

Central Health Forum

Wednesday, 25th June 2025, 11.30-1pm

Venue: Hollingdean Community Centre, Thompson Road, Brighton, BN1 7BH

Item

1. Present:

About Mshaty	Community Health rep (Sussex Syrian Community),
Alice Leverton	Hollingdean News
Anke Thurm & Kirsty Walker	TDC
Anna Schwarz	World Food Project
Catrine Guerrier & Shirley Connor	Hollingdean Development Trust
Heba Abdulgabar	Community Health rep (Migrant Women)
Julia Hearder	Hollingdean Yoga
Katie Chipping	Integration and Health and Wellbeing NHS Sussex
Leila Morley	Mental Health Commissioning NHS Sussex
Maryna Kirpikova	Act on Cancer Together
Rachel Collins	Together Co
Ruth Lambert	Grove Park Home
Steve Castellari	Carers Centre
Sue Burn	Network International Women
Sylvana Santos	Community Health rep (Migrant Women)
Theresa Fowler	Ward Councillor

2. Welcome and Introductions

- Rachel – Together co are the main befriending and social prescribing provider in the area, offering advice & information.
- About – I am a community psychotherapist. I have a doctorate in behaviour and neuroscience.
- Katie Cumming - Healthy Lifestyles team are losing their 1:1 offer but will still be able to offer weight management and smoking cessation etc support to groups.
- Ruth – Grove Park is a social care and & MH service and would like to engage wider community in activities available for our patients.
- Mel - Hollingdean Wednesdays are community activities like poetry & cooking or music for £1.
- Catrine –HDT trustee and was an OT. Interested in support group for families with neurodiverse children, including adult children.
- Leila – commissioning manager for adult Mental Health in city and on agenda.
- Mary – lived here 60+years- keep fit & yoga
- Julia & Alison – wed yoga group – 20yrs – connection & reduce isolation very cheap.
- Teresa – local Cllr & resident
- Sue -NIW and local resident & vol homeless charity
- Hiba – Yemen to Brighton in 2015- community health rep
- Steve – Carers Centre supports unpaid family & friend carers, including young carers and carers of neurodiverse/ SEND.
- Maryna –ACT on cancer Together Project – cancer screening promotion.
- Alice – supporting HDT with newsletter
- Shirley – Centre manager and local resident & carer with several lived experiences relating to health.

Minutes agreed.

Actions update:

- Using Hollingdean, Bevendean & Coldean news networks to share Pharmacy 1st flyer
- Invited University Health Hub & Friends, Families & Travellers (FFT) to the forum.
- Have draft Hollingdean Community Directory and will include in Forum update.

3. Updates from ICT Leadership Group and tests of change

Integrated Community Teams are bringing together Local authority social care and NHS services to be more integrated. a regional and city level and in Brighton & Hove we have 3 footprints with 2 PCNs each. This Central footprint includes North & Central PCN and Preston Park PCN. The priorities in Brighton & Hove are around prevention & staying well and frailty.

The Leadership groups takes insight from this forum and community panel discussions and feeds it into it's planning. There is no additional resource, in fact there is reduced available for many services so this is about making pathways better and more joined up more than new services.

Current tests of change include:

Pharmacy 1st Leaflet

Going citywide and possibly Sussex toll out. Arose from community panel issue in navigating pharmacy services.

Community Outreach

- Event being planned at this centre for summer.
- Fortnightly outreach Old Boat building on social prescribing offer there by Together co to include primary care health services.

4. Community health projects

£5,000 in BHCC Fairness Funds distributed to 3 projects in this area: Capoeira, Knit & Natter and reminisce and singing.

Healthy Neighbourhood Funds (approx. £4,000) are about to re-launch, offering grants up to £500, and can be constituted informal group applicants, just not individuals.

Hollingbury & Coldean no longer have pots but there will be a city pot for groups to bid to. Kirsty will share details when ready.

Groups present:

- Yoga – were going to go under a year or 2 ago and thriving now. Is inclusive for people who don't want a 'trendy' yoga class. We are affordable and offer free trials to encourage new members. Also offer Keep fit Monday evening.
- Brian is a good example of someone who was prescribed yoga by physiotherapist and wouldn't have felt comfortable at city classes but this one is ok ad now he is volunteering at centre and is much healthier.
- Hollingdean Wednesdays meet fortnightly after yoga – song & poetry with no skills required. All welcome. Includes music for connection services.
- Cooking in community – we offer sessions for 20 people to cook together and with cook around the world we invite guests with cooking culture from other countries and I support teaching the group.

5. Neighbourhood Mental Health Service Transformation - Leila Morley, Senior Commissioning Manager Adult Mental Health, NHS Sussex

The NHS is nationally working to improve adult and older adult community mental health services. Move away from current models to more user centered, 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 foot prints. 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.

4 strands

- Voluntary sector
- Individual self care and behaviour
- general wellbeing and working with LA
- Clinical and NHS

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 - analyse data for local need and build wider stakeholder groups with other public and voluntary sector partners.

Questions & comments:

- NMHTs do link with Police and other first responders like ambulance service.
- Importance of wellbeing activities and connection & purpose/ motivation to stay well etc.
- People often need hand holding/ support to attend. A trusted bridge to access groups – connectors. This is different to signposting, but essential for those with greatest barriers.
- Challenge for carers of neurodiverse children and adults - [FS2-A-Z-Guide.pdf](#)
They support all carers of adults whatever the relationship.
Amaze support carers of children with SEND. [Parent carer support groups - Amaze Sussex](#)
Other organisations suggested included [Carousel](#) and [Gig Buddies: The Fun Way to Volunteer and Make New Friends](#)
- Jollof café has lots of different support but there is not much in evenings other than 'choir with no name' for people to connect and be warm. 24/7 model was being considered but funding gone. [Staying Well Brighton & Hove - Southdown](#) is open out of hours for crisis support.
- There is a lack of cultural inclusion in services, using Western approaches like CBT that do not work for other cultures. Only organisation referred to is BERTS [Brighton Exiled/Refugee Trauma Service \(BERTS\)](#) which still has a cultural gap. There is a refugee migrant forum at Sussex level for the integrated Community Board that captures insight.

Actions:

- Agenda discussion on cultural appropriateness of services, specifically MH. Look at how to best incorporate community insights in reports to leadership group – Anke & Ceza.
- Leila share information on refugee and migrant forum and city of sanctuary.

6. ACT on cancer together – Maryna

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. Health link can go with health appointments 50 or over can't provide transport and cross rods can assist with paid care for carers to attend.

7. Directory & mapping



What's On
Hollingdean.pdf

Hollingdean - [\(2\) Facebook](#)

Hollingbury List of weekly activities at Old Boat: <https://theoldboat.co.uk/whats-on/>

Coldean Community Corner [Coldean Community Organisation](#)

open Friday mornings *New community hub is open and programme to be confirmed

Knit and Natter Free, 10-12, first Monday of the month at New Larchwood Café Tue & Thurs 10-12 and The Dippy Egg Café, Hollingbury Place

The Fitz Café – Tuesday to Friday: 10.00-14.00 (lunch from noon) Fitzherbert Community Hub, 2 Bristol Road, BN2 1AP [Welcome - Fitzherbert Community Hub](#)

Lunch positive – Lunch Positive opens every Friday from 12 noon until 3.00 pm at The Community Room (upstairs), Dorset Gardens Methodist Church, Dorset Gardens, BN2 1RL. [Dorset Gardens Methodist Church](#)

Jollof Café – refugees & migrant self run group. Wednesday afternoon, 1-3pm at West Hill Hall, & Dials, BN3 1PS [\(2\) Facebook](#)

Starling Arts – 50+ Arts on Tue mornings Tower House [St Vincent's Centre, Brighton \(Tower House Community Centre\) | St Vincent de Paul Society](#)

7. Take Aways/ News

Rachel – Together Co

Drop in 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. [\(20+\) Together Co - Our social prescribing sessions at the Jubilee... | Facebook](#)

Katy – funding from GTR opportunity [Thameslink - Your station Your community Improvement Fund](#)

Leila – follow up about feeding into development on NMHTs and share updates. What MH offers can link with community outreach in Hollingdean & Hollingbury.

Alice - extend directory for ICT footprint using mapping.

Keep coming and get feedback from colleagues and community.

8. Date of next meeting: 10-11.30, Wednesday, 24th September 2025 at Old Boat Community Centre