

East Health Forum Minutes 17th June 2025

Robert Lodge 10.30-1pm

Agenda Item	Details & Actions
Present	Amy Hutson Release for Women Amy Knowles Act on Cancer Anke Thurm & Shirley Knight Moulsecoomb Community Panel Becky Jarvis East & Central PCN Christiane Reineke Carers Centre Christine El Shabba Robert Lodge Claire Burchell, Sara Fernee, Lucy Hetherington & Kirsty Walker (TDC) David Powell, Maureen Langford & Michael Buckley - Whitehawk Panel Geoff Brown Macmillan Jackie Kopelman Release for Women Laura Fernandez- Kayne Deans & Central PCN Leila Morley NHS Mental Health Services Commissioner Oonagh O'Brien & Joe Walker- East Brighton Health Hub Patrick McKenna Due East Paul Elingsford Hawks 50+ Shona Kynoch Together Co Stephanie Mooney BHCC engagement team Wilma Thomas Sussex Community Trust
Apologies:	Ben D'Montigny Bristol Estate LTA & East Brighton Trust Brooke Joyce Southdown UOK Ceza Da Luz & Michael Collett Tarner community panel Delphine Jacq BHCC Healthwalks Fran Costello BHCC Housing Frances Sulikosky Speak Out Julian O' Kelly Work Well Nick Young Broadway GP Stephen Bamford & Anne Glow Whitehawk Community Panel Steve Castellari Carers Centre
Minutes & Actions	Minutes agreed without amendment. Actions: Health Event on 31st May was very good and had lots of participation from organisations here and some that aren't and 150+ attendees, with several new to space and services. Health newsletter which advertised the event and other services available locally was well received. It has been updated to replace front page about event and still be usable online: Health Newsletter 2025
Leila Morley Senior Commissioner Manager, Adult Mental Health NHS Sussex.	Updating on Neighbourhood Mental Health Service Transformation. NHS is nationally working to improve adult and older adult community mental health services. Move away from current models to more user centred, reducing silos and improving access and pathways through services.

	In Brighton & Hove there will be 3 new neighbourhood mental health teams aligned with the health forum and Integrated Community Team footprints. This will enable more bringing together of primary care services, like GPs as well as Local Authority and Voluntary sector providers with the neighbourhood mental health teams. Intention is to launch by November, starting with foundations and building over subsequent year. Initially there may be little externally visible change as things like internal data systems are changed and merged. There is no new resource or facility, but it may be possible to work creatively across partners by offering more through places like East Brighton Health Hub. The other emphasis is on increasing people's ability to take action to maintain good mental health, which also creates more capacity in service for those who most need it. UOK is going to be continuing and in East Brighton TDC is a partner working on mental health campaigns and community mental health champions/connectors. Next Steps: Wider asset mapping – merge in draft Adult Mental Health Directory of Services and map local assets through stakeholder groups. Aim to have visual map. NMHTs (Neighbourhood Mental Health Teams) - analyse data for local need and build wider stakeholder groups with other public and voluntary sector partners. East Brighton pilot with key aligned services and EB NMHT.
Dr Jackie Kopelman, acute medicine at hospital & Release Trustee Amy Hutson Release for women	<u>Release Counselling and Therapy for Women</u> By women for women counselling, group courses and wellbeing days. Focus on mental health during pregnancy birth & menopause. Suicide is leading cause of death 1st year after having a baby and is increasing cause of death for women in menopause. Menopause also causes job loss and is thought to equate to 14 million working days lost. Mother nurture and second nature courses include peer group environments in areas where people are asking for their services. They explore hormonal changes and effects like burn out and coping mechanisms. 100% users would recommend the counselling and 98% reported their emotional stability improved. They are recommended by users so growing by word of mouth and some mothers are now coming back for menopause courses, but they are seeking more primary care referrals. They have effect social media when doing course sign up. Actions: Oonagh introduce Release to Sam Beale, local counsellor. ACTIONED. Laura invite Release to D&C event/ meeting Kirsty introduce Release to Brighton Women's Centre and invite them to share with forum what they offer.

Community Health project updates & news	East Health Hub – Oonagh and Joe E&C PCN Presented at citywide conference for acute services and public health – really enthusiastic response to Hub and ICT evolution, generating wider support and engagement by stakeholders. Developing website page about Hub and communications online. Attended health event with Dervish and community pharmacist – offered diabetes & hypertension checks. Good conversations and fed into future diabetes group consultation planning. People still struggle to find access to hub at Robert Lodge. Signage has been agreed by Gabs at BHCC. Ageing Well, Carers and Money Advice Plus will be at Hub in July. Alzheimer’s society doing a carer programme for carers of newly diagnosed Friday afternoons, starting 1st August. Trauma workshop other Friday afternoon course trying to alleviate pressure on staff in Hub. North blocks door knock has unearthed high levels of trauma – TDC to coordinate North blocks outreach and possibly a course planned for Kingfisher. It is noted that non PCN patients can attend hub but may not be able to access full clinical offer as won’t have their records. It is noted there are various providers offering money advice. Agreed can’t have too much but would be good to map them. Actions: • Claire support ECPCN with community panel to look at website • Claire find out where all money advice offers across East Brighton to share in updated What’s on. • Claire & Steph coordinate N blocks planning meeting, include Brooke & Leila as well as Joe. • Oonagh order a banner signage to go on railings. Satellite health hubs - D&C PCN - Laura Neighbourhood of 2 PCNs. different geographical scope. Deans & Central run from Saltdean & Rottingdean to Moulsecoomb and 2 centrals, including Brighton station walk in so very different patient groups. Outreaching to existing groups with social prescribers or physios etc depending on group priorities, e.g. Moulsecoomb Market where have done blood pressure checks, social prescribing and visited with physio. Have done some targeted work with ESOL groups to help explain how to navigate services and systems. Attended Woodingdean Food Hub with social prescriber and will continue bi-monthly. Also started outreach to Saltdean and exploring using Lido/ Library there. Multi-disciplinary approach in care home – Laura & Shona
---	--

	Hollingdean area – multi disciplinary support for 5 residents in care home identified by staff there as people with multiple barriers to engagement, severely impacting their health. Very successful with simple solutions like local nature walks and trips, accessing befriending services, lunch and music groups. Building awareness of social prescribing and bringing into the care home was main factor. Shona is building a directory of accessible services that can be shared wider when complete. It is noted that this falls into Central Health Hub area of benefit and would be of interest to Central Health Forum. Kirsty to invite Shona & Laura. Hypertension Project with both PCNS has finished and final report due soon. Most organisations and community partners continuing reduced unfunded offer, e.g. ACT on cancer continues to take BP monitor out to events. Main insight on barriers: • Knowledge. Lack of clear, or consistent information. • Fear. Of judgement, or lack of family/peer support. • Motivation. Lack of self-care, or poor mental health. • Conflicting need. Limiting conditions, or care responsibilities. • Lifestyle. Lack of routine, habit, or reminders. Cost. Of monitors, healthy food and activities. • Language barriers. • Digital divide Digital Digital B&H at Hub and NHS app outreach at surgeries by TDC. Response to community priorities about improving digital access. Pharmacy 1st Leaflet Going citywide and possibly Sussex roll out. Arose from community panel issue in navigating pharmacy services. Link Here: Pharmacy 1st
Local Health funding opportunities- Kirsty	£65,000 in BHCC Fairness Funds distribution grants up to £2k to 38 projects in East ICT area. Almost all having health improvement aspects, even if simply through increasing opportunities for connection to reduce isolation. Healthy Neighbourhood Funds are about to launch, offering grants up to £500 and can be constituted informal group applicants, just not individuals. Funds are as follows and Claire can pass on details to anyone interested: • Woodingdean – administered by the Community Association • Whitehawk, Bristol Estate, Manor Farm & Craven Vale – administered by Due East • Moulsecoomb – administered by MLAT • Bevendean- administered by Action in Bevendean Community • Turner, Phoenix & Pankhurst – administered by Albion Life
Updates & News	ACT on cancer together – Amy Cervical screening awareness week – 19th -24th June 25. 1 in 3 don't attend in Brighton and this needs to improve. People can ask for support to attend and do not have to lie on back if difficult.

Steph – BHCC

Door knocking the north blocks because they are not fire safe and will need to move people out, especially if BHCC may choose to rebuild over repair. Door knocking has uncovered lots of mental health issues. Will know outcome on blocks on 25th July, but it will not be rushed process. Steph will update at forums.

Would be good to know more about social prescribing offers and potential in Eastern Road sheltered schemes.

Geoff - Macmillan

Wellbeing support centre like counselling and support services by Sussex County trying to find places to reach out about cancer support.

Sussex Community NHS Foundation Trust – Wilma

Shirley Grey is new lead and has recruited 3 Multi-disciplinary team coordinators. Wilma manages Brighton PCN and phlebotomy teams.

Due East – Pat

Need for podiatry services. Age UK nearest offers are 30 miles away. Due East will fund a pilot to diabetes peer group. Walter May has one on Thursdays – as groups they could apply to HNF to extend offers.

Sussex Community Foundation have recommended podiatrists and could share list of low-cost ones.

Shona – Together Co

MSK community appointment days at racecourse were very popular busy days and was also at Carers event last week at Open Market.

Drop in at Saltdean Lido and at Jubilee Library first Tuesday of every month, 12-2. These drop-ins are a great way to access support, advice and community connections. Pop by in person or call 01273 775888 to find out more.

Carers Centre - Christiane

National Carers Week and festival last week.

Happy to do a pop up at a surgery or community venue. Was at Warmdene recently. Offer awareness and organisation champion training.

My health matters from crossroads care can offer paid cover to look after family member with mental health needs to enable attendance at health appointments. Information should be at Alzheimer's drop-in. [Services - ESBH Crossroads Care](#)

E&C PCN _ Becky

Meeting as a board next month to look at outreach work in response to health counts survey. Awaiting local results, but clearly showing widening inequalities.

	Carrying on prioritising CVD prevent work and working with NMHTs as they become more aligned. Wild east walks – Sara Doing different types of walks all as accessible as possible with diverse participation. 22 people on Sheepcote Valley walk. LGBTQ+ walk from Wellsbourne to Robert Lodge and then seafront on 1st July. Used all terrain wheelchair from outside B&H as none available in B&H. Whispering tree event – with headsets to listen to stories, but this is n uneven ground. Multicultural women’s group Whitehawk multicultural women’s group starting at family hub. Different women each time with different languages and needs, e.g. Arabic, Bengali and Italian. Starting quietly so not wanting too many service visits till group more established., but can share information on offers, and ca have women signposted to group. Manor Gym Public Living Room – Lucy Arts & crafts and board games as well a s sports in gym. All very inclusive for disabled and those who are neurodiverse, or with learning disabilities. Other activities available in East ICT area East ICT area activities.docx
Research Projects	Health Counts - David 10 community researchers from each ICT area were working on local data from wider Health Counts survey. Health Counts 2024 Report by Brighton and Hove City Council - Infogram Health inequalities were probably known. Happiness data raised a few questions, but positive sense of belonging and relatively high levels know neighbours and have social support. It underpins the value in walk in nature etc. 50+ woman’s health research- Claire This is on how people participate in research and barrier’s but topic is health & connections to loneliness. Anita will come in September and share findings with the group. Community Participation Action Research - Sara 3 community researchers bringing different lived experience and professional experience. Using existing relationships around barriers to accessing services. Lots of needs identified and some as expected – information/ navigation, knowing rights, Peer support and advocacy important. Raising barriers like racism and discrimination on transport, lack of cultural awareness in schools, lack of inclusive practice for LGBTQ+ and neurodiverse communities and creative ways to engage.

Community insight for March-June	255 people consulted about their priorities to feed back into this space to go up to ICT partners. Improving information and access ongoing issue: • Update & recirculate What's on East Brighton and Moulsecoomb & Bevendean, and create directory for Turner & Pankhurst? • Extend social prescribing offers into sheltered and train staff there. • Deans & Central outreach was wanted, especially around blood sugar checks and diabetes in Moulsecoomb & Bevendean lunch clubs • Podiatry pilot • Look at how inclusive access MH pathways are, especially for people who may struggle to navigate, e.g. LD/ refugees & migrants. Other emerging priorities were free access to health & wellbeing maintaining activities that services could visit: • HNF to cover qigong etc? • Activities and support for neurodiverse people and their families. • Women specific/ targeted activity- menopause • Men specific • Young People specific
Change of Day for the Forum	Agreed to try next forum at another site for Sept on a Monday to allow inclusion of others unable to make a Tuesday. To be circulated by 8th Sep. But rest of sessions stay on Tuesdays 10.30-12.30 with 12.30-1pm networking.