

East Health Forum Minutes 12th May 2026
Robert Lodge 10.30-12pm

Agenda Item	Details & Actions
Present 39	Shirley Knight John Patience Caroline Ridley Ella Chitalu Natasha Barefield & Asta Kate Sulvan & Neil Anscome Abi Slevin Steve Castellari Dervis Gurol Patrick McKenna Kearin Green Amy Allison Tammy McCann Stephaney Mooney Val Steadman David Powell Cllr Maureen Winder Theresa Mackay Geoff Brown Anne Glow Zina Bratovic Simon Amphlett Chris El Shabba Rich Wheeler & Kay Sexton Tommy Coyner Brooke Joyce Michael Buckley Gillian Richards Shona Kynoch Susannah Davidson Lucy Redhead Anke Thurm Ceza Da Luz Claire Burchell Audrey Millar Katie Chipping Resident & Rep Food Pantry St Cuthmans Church CEO, Impact Initiatives BHCC Public Health Analyst Possibility People British Red Cross BHCC Public Health Carers Centre Pharmacies Resident Marie Curie Uok East TDC Brighton Health Foundation BHCC Communities Team Resident Robert Lodge Group Resident Robert Lodge & CIP Councillor BHCC MacMillan Horizon Resident Due East & CIP Panel BHCC Stay Strong and Steady BHCC Healthy Lifestyles Team Resident Robert Lodge Group BHCC Community Engagement Aging Well Southdown's Uok Resident Resident and Encounter Wellness Together-Co Brighton University Brighton University TDC Note Taker TDC Central TDC Facilitator Speak Our East NHS Sussex
Apols: 4	Leila Morley Zina Bratovic Maxine Thomas Vandana Verma Snr Health Commissioner NHS Healthy Lifestyles Team Ageing Well/Impact Initiatives Deans & Central PCN

Minutes & Actions	Minutes of 3rd Feb agreed as accurate record. Actions update: • Brighton University link up with East & Central PCN about their diabetes pilot in March. Still needs to be sorted out. Tony is finding a foot care specialist, as the old one not available. But possible space opening for podiatry at uni campus. • Winter resilience shared quite widely in community spaces and online • Age UK offers quite broad for anyone coming off the street. Clearing up what Ageing Well does compared.
Red Cross Neil & Katie Senior Service Lead Brighton Team (Katie)	Reaching across South East Higher attendees for rural Sussex 5 times or more to A&E admissions We can work with people from going 3x to 112 times Skilled at making connection with people Cold calling HIU people on phone to start conversation to get an initial visit at home. Then the assessment happens. Person-centred, led by their goals, see what services they need, boost confidence, quick wins to make them feel more confident. Multi disciplinary teams, signposting, referral processes. Benefits, St Luke's advice service etc. Research. We could share local community information through directories etc. Safeguarding/police involvement or whether they have been sectioned – picking this out in initial phone call. Question: Can they be prepped by a service they know? Data protection means we can't share list from hospital with GP. So can't be prepped through GP. But most people aren't worried that we called, but are happy that they are getting support. How many people in East Brighton? we only have two people for Brighton – Katie & Leila. 12 people every quarter, but some people need more time. We can't work with more than 15 people. Katie has 78 people on the list from St Peter's surgery. We are trying to get a monthly list, more up to date. But working from lists, so not open to other referrals. We are on 5th year, is established. A&E doesn't even know we exist. Glad we can come to these meetings. Ideally hospital can refer. KPI is 40% reduction of people we are working with to reduce in A&E in phone calls, admissions, electives (unplanned over night). It's high but it works most of the time. 70% is what we meet. We track people for a year. High attendees are headline. But we have to work with a wide range of needs. Those with 19 attendees a year mainly, but some higher use, some lower. To balance the case load. You can't only work with those showing up about 100 times a year. A wide range of needs – social, health, drug & alcohol use – £680k saved NHS but stopping people going in to A&E in Brighton £1.6k East Sussex Which means huge savings for working with the small amount of people. We are working on data sharing project with other providers to have better links on case work. We can't share any information back, even if we are working with same case as

	other partners. This issue has been highlighted with ICT leaders. GPs can't refer either, which would help with working together in future. Katie Chipping is commissioner for both Red Cross & Social Prescribing – so would be good to link up and signposting pathways better organised. Sometimes the case load goes beyond our skills, as we aren't trained as mental health workers. So better linking between services seems vital. Carers Centre can be referred to directly, no need to involve Adult Social Care. Action: Neil & Katie can be added to io networking lists across city - DONE
East Integrated Care data update Ella, Public Health Intelligence	Health Count survey previously presented Core data pack for health forums Snapshot picture of each ICT area, specific profiles for each forum. East Brighton has youngest age profile – 20-29 age group 5.2% projected increase across city. 27% black or racially minorities 5% households no one with ESOL 6% trans non binary ?% LGBTI Carers Lived as a child care Most deprived area with quite a gap compared to other ICT areas Children in deprived households 87% across city -highlighted as very high by forum – whitehawk one of highest area – local insight report. Where is a strategy for this? and can we drill down in those pockets. We could invite youth orgs and family support and how they support this going down. Has this number gone up? (Ella to go check when trend data is available). Mapping and promoting what is out there to help people out of poverty – WEA for example. East Area Health Forum ICT DATA - Ma Action: East ICT Data Unemployment at 7% Food desert characteristics Older adults are living alone 2025 school survey city wide – health & wellbeing survey as children and young people (secondary school) – figures Lower levels of happiness, higher racism, lower physical activity, food intake, higher alcohol experimentation Positive statistic: lower self-harm, trying drugs Community cohesion lower in East ICT in neighbourhoods – adults 18+ Clinical indicators Johns Hopkins tool – groups people in 11 categories of level need Moderate & high care needs – slightly higher than city levels Pockets highlighted on map Frequent attending A&E – high in East ICT compared than other areas Quarterly updated area – people spend more time in hospital, longer stints

	Vaccination related factors play into this as well (kids and older people) Bowel cancer & cancer screening numbers lower than other areas Community Insight panel and Health Forum is looking at this data and discussing how it resonates within communities, and what it means for our neighbourhoods. Community Insight panel will work with Health Counts team over coming years. Visual data pack for children & young people in the works. And Speak-out for easy read version.
UOK/Mental Health Brooke Joyce	South Down Wellbeing services have re-designed, so we are better aligned to Mental Health Team. More neighbourhood based now. Wellbeing Hub was only in one location, so now we want to reach out into more communities. Some people upset about this, but people are held and being transitioned to new way of working. Neighbourhood Wellbeing Service rolled out into communities – Neighbourhood leads will be part of partnership but working more closely with local providers and practical work. Facilitated peer groups, as so effective. Social space volunteer led, people's social connections, welcome sessions, and get support on the day, pop-ups such as Old Boat, Whitehawk. Support services going along this. Recovery College will be much more agile in community settings. Employment support – people with serious mental illnesses to be able to work and stay in work. Staying Well service staying in Preston Park. Timeline – some walk in welcome sessions start in Tue, 19th May in Preston Park. Social space sessions for people will continue but access to those will be reduced, but walk-ins are always open. Walk-in welcomes in East will start in July. Bookable sessions will be more flexible also available on weekends, which is better for those who work. 8 peer groups continue. Neighbourhood Mental Health Team – not involved, but making better service and look at governance, clinical framework and triage. South down staff going to NMT meetings in future to create better links. North Whitehawk event at the weekend – posters translated in different languages, very successful, brought lots of multicultural backgrounds together. Circus, food, hand massages and more. TDC support very welcome. North Residents Association part of the planning of event. We want to do this again – and really feel like we met people that wouldn't otherwise come out. Translations of posters up in blocks were the key to get more people. SIS support with translation. Mental Health support and at East Health Hub at Robert Lodge – trying new promotion strategy so we can get increased footfall. TDC doing community development outreach in communities. Also working with Money Advice At health hub.
Smoke Free Brighton & Hove Simon	Change of name – we don't want to be too prescriptive. Whitehawk help anyone 12+ with helping to stop smoking or swap. 6 weeks wait list for smoking cessation. TDC pilot is going well with stop to swap.
PCN Updates Oonagh/Joe	What do people know about the Health Hub? We could manage twice the amount of people currently attending. We don't get enough people attending. 15-20 people a week at the moment.

	Maybe it's because it's only on Fridays. Clinical team (pharmacy team, BMI/BP checks), Money & Benefit Advice, Community connections. Amazing range of partners on top – Housing Team 3rd week of the month, ASC here weekly. Ear waxing and PT are the hook, but the additional services are the long term change/support. Services are for everyone, even if you aren't from the 9 GP services of East PCN, it just means clinicians have to ask for permission to share data with your GP. Action: Share posters in other blocks and areas of East. There is no awareness. Also, other languages to be considered. PCN working with BHCC Communities Team on BHCC doorknock where information could be shared as part of the process. Clare Project Dorset Garden – TNBI Health Hub – minor ailments and health checks access. On Tuesday afternoons. Work Well at the – Crew Club
Round Robin	Possibility People – Attendance dropping – Montague Place in Kempton once a month Mondays – for anyone who is disabled, long term health condition – 1.30-3.30 in person; housebound people – alternate month online workshop. Next Monday 18th. Walking & Wheeling discussion. City wide group. Other group to reduce social isolation – more info to follow – new peer support group (other colleague)/ social connections projects. Carers Centre – Unpaid carers – carers week 8-14th June – Events going on each day. Poster. Open Market on Wednesday, 24 stall. Also at Health Hub as part of carers week. CEO – speaking to residents about community safety – drug use and poverty a subject. More engagement with new blocks to follow. Church Warden at St Cuthmans – new vicar, also open to help Michael – how can we get more local residents involved in Health Forum Lucy – Wellsbourne Health Care – running garden and drop-in café – spring event in half term on Wednesday with Family Hub. Lots of fun for kids. Other sessions – May & June time table shared. Brighton Natural Health Foundation – free or donation based health & mindfulness classes in the area, anyone's welcome. Shirley, M&B (Moulsecoomb and Bevendean) – can we come to the Bevy and connect with the Health Hubs. Try next one in Moulsecoomb. Shona/Together Co – regular drop-ins at library and Saltdean, have different guests each months. Social connections in Saltdean. Abi – Public Health Caroline/Impact Initiatives – Ageing Well website – short videos on nutrition for older people. Produced by food partnership. Ageing Well festival in planning stages – early October – lots of events across the city.
Date of next forum	Date of next East Health Forum meeting on To be held 25th August, in Moulsecoomb, The Bevy, Higher Bevendean, 10.30-12.30 noon