

A message from your local NHS commissioning group: Look at our webpage for an update about health initiatives and health news in your area

<http://www.crawleyccg.nhs.uk/news/>

<http://www.horshamandmidsussexccg.nhs.uk/>

Commissioning health services and facing financial challenges

As health commissioners we plan, fund and monitor the care and treatment you may need in hospital, in the community and with GPs. You may be aware that NHS Horsham and Mid Sussex CCG, like other health commissioners, is in financial deficit. This means we must continue to commission the best possible healthcare for our local population while ensuring we also put plans into place for financial recovery.

Our savings plan requires us to review how our local services are provided. Making savings does not necessarily mean cutting services. The greatest area of overspend for us has been in hospital care as our population continues to grow and to live with more complex, long term health conditions. We firmly believe that by providing alternative options for people to receive the care they need in our local communities, we can provide as good, if not better care, for people at reduced cost.

We need your help Our campaign - #HelpMyNHS - asks everyone to make a small change to ensure we make effective use of every health pound we have to spend in our community. You'll read that up to 30 per cent of people who use Accident and Emergency departments don't really need to attend as they have no serious illness or injury. Instead, patients can access urgent care at our local Urgent Treatment Centre (open 24/7 at Crawley hospital) or get health advice by telephoning 111.

There is £1.6million wasted across Horsham, Crawley, East Grinstead, Haywards Heath and Burgess Hill every year on medicines that are supplied but never used. We're asking people to discuss their repeat prescription with their GP or pharmacist to ensure they still need all the items listed, to ask their pharmacist for help with minor illnesses and buying some medicines such as paracetamol or antihistamines over the counter, rather than requesting a prescription. .

Looking back over our year (2016-17)

Complete refurbishment of the Urgent Treatment Centre at Crawley Hospital, giving patients a bigger, more modern service, 24/7. Patients living in Crawley, Horsham and Mid Sussex can use these services.

Better integration between GPs and community health services, better joined up services around those who are frail or elderly, providing better co-ordinated care in the community

Communities of Practice is an initiative built around patients in our communities, rather than around the teams and organisations that provide that care. It's about giving patients a more personalised, consistent relationship with a team of care professionals. Communities of Practice aims to tackle the workload and workforce challenges in our GP and community care services as well as keeping people out of hospital if they can be cared for well at home.

The right care, in the right place, at the right time

NHS 111: offers health advice and reassurance 24 hours a day, 365 days a year. Simply dial 111

Local urgent care and Minor Injury Units

- **Urgent Treatment Centre at Crawley Hospital**
Open 24 hours, seven days a week

- **East Grinstead Minor Injuries Unit at Queen Victoria Hospital**
Open 8am to 7:30pm daily
- **Horsham Minor Injuries Unit at Horsham Hospital**
Open 9am to 5pm Mon-Fri (Not bank Holidays)
- **Emergency Dental Line: 0845 271 2040**
- **Sussex Mental Healthline: 0300 5000 101**
Open 5pm to 9am 24 hours at weekends and bank holidays

Local roundup

Caring for someone with a disability?

Did you know the person you care for can get extra support when visiting their doctor? Just talk to their doctor's surgery and ask for their name to be added to the GP learning disability register. Once they register they can speak to their doctor about having a free health check every year. Make sure the doctor gives a health action plan after the check – this includes goals for them and their doctor to work towards together.

Allsorts, LGBTU Project for young people and MindOut. Services are open to those in our Horsham and Mid Sussex areas.

Allsorts: an organisation that supports and empowers children and young people who are lesbian, gay, bisexual, trans or unsure of their sexual orientation and/or gender identity (LGBTU). The project provides one-to-one support work and the facilitation of regular young people's groups for LGBTU young people between the ages of 11 -19 years old. The space provides a safe environment for LGBTU young people to come together and get involved in fun and creative activities supported by a team of LGBT identified Youth Support Workers and trained volunteers. See link for more information www.allsortsyouth.org.uk/

MindOut, LGBTQ service : Based in Brighton, MindOut is a mental health service run by and for lesbians, gay men, bisexual, trans, and queer people. They provide advice & information, advocacy, a peer support group programme, wellbeing activities and events, a peer mentoring service, an out of hours online chat service and a food & allotment project. See link for more information www.mindout.org.uk/

Dying Matters: Health commissioners supported an event to get people talking about the difficult subject of death. The aim was to positively change attitudes and behaviour around talking about death and encourage everyone to consider and discuss with their loved ones what their wishes are at the end of life. Hopefully getting everyone talking about death in an open way will hopefully allow current and future generations to put plans into place and access local support when needed.

Horsham - Extended Phlebotomy Service

The phlebotomy service at each hospital is a walk-in service for adults, so no appointment is necessary. The busiest times are generally between 8am - 10.30 am. For more information, including details of children's phlebotomy services, please go to the *Phlebotomy Services* page of www.surreyandsussex.nhs.uk, via the 'A-Z of Services' tab.

The phlebotomy service at Horsham Hospital has extended its opening hours

- Horsham Hospital is now open from 8am to 3.45pm Monday-Friday
- East Surrey Hospital service is open from 8am to 4:45pm Monday-Friday
- Crawley Hospital service is open from 8am to 4:45pm Monday-Friday