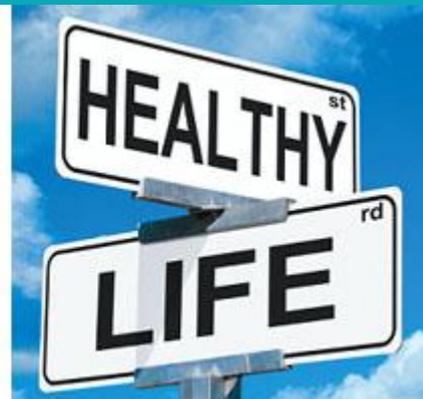


East Sussex Health and
Wellbeing Board

Health and Wellbeing News



Summer #3

News



Alzheimer's Society Sussex supporting people with dementia, their families and carers locally in East Sussex.

The following confidential services are available in your area:

Befriending Service (Hastings & Rother) provides companionship and support to people living with dementia through regular visits from one of our trained Volunteer Befrienders.

Carers Information and Support Programme (CrISP) is a course for carers that provides effective up to date, relevant and evidence based information about dementia and support in a group environment. Respite and transport provision may be available, please telephone for details.

Carers Support Groups provide a safe, friendly environment where you can be yourself and talk about dementia comfortably with others who find themselves in similar situations. Available in various locations throughout East Sussex.

Dementia Adviser Service provides information and support to people with dementia, from the point of diagnosis. This enables people with a diagnosis of dementia to be in control of their lives and live well with dementia.

Dementia Support Service provides on-going support and information for people with dementia and family members/carers through home visits. Plus information and support for Carers on how to maintain the independence of people with dementia at home.

Memory Support Service is delivered in partnership with Sussex Partnership NHS Foundation Trust providing psychosocial interventions and activities for people with a recent diagnosis of dementia.

Singing for the Brain (Eastbourne & Rother) is a structured group for people with dementia and their carers, designed around the principles of music therapy and singing. The sessions are planned to incorporate social interaction, peer support, engagement and active participation.

See Haven Club (Bexhill & Seaford) provides day care provision for early onset dementia (under 65) and gives the opportunity for people to socialise and participate in activities.

Sussex Helpline Service call 01403 213017 between 10am and 2pm (Weekdays). Outside of these times there is a call back service. Alternatively contact can be made via sussex.helpline@alzheimers.org.uk

Books on Prescription beat records!



5,702 Books on Prescription titles were issued by East Sussex Libraries in 2013/14, an increase on the previous year of 50%. Books on Prescription are self-help mental health books for adults, children and families which cover a range of common mental health conditions. They have all been read and recommended by experts and can be prescribed by a practitioner, instead of or alongside other treatment, and are available free to choose and borrow from public libraries.

A Dementia themed Books on Prescription scheme is due to be launched in autumn 2014. For more information visit www.eastsussex.gov.uk/selfhelpbooks or contact abigail.luthmann@eastsussex.gov.uk



Community Activation Fund success - Rother District Council has successfully bid for funding from Sport England's Community Activation Fund and has been awarded almost £120,000 to run a three-year project aimed at getting more people active in Sidly, Bexhill & Rye. The funding will enable the council to provide suitable activities to encourage residents to improve their health and fitness, including: walking, running, table tennis and outdoor fitness sessions.

Inclusive Sport Funding to expand across East Sussex - Disabled adults in East Sussex now have more opportunities to get involved in sport after the 'Sports for All in Sussex' project received £300,000 of funding from Sport England's 'Inclusive Sport Fund'. Grace Eyre, in partnership with Hastings Borough Council's Active Hastings, Rother District Council's Active Rother, Albion in the Community and not for profit leisure trust Freedom Leisure applied to the Sport England Inclusive Sport Fund (Round 2) to extend the current Sports for All in Sussex project into East Sussex. The project and partners have also worked closely with the commissioning officers at East Sussex County Council who were also instrumental in this successful funding bid.

Active Sussex new appointment - From June, Active Sussex's Gemma Finlay will be changing her roles to NGB Development Manager (Inclusion). In her new role, Gemma will support NGBs with their local development priorities for community sport and physical activity with a focus on disability & inclusion. In addition, she will become Active Sussex's new lead for safeguarding in sport. Sid Fletcher takes up post as the new Sports Project Officer managing Sportivate from 30 June. For a list of the whole team please visit:

<https://activesussex.org/contact-us/active-sussex-team>

NEW Otago falls prevention exercise programme – free for patients to take part!

A new falls prevention exercise programme has been launched at a number of community venues across East Sussex. The Otago programme is a course of strength and balance

enhancing exercises designed specifically to reduce participants' risk of falls, and is particularly effective for individuals aged 80+ who are experiencing problems with their strength and balance. Each programme lasts for 16 weeks and is free for eligible individuals to take part in. All classes are run by specially trained instructors from Freedom Leisure and Wave Leisure and last for one hour. Participants are also expected to undertake some practice at home. If you think you or someone you know might benefit from the classes, please contact your GP in the first instance to check whether the programme is likely to be suitable for you and to request a referral. If you would like more information about who can take part and the location of your nearest class, please contact Samantha Tullett on Samantha.tullett@eastsussex.gov.uk or on 01323 463410.



HealthWatch East Sussex Annual report available

Our annual report is available on our [website](#). In it you'll be able to see what activities and actions we've done in the last year.

A study of patient, family, carer and care provider experiences of leaving Hospital

Healthwatch East Sussex are doing a study on Hospital Discharge - the purpose of this, is to find out if patients are discharged safely and with care following their stay in hospital.

Your feedback is very important and will influence the people who buy our services meet your local needs, and understand the experiences of not only patients, their families, carers but also people who provide residential and home care services.

For more information and to take part in our study, please visit <http://www.healthwatcheastsussex.co.uk/hospital-discharge/>

If you have any further questions, please contact us on 0333 101 4007, or email Elizabeth.Mackie@healthwatcheastsussex.co.uk

Information line - 0333 101 4007

The Healthwatch East Sussex information line is available Monday to Friday 10 – 4pm (with an answer machine for all other times).

Our staff are available to offer you information and signposting, especially if you have a concern about your, or a family member or friend's health and social care treatment.

HWES website updated

We've updated our website www.healthwatcheastsussex.co.uk.

You can access information about how to get involved, raise concerns, what are our current priorities, and see all our recent reports on Better the Beginnings consultation, and how we work with the voluntary and community sector.

National Carers Week 9-15 June 2014

This year the theme was the Carers Week Quest with the aim of reaching out to carers who are currently missing out on services and support with a focus on working together in local communities.

In East Sussex, a total of 45 information sessions were held across the county from Lewes to Forest Row and from Eastbourne to Rye including many in smaller local libraries in rural areas. We had support from the library service, supermarkets, pharmacies, leisure centres and GP practices as well as colleagues in the voluntary sector and Adult Social Care. The Blue Badge team included information flyers with their renewal letters throughout the month and several pharmacies added flyers to prescription bags. Other activities included a walk on the seafront in Hastings ending at a café for tea and cake, complementary therapies in Hailsham, dementia supper clubs and drop-in advice clinics. Particularly successful was an information session at Brede Farmers Market where stall holders took an active role in identifying carers and directing people to the stand for information and some stall holders who were carers themselves were able to access information and advice.

Social Care Direct 0345 60 80 191 eastsussex.gov.uk

Care for the Carers 01323 738390 cftc.org.uk



Make the most of what Eastbourne has to offer

Visit www.healthyeastbourne.org.uk

Your guide to everything you need to know to make a difference to your health and well-being.

Does your business support Healthy Eastbourne?

The Healthy Eastbourne Campaign would like to hear from local businesses who care about health and organise related activities for their staff or get involved in campaigns like the Sustrans Travel Challenge and Movember. We can help you promote what you are doing to make Eastbourne a healthy place.

We are also keen to hear from any local businesses who would be interested in sponsoring the Campaign's activities. You can email us at healthyeastbourne@eastbourne.gov.uk or go www.healthyeastbourne.org.uk to 'Tell us about your events'

EVENTS

Sportivate sessions are being delivered over the summer across East Sussex, for 16-25 year olds. Session aim to get more young people taking part in physical activity on a regular basis, in a safe and fun environment. The free or heavily subsidised sports/activities on offer include; Windsurfing, Golf, Parkour, Dance, Trampolining, Cricket and Dodgeball . To find out when

and where these projects are taking place to promote specific sessions please visit:

<https://activesussex.org/legacy/sportivate/find-an-activity/east-sussex>

To find out more about Sportivate funding please visit:

<https://activesussex.org/funding/sportivate> or email sportivate@activesussex.org

Sportivate Football Therapy with Lewes FC – SportivateFootball Therapy offers FREE soccer sessions to 16-25 year olds dealing with wellbeing issues like depression, anxiety, OCD and so on. These sessions also offer an enjoyable social get-together for participants. Courses are being delivered across the Lewes District working with Together UK, Grace Eyre Foundation and local GPs, plus Sussex Police and Sussex FA. The first courses start on 21 July in Lewes and Uckfield. For more information please contact adrian@lewesfc.com

Sportivate Work 2 Play - As part of a joint initiative, Active Sussex, Freedom Leisure and a range of other local, regional and national partners are offering a fantastic opportunity to 18-25 year olds in casual, part-time or full-time employment, to get involved in a range of exercise or sports over 6 weeks for only £15. This supports the Active Sussex Workplace Health programme to help create a healthier workforce in the county: <http://workplacehealthsussex.org/index.php/sportivate>



Community Games encourages and supports local communities to be part of the spirit of London 2012, to get more people involved in community events with physical activity and volunteering opportunities. There are currently 12 Games registered in East Sussex due to take part from July to end of October. They include events like Freedom Leisure Active Play, Eastbourne Community Games, Seahaven Para Games, Hastings Predators Summer Street Sports, Bexhill Giants Invitational Basketball Tournament, Hastings Intercultural Organisation Football Tournament and Eastbourne Youth Fair 2014. To find out more information about the individual events visit: <https://tinyurl.com/kxgqccz>

If you have an event that you would like to be a Community Games please contact grogers@activesussex.org or visit: <http://www.communitygames.org.uk/organise-games>

MEETINGS

East Sussex Health and Wellbeing Board

The Board will be holding its next meeting on 29th July, 2014, County Hall, Lewes. [Click here](#) for further information or [click here](#) to view live or archived web casts of Board meetings.

Has this newsletter been forwarded to you? [Subscribe to Health and Wellbeing News](#)

If you wish to stop receiving this newsletter please [Unsubscribe](#)

