



NHS
Commissioning Alliance
(North Place)
Crawley CCG
East Surrey CCG
Horsham and Mid Sussex CCG

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

We would like to inform you that Dr Minesh Patel, who has served NHS Horsham and Mid-Sussex Clinical Commissioning Group for over seven years, will be stepping down at the end of his current tenure on 31 March 2019. Dr Patel will be taking up the role of Chair of the National Association of Primary Care from April 2019, where he will be helping the membership organisation to represent the interest of primary care professionals, promoting innovation and influencing policy. He will combine this role with his continued work as a local GP in East Grinstead.

Dr Patel has provided clinical leadership to the CCG since its inception in 2013, and prior to this in its shadow from a year before its official launch. During this time he has taken an active role in ensuring the local voice of clinicians and patients has been central to how NHS care is planned and provided for local populations and his 22 years as a GP has been invaluable in helping to improve clinical pathways and quality of care for services. He has led a number of developments which have made a real positive impact for patient care in Sussex, including the formation of the Rapid Access Medical Unit at the Princess Royal Hospital, which has given patients access to urgent medical care in a more timely way, and significant improvements to the patient experience and outcomes of those who have suffered a stroke.

We are pleased to confirm that his replacement will be Dr Laura Hill, who will take up the position of Clinical Chair of Horsham and Mid-Sussex CCG from April 2019 along with her current role as Clinical Chair for Crawley CCG. Dr Hill has demonstrated clear and effective clinical leadership to Crawley CCG over the last year, and will provide continuity and consistent leadership to both organisations.

We know that Dr Patel's contribution is appreciated by everyone associated with the CCG, our partners and, most importantly, our patients and local populations. We wish Dr Patel the best for the future.

With all good wishes,



Dr Laura Hill & Dr Minesh Patel

NHS Crawley CCG and NHS Horsham and Mid-Sussex CCG Updates

Our Health and Care, Our Future

Following on from Dr Laura Hill and Dr Minesh Patel's introduction above, we would again like to invite you to a discussion on the future for health and care services, and to help us prioritise changes and improvements that need to be made to ensure our populations continue to have the best possible care.



Our discussions will be focused on the **FUTURE** of health and care:

Facing up to our challenges

Understanding Need

Transforming services

Unwarranted variation – ensuring this does not happen

Resources and how we use them most effectively

Equality of access and care for our diverse population

We have a number of opportunities to join our discussions in person, and we will also be producing an online survey, in order to hear from as many people as we can.

To book a place at any of our discussions, please follow the links below:

- 13 March 2019, 2-4 pm – Manor Barn, Bexhill
https://www.eventbrite.co.uk/e/our-health-and-careour-future-tickets-54978483123?utm_term=eventurl_text
- 15 March, 10-12 pm – Hailsham Civic Centre, Hailsham

https://www.eventbrite.co.uk/e/our-health-and-care-our-future-tickets-54977002695?utm_term=eventurl_text

- 19 March, 5-7 pm – The Barn, Worthing
<https://www.coastalwestsussexccg.nhs.uk/our-health-and-care-our-future>
- 20 March, 10-12 pm – Assembly Room, Chichester
<https://www.coastalwestsussexccg.nhs.uk/our-health-and-care-our-future>
- 27 March, 2-4 pm – The Grange, Midhurst
<https://www.coastalwestsussexccg.nhs.uk/our-health-and-care-our-future>

We encourage you to disseminate information about the Our Health and Care, Our Future events to your networks.

Governing Body Date

The next Governing Body will be on 25 April 2019. Venue and timings to be confirmed.

Big Health and Care Conversation - You Said, We Did

During the second half of 2018 Horsham and Mid-Sussex Clinical Commissioning Group (CCG) and Crawley Clinical Commissioning Group (CCG) carried out joint engagement with and listened to 225 members of the public, patients, voluntary sector organisations, partners and colleagues to find out what matters to them most and to talk about the challenges that we all face in health and social care.



A summary of our findings are available [here](#) or via the CCGs' websites:

<https://www.horshamandmidsussexccg.nhs.uk/get-involved/big-health-and-care-conversation/>

<https://www.crawleyccg.nhs.uk/get-involved/big-health-and-care-conversation/>

Big Health and Care Conversation Updates:

1. You Said: There is a lack of information on gluten-free foods available in supermarkets and commercially produced gluten-free food

The Medicines Management team at NHS Crawley Clinical Commissioning Group and NHS Horsham-Mid Sussex Clinical Commissioning Group have provided information on gluten-free foods available in supermarkets and commercially produced gluten-free food. They said:

“Many supermarkets and online retailers now stock a range of specialist gluten free foods and the range of available products has increased significantly over the last few years.



In addition to naturally occurring foods such as meat, fish, fruit, vegetables, rice and potatoes, supermarkets stock specialist substitute products such as specially made gluten free bread, flour, pasta, crackers and biscuits. There are also many processed foods that don't contain gluten.

Some supermarkets also produce lists of gluten free foods on their websites or you can ask for them in store. Products may be kept in a specialist free from aisle, placed among other foods, or sometimes even both.

When shopping for gluten-free foods, it important to learn what to look out for on food labels. The Coeliac UK website has more information about [this](#) along with a [gluten free checklist](#).

Coeliac UK has useful and practical information on [food shopping](#).

A healthy balanced diet is just as important if you are eating a gluten free diet. If you have concerns about nutritional intake, you should speak to your GP who can discuss referral to local dietetic services if appropriate”.

2. You Said: Falls are often the first sign that people are not coping, and need additional support.

West Sussex County Council have produced a booklet on simple steps to staying steady including six super exercises as well as information on what to do if you have a fall:

SIMPLE STEPS TO STAYING STEADY

Falls are not an inevitable part of getting older - there are simple steps you can take to stay steady, reduce your chance of falling, prevent serious injuries if you do fall, and keep up and about.

- Keep active
- Manage your medicines
- Have regular eye checks
- Look after your feet
- Eat well
- Create a safer home
- Consider vitamin D
- Tell someone if you fall

STAY STEADY
WITH

MOVE  IMPROVE

CONTACTS

Find more ways to stay steady and contact:
www.westsussexwellbeing.org.uk

Adur and Worthing

01903 221450



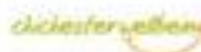
Arun

01903 737862



Chichester

01243 521041



Crawley

01293 585317



Horsham

01403 215111



Mid Sussex

01444 477191



When and where to get help

Discuss any concerns or worries with your GP or other health care professional if you:

- have had more than one fall in the last 12 months
- had a fall in your home
- blacked out, were dizzy when you fell or found yourself on the floor and didn't know why
- feel dizzy on standing up or when walking
- feel unsteady on your feet
- haven't had a review of your medication in the last year
- don't get out as much as you'd like as you're worried about tripping or falling

WHAT TO DO IF YOU HAVE A FALL

If you do have a fall, lie still for a minute, stay calm and check for injuries. If you know you can't get up, or feel pain in your hip or back, then try to call for help using your phone or pendant, or by banging on radiators or walls. Try to keep warm by covering yourself with whatever is close by and try and keep moving your limbs and roll from side to side if you are able to.

If you are unhurt and think you can get up, then you should:

1. Roll onto your side, then push up onto your elbows
2. Use your arms to push yourself onto your hands and knees
3. Crawl towards a very stable piece of furniture (a sturdy chair or bed) and hold onto it for support
4. Slide or raise the foot of your stronger leg forwards so it's flat on the floor
5. Lean forwards and push up using your arms and front leg, slowly rising to a standing position
6. Turn around and sit down. Sit for a minute or two to rest

Many thanks to the Chartered Society of Physiotherapists and Saga for use of material from the 'Get Up and Go' booklet which you can search for online.



TAKE THE BALANCE TEST

- Find a safe place, close to a chair or wall.
- Stand with your arms by your sides.
- Take one foot off the floor and start counting.
- Stop when you:
 - count to 30
 - need to put your foot down
 - need to grab a support
 - need to brace one leg against another.

How did you do?

Did you manage to keep your balance for 30 seconds?

As we get older, our balance and muscle strength can slowly decline without us noticing. As a result, we can find it harder to keep our balance if we trip or slip.



To help you to stay steady, try doing the 'super six' three times a week, in addition to your other physical activity.

SAFETY CHECK:

- Use a sturdy and stable chair or something solid like a worktop for support.
- Wear supportive shoes and comfortable clothes.
- If any exercise causes pain in your joints or muscles **stop** check you are doing it correctly, and try it again.
- If pain persists, seek advice from a physiotherapist.
- Feeling your muscles work or a slight muscle soreness the next day is normal.
- If you experience chest pain, severe shortness of breath or dizziness **STOP IMMEDIATELY** and contact your GP or call 111 if your GP practice is closed.
- Try not to hold your breath – breathe normally throughout.



SIT TO STAND

Sit up tall near the front of your chair. Place your feet slightly back and hip-width apart. Lean forwards slightly and stand up slowly – using your hands on the chair if needed. Step back until your legs gently touch the chair. Slowly lower your bottom back into the chair – using your hands if needed.

Repeat up to 10 times.

HEEL RAISES

Stand tall with your feet hip width apart. Hold your support. Slowly lift up your heels, keeping the weight over your big toes. Try not to lock your knees. Aim to lift for a slow count of 3 and lower for a slow count of 5 each time.

Repeat up to 10 times.

TOES RAISES

Stand tall with your feet hip width apart. Hold your support. Slowly lift the front of your foot, keeping your knees soft. Try not to stick your bottom out. Lower the toes slowly. Aim to lift for a slow count of 3 and lower for a slow count of 5 each time.

Repeat up to 10 times.



HEEL TOE STAND

Stand tall, holding on. Place one foot in front of the other so that your feet form a straight line. Look ahead and balance for 10 seconds – taking your hands off if possible. Take your feet back to hip width apart. Repeat with the other foot in front, balancing for another 10 seconds.



HEEL TOE WALKING

Stand tall, side on to your support. Walk 10 steps forwards placing one foot directly in front of the other so that your feet form a straight line. Look ahead and aim for a slow walking action. Only hold on if you need to. Take your feet back to hip width apart before turning slowly towards your support. Repeat the steps in the other direction.



ONE LEG STAND

Stand close to your support and hold on. Balance on one leg, keeping your leg straight but your knee soft. Stand tall. Hold for 10 seconds. Repeat with the other leg.

Get Involved!

NHS England Consultations

There are currently 10 live consultations with NHS England. You can contribute to the consultations [here](http://bit.do/eCYrY) – <http://bit.do/eCYrY>

We would particularly like to draw your attention to the consultation on items which should not be routinely be prescribed in primary care, which closes on 29 February 2019. Further information can be found [here](#):

<https://www.engage.england.nhs.uk/consultation/items-routinely-prescribed-update/>

Department of Health and Social Care

We want to draw your attention to a government consultation on a proposal to introduce mandatory learning disability and autism training for health and care staff. This consultation closes at 11.59 pm on 12 April 2019.

Learning disability and autism training for health and care staff

Please tell us what you think of our ideas

Further information can be found [here](#)



Are you well and keeping safe?

Crawley Forward Thinking Group present Are you well and keeping safe? Meet representatives from Crawley Wellbeing, Crawley Police and Fire Station.

Date: Thursday 7 March

Time: 2 – 5 pm

Venue: Crawley Baptist Church, Crabtree Road,
West Green, Crawley, RH11 7HJ

For further information contact Alzheimer's Society
Sussex Helpline on 01403 213017 or email
sussex.helpline@alzheimers.org.uk



Financial Wellbeing Webinars for People affected by Cancer and other Illnesses

St Bernard Support (SBS), a charity that provides support and services to help people affected by illnesses such as cancer and other illnesses, are hosting online webinars on financial wellbeing matters for the people with the illnesses and their family and carers.

- Friday 8th March - 11am: *Wills, Trusts & Lasting Powers of Attorney*; 12pm: *Welfare Benefits*; 1pm: *Insurances*; 2pm: *Pensions*
- Monday 25th March - 11am: *Wills, Trusts & Lasting Powers of Attorney*; 12pm: *Welfare Benefits*; 1pm: *Insurances*; 2pm: *Pensions*
- Friday 12th April - 11am: *Welfare Benefits*; 12pm: *Insurances*; 1pm: *Pensions*; 2pm: *Wills, Trusts & Lasting Powers of Attorney*
- Monday 29th April - 11am: *Welfare Benefits*; 12pm: *Insurances*; 1pm: *Pensions*; 2pm: *Wills, Trusts & Lasting Powers of Attorney*

Individuals who wish to participate in the webinars need to e-mail admin@s-b-s.org.uk to receive the instructions to access the webinars.

Health Updates

Cold and Flu

Check if you have flu

Flu symptoms come on very quickly and can include:

- a sudden fever – a temperature of 38C or above
- aching body
- feeling tired or exhausted
- dry cough
- sore throat
- headache
- difficulty sleeping
- loss of appetite
- diarrhoea or tummy pain
- nausea and being sick

The symptoms are similar for children, but they can also get pain in their ear and appear less active.



Telling the difference between cold and flu

Cold and flu symptoms are similar, but flu tends to be more severe.

Flu	Cold
Appears quickly within a few hours	Appears gradually
Affects more than just your nose and throat	Affects mainly your nose and throat
Makes you feel exhausted and too unwell to carry on as normal	Makes you feel unwell, but you're OK to carry on as normal (for example, go to work)

How to treat flu yourself

To help you get better more quickly:

- rest and sleep
- keep warm
- take paracetamol or ibuprofen to lower your temperature and treat aches and pains
- drink plenty of water to avoid dehydration (your pee should be light yellow or clear)

A pharmacist can help with flu

A pharmacist can give treatment advice and recommend flu remedies.

Be careful not to use flu remedies if you're taking paracetamol and ibuprofen tablets as it's easy to take more than the recommended dose.

Speak to a pharmacist before giving medicines to children.

[Find a pharmacy](#)

Call NHS 111 or see your GP if:

- you're worried about your baby's or child's symptoms
- you're 65 or over
- you're pregnant
- you have a long-term medical condition – for example, diabetes or a heart, lung, kidney or neurological disease
- you have a weakened immune system – for example, because of chemotherapy or HIV
- your symptoms don't improve after 7 days

Antibiotics

GPs don't recommend antibiotics for flu because they won't relieve your symptoms or speed up your recovery.

Call 999 or go to A&E if you:

- develop sudden chest pain
- have difficulty breathing

- start coughing up blood

How to avoid spreading the flu

Flu is very infectious and easily spread to other people. You're more likely to give it to others in the first 5 days. Flu is spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours. To reduce the risk of spreading flu:

- wash your hands often with warm water and soap
- use tissues to trap germs when you cough or sneeze
- bin used tissues as quickly as possible

How to prevent flu

The flu vaccine reduces the risk of catching flu, as well as spreading it to others. It's more effective to get the vaccine before the start of the flu season (December to March).

[Find out if you're eligible for the free NHS flu vaccine](#)

[Flu vaccination and side effects for adults](#)

[Flu vaccination and side effects for children](#)

How to stay well this winter?



Although summer looked like it was in sights, we are still in the depths of winter so we wanted to remind you of the importance of staying well this winter!

Eat well: regular hot meals and drinks will keep you warm. Stock up on tinned or frozen foods. Get it delivered if you can, so you don't have to go out when it's cold or icy.

If you feel unwell: act quickly and don't wait for it to get worse. Winter can make existing health problems worse. Speak to your pharmacist, as they are fully qualified to advise you on the best course of action.

Safe and Well Visits: are a free service offered by West Sussex Fire and Rescue Service to those aged over 65 or those living with disabilities. It involves a prearranged visit to your home on how to make it safer. If you would like to request a visit please call 0345 8729 719.

Want to know how to Stay Warm, Stay Thrifty, Stay in Touch & Stay Roadwise as well? Further information can be found:

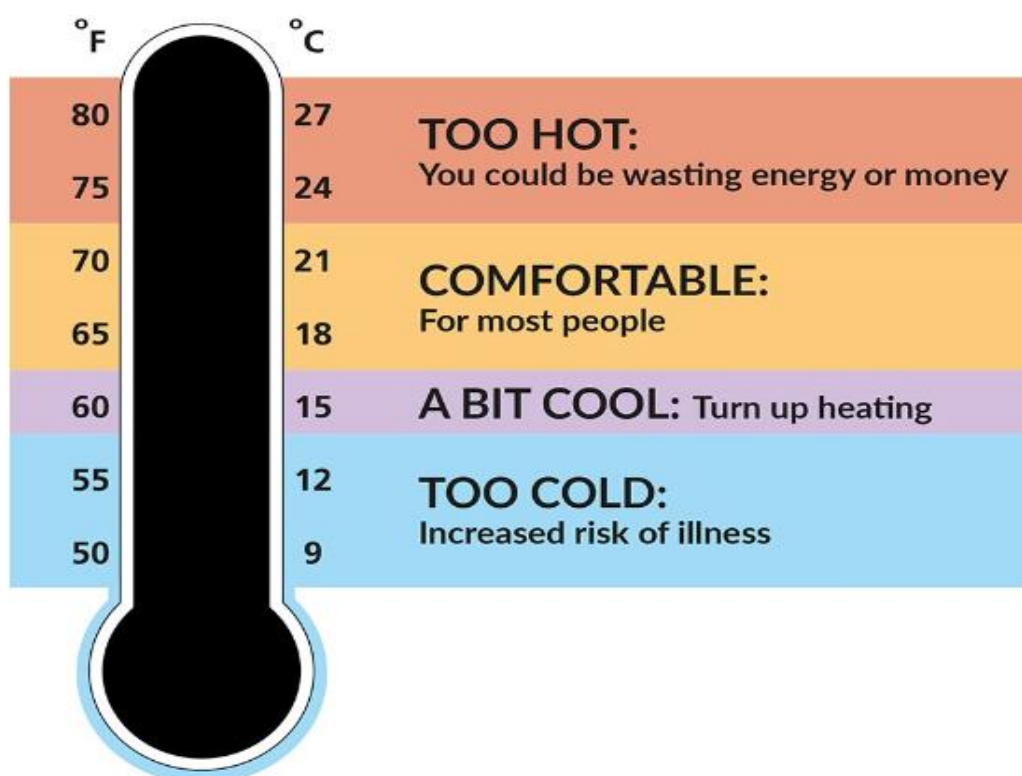
<https://www.westsussex.gov.uk/campaigns/safer-seasons-winter/>

More information on staying well can be found here:

<https://www.england.nhs.uk/publication/a-practical-guide-to-healthy-caring/>

<https://www.england.nhs.uk/wp-content/uploads/2015/09/hlthy-ageing-brochr.pdf>

Keeping Warm and Well



Now we are in winter, **keeping your home warm is essential to staying well** – especially if you have young children, are over 65, have reduced mobility or live with a long term health condition.

Public Health England advises that you should heat your home to at least 18°C (65°F) in winter, while rooms in which infants sleep should be heated to between 16-20°C.

Energy bills can be a worry during winter, but there are a few things you can do to heat your home more efficiently and keep those bills down:

- **Make sure you are on the best energy tariff** – if you haven't switched recently, then there is a good chance you are paying more than you need to.
- **Check if you are entitled** to receive the Warm Home Discount and other financial help to install insulation or a more efficient heating system.
- If you use heating oil, LPG, propane, coal or wood to heat your home, **make sure you have enough** to avoid running out and having to pay more for an urgent delivery.

More detail and further advice is available from www.westsussexenergy.co.uk.

In addition, your local council has **home energy advisors** on hand to help eligible households to stay well and warm. They can provide free-tailored advice on switching, reducing your bills and getting home energy improvements, such as insulation and a new boiler, installed. You may be eligible for a visit if you live on a low income or have a long-term health condition or disability.

If you live in Crawley, Horsham or Mid Sussex District's area, get in touch with the **Local Energy Advice Partnership (LEAP)** by calling 0800 060 7567 or visiting www.applyforleap.org.uk

West Sussex

A message from Paul McKay, Director of Adults' Services, at West Sussex County Council

I'm contacting you to let you know that on 7 January I joined West Sussex County Council as the new Director for Adults' Services. It is a real privilege for me and I'm keen to be able to build upon the excellent progress already made within the service and to meet and work with you over the coming months.

I shall be leading the three year Adults' Services Improvement Programme which includes the implementation of a strength-based community-led approach focussing on prevention and reablement. As you will be aware, a cornerstone of our work will

be co-production with our partners, including people who use our services, their families and carers, the voluntary and community sector, the NHS and District and Borough councils. We will also be working closely with colleagues from across the Council as part of one-Council approach.

I value the significant contribution you provide in supporting people across the county and working with us to deliver good quality and safe services to people needing social care support. I am grateful for your work in helping us to develop the principles which will shape the co-production that will underpin our programme of work.

A bit about me

I am a qualified social worker and for the last 19 years I have worked for Nottinghamshire County Council and my most recently as the Assistant Corporate Director.

I am currently in the process of moving house from Leicestershire with my partner, Angela, to our new home in Worthing so my new role as Director is a long-term commitment for me.

Finally, I'd just like to reiterate how pleased I am to be working with colleagues and partners in West Sussex and to emphasise my commitment to ensuring effective and genuine partnership working.

'Be the Voice' Self-Advocacy Training For Carers



'Be the Voice' is a free self-advocacy workshop offered as part of the Carers Voice Network at Carers Support West Sussex.

The training will cover helpful tips and exercises enabling you as a carer to have your own voice heard.

Date: Thursday 28th March 2019

Time: 10.00am to 12 noon

Venue: Crawley Library, First Floor, Longley Room, RH10 6HG

Visit www.eventbrite.co.uk and search for 'Be the Voice' to register your free place or call us on 0300 028 8888

'Activism and Campaigns' Free Training Workshop for Unpaid Carers



Carers Support West Sussex
for family and friend carers



The training will help unpaid family and friend carers to advocate for themselves on issues that matter to them, nationally and locally.

Date: Wednesday 13th February 2019

Time: 10.00am to 12 noon

Venue: Crawley Library, First Floor, Longley Room, RH10 6HG

Register your free place at network@carerssupport.org.uk or call on 0300 028 8888

Macmillan Cancer Support

Help and support for people affected by cancer in West Sussex:

<https://www.macmillan.org.uk/in-your-area/choose-location.html>



The Macmillan website:

<https://www.macmillan.org.uk/>

<https://www.macmillan.org.uk/assets/west-sussex-information-and-support.pdf>

What's going on near you? Find out about support groups, where to get information and how to get involved with Macmillan where you live.

The Macmillan phone number:

0808 808 00 00

7 days a week, 8am-8pm

Call us free*

Call Macmillan's Support Line on **0808 808 00 00** are free on all mobile networks. Calls are also free of charge from all consumer landlines and mobile phones.

Expert Patients Programme

A free self-management course for adults living with a long-term health condition. The Living Well course can help you learn new skills to better manage your health condition and symptoms.

HORSHAM

Dates: Every Thursday from 14th February – 21st March 2019

Time: 1.30pm – 4pm

Venue: Trafalgar Road Baptist Church, Horsham, RH12 2QL

HENFIELD

Dates: Every Wednesday from 6th March – 10th April 2019

Time: 2pm – 4.30pm

Venue: Henfield Hall, Coopers Way, Henfield, BN5 9DB

CRAWLEY

Dates: Every Thursday from 17th January – 21st February 2019

Time: 10am – 12.30pm

Venue: Charis Centre, West Green Drive, Crawley, RH11 7EL

More information can be found here –

<https://www.sussexcommunity.nhs.uk/services/servicedetails.htm?directoryID=16306>

Relate

relate
the relationship people

Relate North and South West Sussex provides relationship counselling in Crawley, Horsham, East Grinstead and Chichester. Our services include counselling for individuals, couples, family counselling and psychosexual therapy, for those who may be experiencing sexual problems. We also provide counselling for young people aged 10 – 19.

Self-referrals form 70% of our service users. We also receive referrals form GPs, Prescription Plus and Young Crawley.

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 or click [here](#)

Carers UK Free Digital offer



Are you caring for someone? Do you want to know more about break respite services, group support and carer self-assessment? [Click here](#) to access a free digital resource service where you can find resources to help you in your caring role.

Horsham and Mid-Sussex Community

Horsham District Gears Up for More Healthy Bike Rides This Year!



Horsham District Council's Sports Development team together with local volunteer ride leaders are set to organise more healthy bikes rides this year following last year's successful 'Horsham District Health Rides' pilot programme.

'Horsham District Health Rides' are free social bike rides for starter-level cyclists. They are a great way to improve cycling ability, socialise with others and develop new skills. All participants need is a working bicycle and the ability to ride.

A hybrid bike is suitable for all rides but road bikes can be used for 'on road' rides.

The rides are free of charge and are supported by leaders who are trained and experienced to adapt to individual rider needs with aspects such as pacing, helping groups gel together appropriately and keeping people safe.

Following last year's pilot programme of health rides, rides for 2019 are being offered over a longer period, from February to November, and new rides have been added to the Programme.

Routes around Warnham, via Pedlar's Way to Southwater and to Sumner's Pond in Barns Green will be available in addition to the established 6K Shelley ride route and longer two and three hour rides. There will be more emphasis on road riding during winter months and more off-road rides during the summer, spring and autumn.

See more at: https://www.horsham.gov.uk/latest-news/news/january-2019/horsham-district-gears-up-for-more-healthy-bike-rides-this-year?utm_medium=email&utm_source=govdelivery#sthash.4EY0gywq.dpuf

Mid Sussex Older People's Council (MSOPC)



MSOPC is an independent local charity, run by older people, for the benefit of Mid Sussex older people. MSOPC is managed and run by a Board of six volunteer Trustees and a Management Committee of ten volunteers. They work with voluntary and statutory organisations to ensure that the interests of older people across Mid Sussex are well served. For more information <http://www.msopc.org.uk/> or leave a message on our answer phone helpline 01444242760 or email: chairman@msopc.org.uk

Voluntary Sector Support Horsham District



Within the Horsham District there are over 700 active voluntary and community groups making a positive difference to local people.

The Voluntary Sector Support team, based at Horsham District Council, are committed to come alongside, support and provide information to any voluntary organisation working within the district. From a new project starting out, to a well-established group looking at how to sustain their local project, the Voluntary Sector Support team can help. Or, if you are thinking about volunteering, they can help you find the right role for you.

The team have created a dedicated online portal for voluntary organisations and community groups. The portal offers free information, such as, topical fact sheets (e.g. safeguarding, volunteering, gift aid etc.),

funding advice, training, e-learning modules and much more. If your organisation has a volunteer vacancy you can list that vacancy with them; these are then accessible to prospective volunteers registered with them. All for free!

To register a voluntary organisation on the portal:

<http://www.volunteerhorshamdistrict.co.uk>

To keep up to date with information for voluntary organisations, sign up to their free fortnightly newsletter: <https://bit.ly/2QFRplo>

Get in touch with the Voluntary Sector Support team on: 01403 215191 or email volunteering@horsham.gov.uk

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 Community

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@crawleycvs.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:

- You need medical help fast, but it's not a 999 emergency.
- You don't know who to call for medical help
- You think you need to go to A&E or another NHS urgent care service; or
- 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'

