningitis and septicaemia, which can be deadly.

The NHS provides **free** immunisation against MMR at any age, and for **Meningitis ACW&Y** for those up to and including 24 years of age who are attending university for the first time, which is the age group most at risk.

Find out more by clicking on the link below:

<https://www.nhs.uk/conditions/vaccinations/men-acwy-vaccine/>



Join Sussex Partnership NHS Foundation Trust to Make a Mental Health Promise Today

Helping children and young people to talk about their mental health is at the heart of a brand new campaign this autumn.

Child and Adolescent Mental Health Services (CAMHS) in Sussex are inviting children, young people and professionals to make a 'mental health promise'. A mental health promise is a statement or pledge of something you will do to look after your own mental health or to support the mental health of a friend or loved one. It can be something really simple but the idea is to get everyone thinking about the small things that can be done to make a big difference.



Join us and make your mental health promise today!

There are many different ways that schools and organisations across Sussex can get involved in the campaign in any way that works for them. Some ideas could include holding an assembly/workshop which focuses on mental health, an activity session or lesson where mental health is discussed and everyone makes their mental health promise – the options are endless.

Alison Wallis, Clinical Director for Child and Adolescent Mental Health Services at Sussex Partnership, said: “By starting a conversation about mental health with children when they are young helps to show them that speaking about mental health isn’t something to be worried or ashamed of. It is also an opportunity to give them useful tips of what to do if they were struggling and the confidence to raise any issues that they might be experiencing.

“We have already got over 45 schools across Sussex who have signed up to take part in the campaign and we hope to recruit many more over the next few weeks.”

Schools interested in taking part in the campaign are being encouraged to email communications@sussexpartnership.nhs.uk with a named contact, telephone number, email address, address of where we can send campaign materials to and details of how you intend to take part in the campaign.

Sussex Partnership NHS Foundation Trust provides specialist mental health and learning disabilities services for all ages across Sussex, and for children and young people Hampshire. To find out more about Sussex CAMHS go to www.sussexcamhs.nhs.uk.

Getting your medicines if there's a 'no-deal' Brexit

The government is working closely with the NHS and suppliers to help to ensure medicines and medical products continue to be available for patients if there is a ‘no deal’ Brexit.



Get ready for Brexit



Get prescriptions as normal

Please keep ordering your repeat prescriptions and taking your medicines as normal. It is unnecessary to change how you order and take your medicines.

It's important you don't ask for more medicines than you normally need, doing so risks pressure on availability of medicines for other people.

What the government is doing

The government has put in place contingency measures to help ensure medicines continue to be available. These include:

Buffer stocks in the UK

The government has recommended that suppliers of medicines build up at least 6 weeks' extra stocks above their usual buffer stock levels in preparation for Brexit on 31 October 2019. It has secured additional warehouse capacity for the stockpiled medicines. These stocks will continue to be replenished when used.

It is not helpful or appropriate for anyone to create their own personal supply of medicines at home as this risks pressure on availability of medicines.

Transport priority for medicines

The government is buying extra space on ferries on which all medicines and medical products will be prioritised for import to the UK. It is buying an express freight service to deliver medical products where there is an urgent need.

Preparing medicines suppliers

The government is working with medicine suppliers to improve readiness for new border arrangements and has encouraged re-routing how medicines enter the country.

Regulatory flexibility

The government is also making sure that medicines, devices and clinical trials licensed or tested in the EU can continue to be used in the UK in the event of a 'no deal' Brexit, by amending regulations.

Working to ensure you receive medicines and medical products

Occasionally, the NHS does experience temporary disruption to supply of some medicines. The NHS has tried-and-tested ways of making sure you get your medicines and medical products, even under difficult circumstances.

In the unlikely event your medicine is temporarily unavailable, the NHS will work with you to prescribe the best alternative. This could typically be a different brand of medicine or perhaps lower strength medicines to make up the same dose.

On rare occasions it may mean a different medicine to do the same thing, but you will make the decision with your prescriber who will be provided with all the necessary information on how best to do this. This will ensure your treatment continues as normal. The NHS, through your local GP surgery, pharmacy and/or hospital, will help you to stay informed if there are any changes.

If you are concerned, please speak to your doctor or pharmacist.

Clinical trials

The NHS and the government are also working with organisations running clinical trials to ensure research continues as normal in the coming months. If you are taking part in a clinical trial, please speak with the NHS organisation that is hosting the trial if you have any concerns.

For further information, you can also read NHS England's advice for healthcare staff: [Frequently asked questions about patients' access to medicines after Brexit](#).
[Get more information on preparing for Brexit and what it could mean for you](#)

West Sussex Updates

Relate

relate
the relationship people

Relate North and South West Sussex provides relationship counselling in Crawley, Horsham, East Grinstead and Chichester for all relationships.

Our psychosexual therapy service can help couples and individuals overcome specific sexual difficulties. As the only national provider of sex therapy, we also work with people who have problems with their sex lives due to poor health or disability.

Our charges are on a sliding scale and no-one is excluded from receiving the support that we can provide.

For more information, please contact us on 01293 657055 or email reception.crawley@relatesussex.org

Patients wishing to use our service need to contact us direct.

Horsham and Mid Sussex Updates



Mid Sussex Voluntary Action (MSVA)



MSVA is an independent charity established to work across Mid Sussex supporting local voluntary organisations and community groups. They offer advice, information and support; and facilitate the sharing of news, knowledge and ideas across the district. They champion the role of local voluntary and community groups and ensure that their voice is heard. For further information <https://www.msva.org.uk/about>.

Crawley Updates

Crawley Community & Voluntary Services (CCVS) – Prescription Plus



Did you know you could volunteer with Prescription Plus to combat loneliness and isolation in Crawley? Prescription Plus, working with local GP surgeries, is looking for compassionate and open-minded volunteers to support their clients to access non-medical services and activities as well as helping clients to make friends.

To find out more about volunteering with Prescription Plus, contact Kate Valentine on 01293 657157 or at kate.valentine@crawleycvcs.org

Parkrun Practice Initiative



As part of the Royal College of General Practitioners (RCGP) initiative to promote health and wellbeing, GP surgeries are developing closer links with local Parkruns to become Parkrun Practices. Leacroft and Southgate Medical Group has a Parkrun Practice every Saturday at 9 am.

Why not join the Leacroft and Southgate Medical Practices on their 5K Parkrun? For more information: <http://www.parkrun.org.uk/tilgate/>

Crawley Older People's Directory

Crawley wellbeing team are distributing copies around Crawley to surgeries, pharmacies' libraries & community locations. If teams have not received copies please contact wellbeing@crawley.gov.uk.

What should you do if you have urgent but not life-threatening symptoms? Dial 111

You should call 111 if:

1. You need medical help fast, but it's not a 999 emergency.
2. You don't know who to call for medical help
3. You think you need to go to A&E or another NHS urgent care service; or
4. You require health information or reassurance about what to do next.



If you have urgent but not life-threatening symptoms, dial 111.

Minor Injuries Unit (Adults and Children) - Horsham Hospital, Horsham, RH12 2DR. Open Monday to Friday, 09:00 am – 5:00 pm. Phone 01403 227000

Minor Injuries Unit (Over 1 years and Adults) - Queen Victoria Hospital, East Grinstead, RH19 3DZ. Open every day, 8:00 am – 8:00 pm. Phone 01342 414141

Minor Injury Unit (Over 18's only) - Caterham Dene Hospital. Open every day, 9:00 am – 8:00 pm. Phone 01883 837500

Urgent Treatment Centre, Crawley Hospital, Crawley RH11 7DH. Open every day, 24 hours. Phone 01293 600300 ext. 4141 or 4142

Find a local dentist <https://www.nhs.uk/Service-Search/Dentists/LocationSearch/3>
If you have a **dental emergency** call **NHS 111**

Don't forget your pharmacy services - find a local pharmacy <https://beta.nhs.uk/find-a-pharmacy/>

In the event of a life threatening emergency dial 999 and ask for 'AMBULANCE'

