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Newsletter - 9th November 2023

Hi,

This month we have news on the police investigation at the Royal Sussex Hospital, our response to the CQC's annual State of Care report, a CQC report lowering the rating on the SPFT's Chalkhill Ward, and closure of a chemist in Kempdown.

We report on the impact in Maternal mental health that your feedback made possible, our six-month Performance Report, and people's experiences of long COVID in Sussex.

You can see how our **Ageing Well Festival Historical Quiz went**, and get involved on a consultation on vaping

We also spotlight **Sussex Interpreting Services**, a charity helping to reduce barriers to equitable health and social care.

And finally, some November events you may be interested in including the **National Self Care Week**, Drop-in Sessions for **Survivors of Domestic Abuse from**

Marginalised & Minoritised Communities (all genders), and **Carers Rights Day**.

Read on...

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News

Healthwatch statement on the police investigation into services at Royal Sussex Hospital



We can confirm that Healthwatch Brighton and Hove is aware of a police investigation into allegations relating to several services at the Royal Sussex County Hospital. Due to the ongoing investigation, we cannot comment further at this stage, but this development is clearly concerning.

A number of local people have contacted Healthwatch teams in Sussex to say they are worried about the police involvement and have asked how this might affect their care. Healthwatch is in regular contact with the Trust and meets often with senior leaders and we have shared patient concerns with them.

[Read the full news report](#)



Kempton Boot's Chemist to close



Boots the Chemist on St James' Street in Kempton is closing on 20th January 2024. This is part of 300 closures that Boots announced in the summer. At the time of the announcement it was not known which locations would be affected. If this closure impacts you, then please let us know.

[Share your views](#)

[Find a pharmacy](#)

Impact

Maternal mental health:

The changes your feedback made possible



Earlier this year, we collected your views of maternity and post natal support, and shared ^{Translate} this with Healthwatch England. Thanks to your stories, the Gov has confirmed plans for NHS England to work with the Royal College of GPs to develop new guidance on 6-8 week-postnatal checks to support women's mental health after giving birth.

In recent years, we have seen multiple shocking systemic failures in maternity services, outlined in the Ockenden review and seen at Shrewsbury and Telford NHS Trust and East Kent Hospitals University NHS Foundation Trust, among others. These reviews highlight increasingly negative feedback on maternity services shared via local Healthwatch.

[Read more about the impact](#)

Ageing Well Festival 2023

Historical Health Quiz with Healthwatch

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

Where 15 people joined us to test their knowledge of 19th Century remedies, Roman medicine, some captivatingly gruesome facts, and the mysterious Doctor Brighton.



The birthing chair surprised many, and we were asked for more information that we had. We can now say that the birthing chair can be traced to 1450BC Egypt, 200BC Greece, and 17th Century England. It's even making comeback.



We got such a good response that we will be definitely be doing more next year. A big thanks to everyone that joined us.

If you'd like to try the quiz at home, let us know and we can send you a copy.

Reports



People's Experiences of long COVID in Sussex: Qualitative engagement

This report is the second of a two-part engagement exercise undertaken by Healthwatch in Sussex exploring the qualitative experiences of long COVID.

It sets out what we've heard about people's experiences of long COVID and its impact on their lives, and includes case-studies illustrating the extent and nature of its effects on them.

[Read the report](#)

Subscribe

Healthwatch Brighton and Hove six-month Performance Report

Our six-month performance report demonstrates what we have achieved between April 1st 2023 and September 30th 2023.

Including details on our Enter & View visit to the maternity ward at the Royal Sussex County Hospital, engagement activities to hear about people's views and experiences of NHS services, reports produced and information line enquiries about making a complaint, and accessing an NHS dentist and GP appointment.



Translate

[Read the report](#)

Care Quality Commission Reports on local services

The latest reports and responses.

[CQC's State of Care report - our response](#)

[SPFT Trust Chalkhill ward has it's rating lowered](#)

Get Involved

Public consultation opens on a smoke-free generation and vaping

The government launched a public consultation this week to seek views from teenagers and adults on its plans to create a smoke-free generation and curb vaping use by young people.

Key suggestions include:

make it an offence for anyone born on or after 1 January 2009 (turning 14 this year)

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to ever be sold tobacco products • restrict the flavours (such as sweets and fruits) of vapes and views on how (such as by banning references to these flavours in vape ads or removing them as ingredients) • ban cartoons, characters, animals and other child-friendly imagery from vape packaging, or ban any imagery apart from the name and logo of the product • ban or restrict the sale of disposable vapes allow local authorities to issue on-the-spot fines to retailers who sell tobacco or vapes to under-age people (and what the level of these fines should be).

[Learn more](#)



Spotlight!

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

Sussex Interpreting Services is a charity working to ensure equitable access to health and social care.

They have been providing services for 29 years, helping to reduce health inequality by bridging the communication gap of language, information, culture and power.



More Than Interpreting



In their own words: *“We provide language support at the heart of our diverse communities through an inclusive and empathetic model of interpreting called Community Interpreting*

We are more than an interpreting service. We provide a suite of language support services to integrate health pathways and have many free translated resources for Service Users and videos on how to access interpreting.

Anyone wanting help can make a referral to our social prescribing, community advocacy or befriending services.

We have just published our SIS Annual Review 2022-23 and you are very welcome to join us at our upcoming AGM and help celebrate our year.

Thank you

Arran, Director



The SIS Team

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Translate **Service User Quotes**

“I thank you from the bottom of my heart for all your help. I wasn't getting the services I needed but having you with me meant I was listened to. I was so happy that I could ask all the questions I wanted and get detailed answers I could understand.” **Arabic Speaking Service User SIS Resources & Links:**

“The SIS video explaining the service was very clear. It's good to tell everyone it's free and explain why it's important to use professional interpreters, not family members and friends.” **Italian Speaking Service User**

- [Community Interpreting](#)
- [A suite of language support services](#)
- [Translated resources for Service Users](#)
- [Videos on how to access interpreting](#)
- [Social prescribing referral](#)
- [Community advocacy referral](#)
- [Befriending referral](#)



Last year's SIS AGM

[SIS Annual Review 2023 PDF](#)

[Register to attend thier AGM](#)

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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.



National Self Care Week

13 - 19 November 2023

Self Care Week is an annual national awareness week that focuses on embedding support for self care across communities, families and generations.

The Self Care Forum has been organising Self Care Week since 2011. The theme for 2023 is “Mind & Body”.



[Learn more](#)

Drop-in Sessions for Survivors of Domestic Abuse from Marginalised & Minoritised Communities (all genders)



16th, 23rd & 30th of November

B&H Hove Jobcentre, 15 Queen Square, Brighton, BN1 3FD

Stonewater, commissioned by B&H City Council, are running a specialist service to support survivors of domestic abuse within black and ethnic minority communities in and around Brighton and Hove.

These inclusive sessions, held every Thursday, are open to all genders and aim to address unique challenges. Offering a safe and supportive environment, ensuring survivors from BME backgrounds can access necessary assistance and resources. If you or someone you know [Subscribe](#) [Past Issues](#) [Translate](#) fits this description, they encourage you to join them.

[Learn more](#)

Carers Rights Day 2023

24th November

This day aims to raise awareness of carer's needs, that carers are aware of their rights, and to let them know where to get help and support,

Each year, hundreds of organisations across the UK hold an event or activity to mark the Day.



[Learn more](#)

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

[Other events this month](#)

Hope you all had a good Halloween.
Enjoy November!

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](#)



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Brighton and Hove

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