



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

Around 200,000 people are diagnosed with Type 2 diabetes every year. Type 2 diabetes is a leading cause of preventable sight loss in people of working age and is a major contributor to kidney failure, heart attack and stroke. 22,000 people with diabetes die early every year.

It is estimated that about 7.9% of the Crawley population suffer from diabetes, approximately about 8,500 people, and 7.9% of Horsham and Mid Sussex population suffer from diabetes, approximately 15,300. We spend £2.7 million and £3.25 million on diabetics' drugs in primary care alone in Crawley and Horsham and Mid-Sussex respectively.

The main symptoms of type 2 diabetes are:

- peeing more than usual, particularly at night
- feeling thirsty all the time
- feeling very tired
- losing weight without trying to
- itching around your penis or vagina, or repeatedly getting thrush
- cuts or wounds taking longer to heal

This April, the [NHS Diabetes Prevention Programme](#) (NHS DPP), is holding the second Diabetes Prevention Week. NHS DPP has teamed up with [Diabetes UK](#) to raise awareness of the [Healthier You Programme](#) – a free service run by the NHS to help reduce the risk of developing Type 2 diabetes. You can Find Out Your Risk [here](#)

Horsham and Mid-Sussex Clinical Commissioning Group and Crawley Clinical Commissioning Group will be supporting the national campaign to raise awareness of Diabetes Prevention. We will be attending the Our Health and Care...Our FUTURE public event at 6-8 pm on Thursday 4 April 2019 at The College of Richard Collyer to raise awareness of Diabetes. We are also planning to run a stall in County Mall to raise awareness of Diabetes Prevention. Please do come and speak with us at you see us!

In the meantime, you can get involved by:

- Finding out your risk – Use our [Know Your Risk tool](#) to find out your risk of developing Type 2 diabetes. It only takes three minutes.
- Getting a free NHS health check – to check your risk of Type 2 diabetes, cardiovascular disease and other conditions (available for those aged 40 to 74).
- Asking your GP or Practice Nurse to check if you're at risk – and get referred to your local [Healthier You prevention programme](#).
- Ordering your free [Type 2 Diabetes Prevention Week toolkit](#) to help raise awareness of Type 2 diabetes in your local area.

Please do not hesitate to contact the Medicines Management Team (01293 600300 ext. 4255 or HSCCG.ContactUs-HorshamAndMidSussexCCG@nhs.net) if you want more information about Diabetes Prevention.

With all good wishes,



Dr Laura Hill

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

Our Health and Care, Our Future

Our **last event** in the local area is taking place at 6-8 pm on **Thursday 4 April 2019** at The College of Richard Collyer.

We want to know what you think about what needs to change in our local NHS and how can we improve care. Join the discussion on the future of local health and care services at The College of Richard Collyer at 6-8 pm on Thursday 4 April 2019.



Book your place now: <https://www.eventbrite.co.uk/e/our-health-and-careour-future-horsham-tickets-58357589120?aff=erelexpmlt>

You now have the opportunity to have your say online through our two surveys. Click on the links below to tell us your view by the end of April 2019:

What would you do to give people more control over their care?

What would you do to give people better support?

We would appreciate it if you could take a moment to complete this feedback form to let us know whether this information has been helpful and where we can work further with you to improve health and care for the future in Sussex and East Surrey:

Our Health and Care...Our FUTURE Feedback

Hard copies of the survey and surveys in alternative formats can be requested via email or telephone:

Tel: 01293 600300 extension 4255

SMS: 07833435443

Email: HSCCG.Contactus-horshamandmidsussexccg@nhs.net

Governing Body Date

The next Governing Body will be on 27 June 2019 at Clair Hall, Haywards Heath.

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](https://www.horshamandmidsussexccg.nhs.uk/get-involved/big-health-and-care-conversation/) 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:

In the March edition of the Patient Round-up, we outlined the impact of the Big Health and Care Conversation engagement on our work on gluten-free foods and falls prevention. This edition we have included information about the impact of public and patient engagement on medicines management.

1. You Said: A significant amount of money is wasted on medicines. What has been done to alert the public about this, and reduce wastage?

- We launched a public awareness campaign called [#HelpMyNHS](#) in June 2017, part of which explains the costs associated with GP prescriptions for medicines that are also available to buy over the counter (OTC).
- We refreshed the winter public awareness campaign on OTC in July 2018, which includes a suite of creative materials branded with our local identity [##HelpMyNHS](#).
- We developed a GP resource pack to support them when consulting with patients about treating minor ailments, promoting Self Care and purchasing medicines OTC.
- Due to a number of issues in the management of the repeat ordering of medicines, we undertook an engagement process on 'managed repeats' (a process where medicines



are ordered by third party providers, such as community pharmacies, on behalf of patients) with providers and users. As a result, patients are now required to order their medicines by contacting their GP surgery directly which has resulted in a decrease in waste.

- We will undertake targeted engagement with local communities, groups and employers to raise awareness of the level of wasted medicines. For example, we will be running a drop-in session in County Mall in 2019 to raise awareness of the level of wasted medicines
- We will continue to work with health professionals and Pharmacies to urge patients to buy medicines directly from their local pharmacy to self-treat minor illnesses, rather than seek a prescription through a GP appointment.

Get Involved!

NHS England Consultations

There are currently 8 live consultations with NHS England. You can contribute to the consultations [here](http://bit.do/eCYrY) – <http://bit.do/eCYrY>

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](#)



Fill out the survey about living with MS

MS Society has launched their third My MS Needs survey. Fill it in and tell them what it is like living with MS in the UK today.

Complete the survey online: <https://www.ukmsregister.org/landing/mymmsmyneeds>

Health Updates

1 in 4 miss their cervical screening appointment

The local NHS is urging women to respond to their cervical screening invitation letters, and if they missed previous invites, to book an appointment at their GP practice.

Two women die every day from cervical cancer in England, and locally figures from last year saw 1 in 4 miss their screening appointment in the Horsham Mid-Sussex area.

Attending screening when invited can help protect against the risk of cervical cancer; it is estimated that cervical screening saves around 5,000 lives each year. However, cervical screening is at a 20 year low, with one in four women in the UK not attending their test.

Everyone with a cervix, which is most women and many trans people, between the ages of 25 and 64 are invited to attend cervical screening every three or five years depending on their age.

Attending regular screening, which only takes a few minutes can help stop cervical cancer before it starts by preventing potentially harmful cells from developing.



The 'Cervical Screening Saves Lives' campaign runs throughout March and empowers with the knowledge and tools to get screened. Advice on making the screening test more comfortable includes:

Talk to your nurse – they are trained and experienced in how to make your test comfortable.

Wear a loose skirt or dress, you may feel more covered during your appointment. Take a friend or family member with you if it will help you feel more comfortable.

For more information, visit www.nhs.uk/cervicalscreening

Sleep Awareness Week 2019

Healthy sleep is as important as healthy eating and regular exercise. Sleep is vital for growth, development, learning and health...

- Learn more about sleep by playing 'The Sleep Game', now with supporting training materials: [The Sleep Game](#) is an interactive board game that helps people working with children understand sleep and its importance to children's development.
- Sleep Well free online Sleep training modules will be available soon for professionals and parents via the West Sussex Learning Gateway. For more information click [here](#)

Hand Hygiene

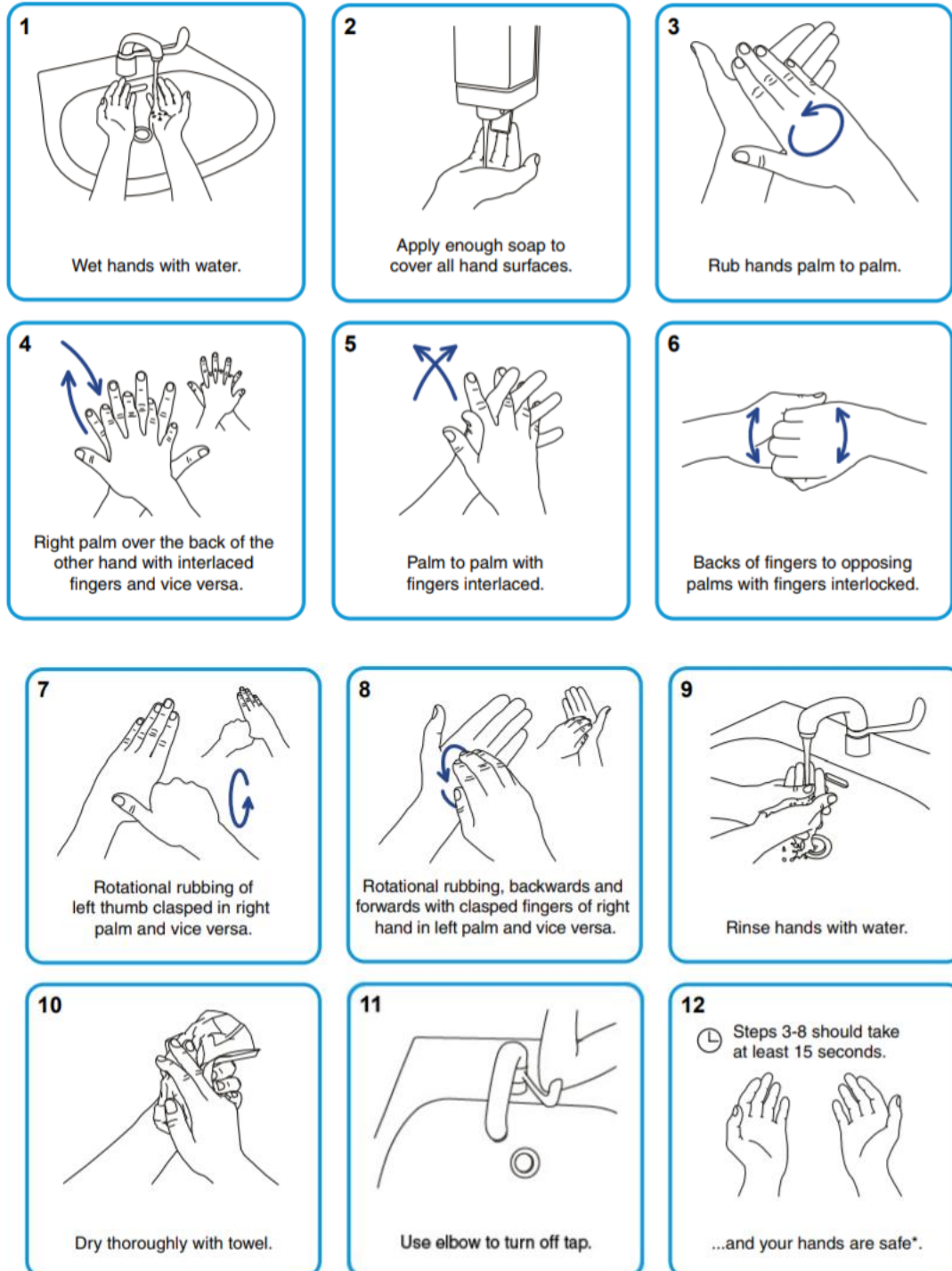
The Standard Infection Control Precautions policy has been updated by NHS England and NHS Improvement. The amended policy can be found here:

https://improvement.nhs.uk/documents/4957/National_policy_on_hand_hygiene_and_PPE_2.pdf

We thought it would be helpful to provide the eight step guide to washing your hands, outlined on the next page:

Best Practice: Appendix 1 - How to hand wash step by step images

Steps 3-8 should take at least 15 seconds.



*Any skin complaints should be referred to local occupational health or GP.

Muscle and Bone Strengthening and Balance Physical Activity

A report produced by the working group advised by a UK Chief Medical Officers' (CMOs) Expert Committee for muscle strength, bone health and balance provides suggestions for action, which are outlined below:

- individuals need to ensure they undertake strengthening and balance activities suitable for them at least twice per week;
- for those at risk of falls or fracture due to poor fitness or physical function, supervised structured exercise is recommended;
- specific consideration of and undertaking strengthening and balance activities is important at key transition points in life: pregnancy, menopause, onset of/on diagnosis of disease, retirement, on becoming a carer or following hospitalisation.

Table 3: Assessment of the positive impact of different types of sport, physical activity or exercise on muscle, bone and balance outcomes

Type of Sport, Physical Activity or Exercise	Improvement in Muscle Function	Improvement in Bone Health	Improvement in Balance
Running	X	xx	x
Resistance training	xxx	xxx	xx
Circuit training	xxx	xxx	xx
Ball Games	xx	xxx	xxx
Racquet Sports	xx	xxx	xxx
Yoga, Tai Chi	X	x	x
Dance	X	xx	x
Walking	X	x	0
Nordic Walking	xx	NK	xx
Cycling	X	x	x

Key: xxx = Strong effect; xx = medium; x = low; 0 = no effect; NK = not known

Source: Foster C, Armstrong M (2018) What types of physical activities are effective in developing muscle and bone strength and balance? *Journal of Frailty, Sarcopenia and Falls* 3(2):58-65.

New legal rights to personal health budgets for wheelchairs and section 117

Caroline Dinenage announced, on 21 February, the Government's intentions for legal rights to personal wheelchair budgets and for those eligible for section 117 aftercare in response to the recent consultation. Around 100,000 people will benefit from this over the next five years. This will come into effect as soon as the Department for Health and Social Care (DHSC) secure a timeframe for the legislative changes. More than 40,000 people already benefit, including Dylan and Shelley. The Long Term Plan commits to growing this to 200,000 by 2023/24. Further details of the support available to you are on our Learning Network pages or direct from our delivery team at england.personalhealthbudgets@nhs.net.

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.

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

West Sussex

Support Empower Advocate Promote (seAp)

seAp is an independent charity that specialises in the provision of advocacy and related services. Their high quality independent advocacy services support people, especially those who are most vulnerable in society, to have their voice heard, access their rights and have more control over their lives.



They provide advocacy support through well-trained and highly-motivated advocates who enable their clients to express themselves, ensuring that everyone who uses health and social care services can have their voice heard on issues that are important to them.

They also provide training for advocates, volunteers and professionals who need to understand the role of advocacy in health and social care services.

Further information can be found here: <https://www.seap.org.uk/about/>

Aspie Trainers: Introduction to Autism

Aspie Trainers are a team of autistic people who deliver autism training from a first-person perspective, specialising in the use of lived experience in order to demonstrate what works when supporting autistic individuals. Our training sessions aim to engage with non-autistic people in a way which will enable them to feel more confident when working with us or supporting us.

This Introduction to Autism session will outline the difficulties autistic people face including with communication and sensory issues and provide an opportunity to ask questions.

The session takes place on Tuesday 7th May, 12pm-2pm at Roffey Millennium Hall in Horsham. Places are £5 for parent/carers/family members or £11.25 for professionals. For more information, or to book places please visit aspietrainers.co.uk or contact us on 07471 353062.

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. The course is free and runs over six weekly sessions, each lasting two and a half hours.

Horsham

Venue: Trafalgar Road Baptist Church, Trafalgar Road, Horsham

Dates: Thursday 25th April 2019 – Thursday 30th May 2019

Times: 1.30pm-4pm

Crawley

Venue: Crawley Library, Southgate Avenue, Crawley

Dates: Friday 24th May 2019 – Friday 28th June 2019

Times: 10am-12.30pm

Contact EPP Team via email sc-tr.epp@nhs.net

Dementia Guide – Independent People Homecare

What is dementia?

The word 'dementia' describes a set of symptoms that may include memory loss and difficulties with thinking, problem-solving or language. These changes are often small to start with, but for someone with dementia they have become severe enough to affect daily life. A person with dementia may also experience changes in their mood or behaviour.

Dementia is caused when the brain is damaged by diseases, such as Alzheimer's disease or a series of strokes. Alzheimer's disease is the most common cause of dementia, but not the only one. The specific symptoms that someone with dementia experiences will depend on the parts of the brain that are damaged and the disease that is causing the dementia.

Types of dementia

Alzheimer's is the leading cause of dementia in the UK; responsible for up to 70% of all dementia cases. A slowly progressive brain disease that actually begins well before the individual starts to show any symptoms.

Vascular dementia is the second most common cause of dementia. Otherwise known as vascular cognitive impairment, those who are diagnosed with vascular dementia may not suffer memory loss in the early stages of the condition, but will instead have an inability to plan or make decisions, combined in many cases with poor or impaired judgement.

The most common forms of dementia



Alzheimer's versus dementia

What's the difference?

Many times we are asked what is the difference, or are there any differences? So, let's help clarify the differences for you in a simple way.

Dementia is an umbrella term for anything that can cause issues with brain functioning such as confusion, memory loss, or loss of problem solving ability. While Alzheimer's disease is the most common form of dementia in older people.

Useful contacts

Alzheimer's Society
www.alzheimers.org.uk
T: 0300 222 11 22

Age UK
www.ageuk.org.uk
T: 0800 678 1174

Admiral Nursing Direct
T: 0800 888 6678
E: helpline@dementiauk.org

To find out more or to arrange a FREE assessment

Call us on **0808 278 8807**
or email: hello@iphomecare.co.uk
or visit: www.iphomecare.co.uk



IndependentPeople
Homecare Services

Registered office: 26 High Street, Great Baddow, Chelmsford CM2 7HQ



Regulated by
Care Quality Commission

Relate



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.

West Sussex ADHD Support

West Sussex ADHD Support is a parent-led volunteer team, supporting parents, carers, professionals and families with ADHD.

What we do:

To provide a platform to improve the overall awareness of ADHD in our county. To grow an understanding and awareness to help with everyday challenges whilst recognizing the unique and colorful characteristics ADHD brings to our world.

To support parents, carers and professionals to access information, advice and guidance on any ADHD topic. We currently have support hubs in Crawley and Worthing.

To provide a support network of daytime and evening peer to peer support circle meet ups. We meet the second Tuesday of every month @ The Coffee Lounge, Maidenbower Community Centre. RH10 7QH 11.30-13.30

To offer voluntary training in schools and support professionals, attend meetings and represent the community voice on any related ADHD topic.

To help and support those with or without a diagnosis and help navigate the assessment to diagnosis pathway.

Horsham and Mid-Sussex Community



You are invited to the Annual General Meeting of the West Sussex North Branch of the Motor Neurone Disease Association at Centenary Hall, St Wilfrids Way, Haywards

Heath. West Sussex. RH16 3QH on **Sunday 7th April at 3.00pm.**

Parking is available in the Marks and Spencer's Car Park opposite the hall (there is no charge to park on a Sunday). For those with restricted mobility there are some spaces in front of the hall. Please contact Elizabeth Carter if you require directions or help with transport - elizabeth.carter209@btinternet.com

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

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>

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

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@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:

3. You need medical help fast, but it's not a 999 emergency.
4. You don't know who to call for medical help
5. You think you need to go to A&E or another NHS urgent care service; or
6. 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'

