

Central Health Forum

Wednesday, 24th September 2025, 10.00-12pm

Venue: Old Boat Community Centre, Carden Avenue, Hollingbury

Item

1. Present:

Andy Crosby	BHCC Sheltered housing
Anke Thurm & Esme Young	TDC
Becky Woodiwiss	Public Health
Brijesh Thaker	Community Pharmacist
Cllrs Theresa Fowler, Mohammed Asaduzzaman	
Daniel Weiner	Healthy Lifestyles Team
Debbie Tyndall	Older people's group and dementia group – Old Boat
Esme Jacquest	Old Boat Young Women's group
Laura Marshall	Healthy Lifestyles Team
Nicolette Fox	University of Brighton
Peter Huntbach	BHCC Sheltered housing
Rachel Collins	Together Co
Reyna Kothari	Old Boat Community Association
Sam Lade	Preston Park PCN
Serife Surucu	International Women's Group
Shirley Connor	Hollingdean Development Trust
Steve Castellari	Carers Centre
Apologies:	
Alice Leverton	Hollingdean News
Cllr Mitch Alexander	
Pax Barnard	Public Health

2. Welcome and Introductions

Minutes of 25th June agreed.

Actions taken:

- Meeting about cultural inclusiveness of mental health services. Aboud was linked into research by Possability People on this. Will invite Possability People back when report done.
- Leila share information on refugee & migrant forum and city of sanctuary.
- TDC including [Online Refugee Support Directory - TDC](#) with minutes.

3. Health Outreach in community settings/Co-located services

Current tests of change include:

Co-located services at Old Boat. Bringing in primary care offers alongside existing voluntary and community offers:

- Young women's group
- Free basketball
- Food pantry

- Social prescribers
- Energy savings & Money advice

100+ responses to survey and top priorities:

- Women's Health
- Mental Health - support to navigate and wellbeing offers, e.g. UOK.
- Blood pressure check

Hollingdean Health Hub

Fortnightly mixed offer at community centre. It has been going well– learnt from sessions about timings, and placement etc. It is run alongside the pay as you feel café. Aim moving forward is monthly themed events, e.g. heart health. GP and lifestyle medicine – will start coming to health hubs

Priorities:

- Mental Health.
- Signposting to primary care and voluntary sector services in general.
- Cost of living, housing conditions
- Women's health
- Pain management
- Basic checks – eye, BP etc.

PCN offer includes:

- Blood Pressure checks
- Smoking
- Digital ambassador

Moving monthly to allow w more planning time – ideally plan a few months in advance to promote well.

Healthy Lifestyles team would like an embed smoking team in the health hub and possible physical activity offer. Reminded about sign posting to Healthy Lifestyle team, e.g. after high blood pressure reading.

University looking at offering podiatry and district nursing team students.

Ideally out of hours offers and more flexible offers to be considered, after work/ college. Also don't want overly clinical offer – less formal and don't have to register attendance.

Pharmacy 1st Leaflet

Going citywide and possibly Sussex toll out. Arose from community panel issue in navigating pharmacy services. Is it updated with contraception offer?

Actions:

1. Nicolette to write up case study of Teresas experience of visiting the health hub to publicise benefits.
2. Anke follow up with HLT & university about offers.
3. Anke check if Pharmacy 1st includes contraception offer.

4. Pharmacy Services

GP appointments getting harder over winter so need to promote pharmacy first. 98% pharmacies are in pharmacy 1st.

7 conditions offered diagnosis and treatment, now including contraception services.

Vaccinations also available at pharmacies. These are included in TDC's Covid vaccine communications. New medicine offer – You can phone to check on new medicine, now including anti-depressants.

Pharmacists at the community hubs has proven very helpful.

5. Healthy Neighbourhood Funding Hollingbury, Coldean & City-wide

Hollingdean & Saunders Park have a dedicated fund.

Hollingbury & Coldean no longer have funds but can apply to the city fund.

Both are open and details: [Healthy Neighbourhood Fund - TDC](#)

6. Future Guests/topics & Check out

TDC - October Breast Cancer Awareness month – any sessions you'd like us to come out to – let us know

TDC – Flu & Covid vaccines starting October. Will be sharing information on walk ins etc.

Shirley – need for a health directory or newsletter for signposting

Rachel -Hollingdean Newsletter – good resource for signposting – could include health section

Debbie – EFT & idea to engage young women through health and make up, students on beautician course.

Sam - Bromley by Bow online directory to primary care and community combined: [Contact us about your request - Accurx Patient Portal](#)

Digital ambassador would like to help this

Daniel – importance of staying active - dephine.jacq@brighton-hove.gov.uk offering funding for walking groups – TDC share this.

Laura – health hubs – be great to support with the healthy lifestyles team

Andy – Laburnum seniors housing health event– flyer sent through

AWAABS law – social housing and damp – landlords need to deal with it by law. 24hrs action

7. Directory & mapping

Old Boat

- In Mind group on Mondays– carers come with people with dementia, have lost student OT support.
- Young (12-17) Women's Project on Friday – art space session
- Wellness Wednesday for exercise
- Young people and Vaping is an issue – needs to bring information about it and needs to be engaging. Healthy Lifestyle team will link up.
- International Women's Group, could benefit from interpreters & translated materials. Have requested swimming. This comes up with other women's groups in city – maybe there could be a coordinated city offer through HLT promoted through networks. There is a women's offer at King Alfred. University has women's only session that could be opened up. Other community groups use St Luke's. They have set up using HNF to do this – possibility for Hollingbury.
- Older Peoples Group on Thursdays, includes support for carers.
- Scoping work with Age UK – to offer a respite day

Carers centre: groups and services, including champion training for within organisations [The Carers Centre | We are The Carers Centre for Brighton and Hove and we have been supporting carers since 1988.](#)

Cross Roads Care – provide short term respite for carers' appointments through my health matters. [Respite Care – Crossroads](#)

Senior Housing – support workers can share information on services.

East Sussex Vision Support – be good to get involved in this forum?



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](#)

Actions:

1. HLT follow up with Reyna about vaping.
2. TDC liaise with HLT know about women's groups wanting swimming and offers in place.
3. TDC follow up about university OT offer to In Mind.
4. TDC invite East Sussex Vision support
5. TDC draft local mapping document.

6. Date of next meeting: Wednesday, 17th December 2025 at Hollingdean Community Centre, Thompson Road, 10-12 (networking from 10-10.30am)