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Newsletter - 1st October 2023

Hi,

This month we start with our first ever activity for the **Ageing Well Festival**. We also have reports on plans for the local cancer centre, listening to people's views at the **Brunswick Square Festival**, and what happened at **St Peter's GP Practice PPG** meeting.

You can get involved by sharing your thoughts on hospital discharge in Brighton and Hove, and mental health services in Sussex.

We also spotlight local project, **Lifelines**, by national charity, **Volunteering Matters**, that supports people 50+ to make social connections through activities - and helps people needing support to attend health and social care appointments.

And finally, some events you may be interested in, including the **Older People's Council** meeting, **World Mental Health Day** and **Black History Month**.

Let's start...

Ageing Well Festival 2023

Historical Health Quiz with Healthwatch

As part of this year's Ageing Well Festival, we're hosting a Historical Health Quiz at the **Brighthelm Centre**.

Test your knowledge on 19th Century remedies, Roman medicine, and the mysterious Dr. Brighton. With health care trivia, brain teasers, and captivatingly gruesome facts.



After the quiz you can meet the Healthwatch team and learn about why we are your local health and social care champion.

It's on at the Brighthelm Centre on Monday 9th October - from 10:30 am to midday. Free admission (donations welcome) with refreshments provided. You can book a spot using the link below, and find out about all the other great activities that are on as part of the festival.

[Ageing Well Festival 2023 - What's on?](#)

Reports



Supporting the development of our local hospital (new Cancer Centre)

Along with other organisations, we were recently invited to attend a New Cancer Centre Engagement Workshop on 11th September 2023 held at the Royal Sussex County Hospital. We previously carried an and Enter and View of the existing Cancer Centre in 2017 and found relatively few issues with the environment, so we are keen to learn more about the plans for the new center.

Public engagement event – Brunswick Square Festival

At this year's Brunswick Square festival, we ran a stall to raise awareness of our organisation and to hear people's views and experiences of health and social care in the City.

We spoke to around 50 people that day, listening to their experiences of our health and social care systems. You can read the details in our report.



[Read the report](#)



Public engagement event – St Peter's Patient Participation Group

We attended a special meeting at St Peter's GP Practice to discuss the opening of the new building in late November/early December 2023, which will see St Peter's and Albion Street practices start to operate from a single premises. The two GP Practices formally merged in October 2021.

Hosted by the Patient Participation Group (PPG), this was a chance for locals to ask questions and hear the staff responses. You can read the details in our report.

[Read the report](#)



on local services

These are the the latest reports issued by the Care Quality Commission on local services.

[Broadway Surgery](#)[Regency Surgery](#)[Inpatient Survey](#)

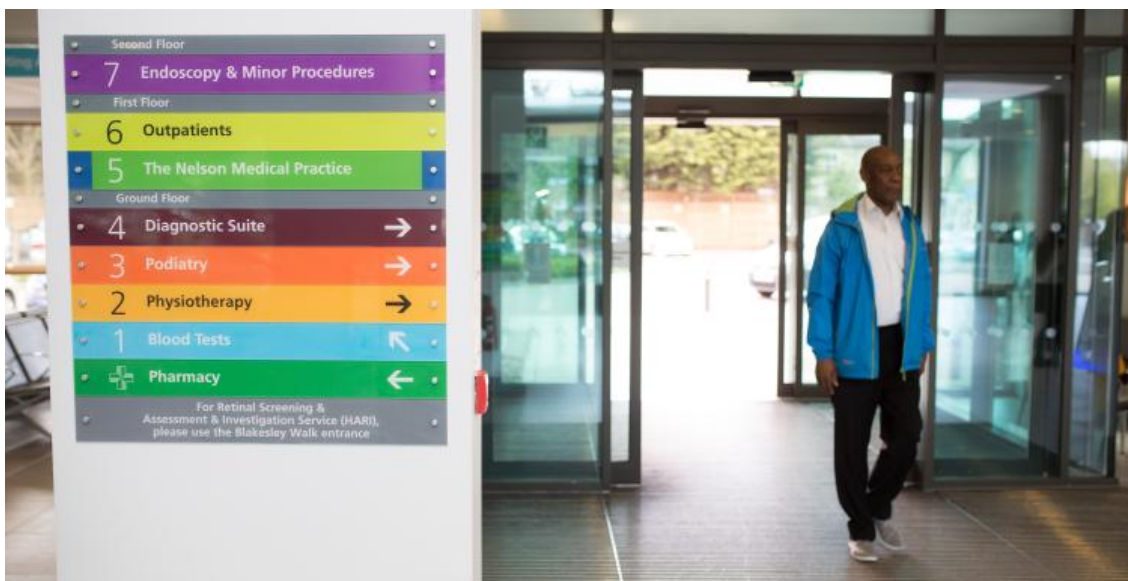
Get Involved

Share your thoughts on hospital discharge

Healthwatch England would like you to provide details about your or your loved one's experience of being discharged from hospital.

This includes to what extent you were involved in the planning for your discharge, the time you were discharged, whether your discharge was delayed and why and whether you got the support you needed after you were discharged from hospital.

[Learn more](#)



Services Survey



In Sussex there is a wide range of services available to support people needing help with their mental health, delivered by different organisations and providers, which can sometimes make it complicated for people to find and access the information and help appropriate to their need.

NHS Sussex are running a survey on how best to enable people who need support and help with their mental health to find and access appropriate local mental health services directly.

[Learn more](#)

Spotlight!

Here we spotlight a local project or organisation that supports the health and wellbeing of the people in Brighton and Hove.

Lifelines is a local project by national charity, **Volunteering Matters**, and has been supporting older people in the city since 2007.



What's your passion?

Lifelines volunteers host free or donation only group activities in community spaces and senior housing in the city. Helping those 50+ to connect, learn something new, make friends, and some fun too. You can also get support to learn to use modern tech and a free tablet loan service.

Their **Healthlink** volunteers support people to health and social care appointments.



Some people may not want to burden friends or family, they no longer live locally, or not any local support at all. Healthlink volunteers can help them maintain their wellbeing,

You can visit their website for more details, or contact them on **01273 688 117** or lifelines@volunteeringmatters.org.uk.

Lifelines Website

Events the Month

You can visit our website to see what health related local and national events are happening this month.

Here, we highlight a few that may be of interest.



Black History Month

October

October is Black History Month.

This national celebration aims to promote and celebrate Black contributions to British society, and to foster an understanding of Black history in general.



It's a time when we not only celebrate diversity and inclusion, but also raise awareness of some of the barriers Black people face.

[Learn more](#)

B&H Older People's Council AGM

Wed 4th October 2023 - 2pm to 4pm. Brighton Town Hall



Older People's Council (OPC) will take place during the Ageing Well Festival.

Please do go along and join them in reviewing our activities over the past year, and help to make the Older People's Council a powerful voice for all older citizens of Brighton and Hove.

Agenda & Contact Details

World Mental Health Day

10th October

The World Health Organisation recognises World Mental Health Day on 10 October each year.

Mental health problems can affect anyone, any day of the year, but this is a great day to show your support for better mental health and start looking after your own wellbeing.



[Learn more](#)

Visit our website to see what other events are happening this month.

[Other events this month](#)

Well another month flies by.

Happy October!

The Healthwatch Team

Share your story

Tell us about your experiences of NHS and social care services. Giving feedback, both good and bad, can help improve services.

[CLICK HERE](#)



healthwatch

Brighton and Hove

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