

East Health Forum Minutes 9th December 2025
Robert Lodge 10.30-12pm

Attendance	
	Audrey Millar Amy Knowles Andy Crosby Chris El Shabba Anne Glow Brenda Williams & Shirley Knight Brook Joyce Cass Watson Cllr Maureen Winder Dan Curtis Daniel Weiner & Davina De Laszlo Gemma Newton Smith Geraldine Marsh & Tommy Coyner John Evans Katie Chipping Kirsty Walker Lucy Mitchell Marshail Alsaif Mathew Jarvis Michael Buckley Paul Hughes Natalie McKenzie Oonagh O'Brien Rachel Forss & Susannah Davidson Sarah Podmore Simon Amphlett Stephanie Mooney Shona Kynoch Tammy McCann Apologies Laura Fernandez- Kayne & Dr Vandana Verma Dr Becky Jarvis & Joe Walker Peter Huntbach Dom Leslie Steve Castelleri Speak-out East TDC Turner Panel. BHCC Seniors Housing Robert Lodge Group Due East Moulsecoomb Panel Southdown UOK Possability People BHCC BHESCo BHCC Healthy Lifestyles Brighton University podiatry project Impact Initiatives Ageing Well BHCC Housing NHS Sussex TDC Wellsbourne Healthcare CIC Brighton University Podiatry Project Macmillan East Community Panel Valley Social Centre and resident St Marks School East Health Hub (PCN) Brighton University BHCC Public Health BHCC Smoking Cessation BHCC Engagement Team Together Co Brighton Health Foundation Deans & Central PCN East and Central PCN Seniors Housing Southdown Carers Centre
Minutes & Actions	Minutes of 9th Sept agreed without amendment. Actions update: • Money advice service information added to directory ad shared online. Whats on in BN2 5 Activity Directory • Winter preparedness on this agenda with Public Health. • Southdown & BHCC engagement progressing offers to North blocks • Brighton University will update on podiatry project.

	8488 Public Health winter care campaign There is also a referral guidance booklet for frontline workers that Kirsty will share with the workers contacts on this e- list. It is noted that the health promotion library has lots of useful leaflets for sharing information with community around dementia inclusion among other things. Also, Gloji offer free weight loss and nutrition advice: Home - Gloji Brighton & Hove Vaccines Flu arrived early this year and a bad strain causing quite prolonged and severe conditions. The vaccine still offers significant protection and can reduce symptoms. Those over 65 or those with specific conditions, including children, will be invited by their GP pr can book through national line at a local pharmacy for NHS vaccine: Book, change or cancel a free NHS flu vaccination at a pharmacy - NHS Covid is 75+ and immunosuppressed. There have been walk ins at The Bevy and other venues in Moulsecoomb & Bevendean as well as the East Brighton Health Hub, Family hub & Woodingdean Centre. There will be some more in New Year. You can also ask at most pharmacy chains like Kamson's. Poster attached to minutes. At a future meeting for families it would be good to include children's vaccine information as things change, e.g. chicken pox now included to help prevent shingles in adulthood. Actions: • Sarah link Claire, TDC into the health promotion library. • Ellie share with Claire, TDC current guidance on family vaccinations. • Kirsty share workers guidance with notes to service emails.
Ageing Well Tommy & Geraldine	Can still add to their festive directory up to 19th Dec: Festive Directory AG25 3 Ageing Well also has small pots of Household support get in touch with info@ageingwellbh.org Festive-Directory-AG 25-3.pdf There was some confusion about Ageing Well and Age UK services, but Ageing Well does have arrangement with Citizens Advice Bureau to maximise benefits for older people, e.g. pension credit, disability and attendance allowance. People can complete enquiry form on: – https://www.cabrightonhove.org/energyworks-energy-advice-service/ 102 are living independently post fall and are on GP waiting list ophthalmology so access to sight tests and glasses is identified need. Actions: • Ageing Well outreach to the Bevy promoting money advice for older. Shirley & Anke, TDC contact Tommy. • Ageing Well update on ensuring clear referral/ signposting from Age UK hub to this service etc and management of when services reach capacity. • TDC agenda for ICT leadership about how to support sight and hearing test for those with restricted mobility/ support needs to access. • TDC audit public health information leaflets that align to ICT priorities.

North Blocks Brooke Steph	Southdown have visited residents' group in North Whitehawk to explore possible supports. Have set up a drop-in a wellbeing activity. (11) Facebook This needs outreach and engagement promotion as was quiet but resident cooked a meal and 2 people attended with recent neurodivergence diagnosis. This has given rise to discussions about a SEND inclusive group. Offer will build in New Year. This drop in includes money advice and other offers will include a clothes swap and food bank offer. TDC supporting group to access project startup funding. It is noted that there is still bed bugs in blocks which puts people off mixing.
PCNs & Health Hub Oonagh	Both PCNs working together in Health Hub and other community based offers to improve access and build relationships. Weekly Hub at Robert Lodge has core offer, e.g. blood pressure checks and pharmacy advice, as well as mental health triage. They also have specific services in a rotation, e.g. Money Advice or smoking cessation. Will have new services like Change Grow Live, substance misuse charity, Adult Social Care and Podiatry project in New Year. They are in negotiations for increased physio offer by Sussex Community Foundation Trust. They are starting to schedule afternoon sessions, e.g. community respiratory project with University college hospital & monthly clinic with pharmacy lead and peer lead. Timetable — East Brighton Health Hub Workwell programme In a project being delivered by PCNs and Crew Club to support people with mental health or musculoskeletal conditions maintain or get back into employment. It straddles Thursday lunch club and there's supported access to using online supports. Also offering supportive health approach and social prescribing alongside. Leaflet to be distributed to aid promotion to those off line: 191125 Work Well Crew.pdf Recent Deans and Central Brighton PCN activities: • Health hub event at Laburnum Grove residential scheme – a market place of resources and staff/partners to support the residents and provide light-touch reviews and advice from a PCN pharmacist, physio, social prescribing, healthy lifestyle team, PCN GP, and operational manager. BP checks and NHS App information provided. Positive feedback from attendees. • Attendance of PCN Clinical Director and Operational Manager at Brighton table tennis club, providing information on the PCN and community resources and services. • Attendance of PCN Operational Manager at Bevendean Health and Wellbeing day, providing information on the PCN and community resources and services, info on NHS App, networking with local community groups and charities. • Attendance of PCN Operational Manager and Clinical Director at Moulsecoomb Food Project, networking with local community groups and charities, sign-posting and information on the PCN and community groups and charities. • Development and monthly sessions of social prescribing drop-in at Saltdean Lido, supported by PCN pharmacist, community pharmacist, and physio planned for early 2026.
Moulsecoomb & Bevendean Shirley & Brenda	Autumn Winter 2025 Moulsecoomb and Be Have just distributed winter newsletter to 4,000 households. Music & memories dementia inclusive group is open to all at The Bevy, as is Friday Lunch club and there is a disability inclusive disco once a month on Fridays.

Round Robin	• Katie – The ICT is using a tool to identify those with highest complex needs and has shared lists with GPs who are setting up multi-disciplinary teams to wrap services around these patients in attempt to avoid hospital admissions. • Simon – Stop smoking service is for ages above 12 with free patches gums (and vapes to adults). Referral by phone/ online on leaflet. • Cass – Possability People have a lived experience group for physical and mental health conditions. Also have the Get Involved Group at Montague House near the Hospital – 6 weekly drop in and consult on council strategies etc. • Shona – Together Co offer community based social prescribing and so can self-refer. Drop in at Jubilee library ongoing. Developing a new offer at Saltdean Lido with D&C PCN, pharmacy & other voluntary partners. • Susannah – podiatry is just the start and can see how other disciplines could help e.g. restart heart campaign and other community offers elsewhere in country delivered by students. • Rachel – as Susannah said – reaching out with students offering advice and information. • Natalie – Amazing to know about how much offered to community. If want to run things out of school get in touch. • Paul – Valley Social Centre being worked on for reopening. Scoping offers from possible partners like Sussex Surplus. Can't seem to get trees trimmed back by BHCC to make it visible. • Audrey – BH Speak Out offers advocacy & networking for adults with learning disabilities. Drop in at St George's, Kemptown. • Davina - Age & dementia friendly alliance in person and bi-monthly newsletter with funding opportunities. • Amy – lavender house health matters launching 2nd Thursday Jan. Structure 12 – 30min talk and then 1:1 practitioner drop ins. Mainly had residents from schemes but promoting wider. • Dan – Healthy Lifestyles Team wanting to reconnect for community offers for children & young people. Launch move more live more campaign. • Tammy -Natural Health Foundation has free accessible mindful movement in person & zoom. Chair yoga wed share and qui gong in St Davids Hall. • Brooke –Southdown are redesigning at the moment and assessing how to work with neighbourhood mental health teams. Aiming to be more community facing and less centralised. • Maureen – Cllr Hanover & Elm Grove we need to ensure people from those areas can link up more isolated communities to these offers & develop more around Level and Valley Gardens. • Kirsty – reminder about Project: Better Brighton & Hove fund Brighton & Hove City Council and Fairness Fund 2025 to 2026 feedback has been extended to Mid-January for people to share ideas for small local improvements in Whitehawk. both residents and local practioners can suggest feedback. • Lucy – Wellsbourne garden group is 3 yrs old and very friendly ad every 3 weeks and linked in with family hub. Xmas gathering tomorrow at family hub. Mother Xmas. Wellbeing cafe at Walter May House has been running 2 yrs also friendly and planning a trip. • Andy – senior housing and currently helping some tenants in North blocks transition to senior housing. Awab's law has also meant increased priority and standards in tackling damp & mould. • Steph – community engagement team. Currently working in Kubrick apartments and Penhurst & Kite place around Findon rd. Identifying isolation and mental health needs. • Geraldine & Tommy – reminder to update festive directory at Ageing well. • Oonagh - coming to Wellsbourne as social prescriber in clinic drop in today. • Claire – Marie Curie offer free emotional & practical companionship at end of life care. Trying to increase participants in health research from our communities, Please take the survey here, it can be completely anonymous: Minder Health Management - Sleep Attitudes Survey
Date of next forum	February 3rd 2026 10.30-12.30 at Robert Lodge

1

Strength and
balance
exercises
twice a week



2

Regular
sight and
hearing
tests



3

Regular
medication
reviews



4

Regular
chiroprapist
visits



5

Walk or
stretch
every 20
mins



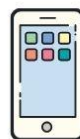
6

Good
hydration, 6-8
cups of water
a day



7

Keep your
pendant alarm
or mobile on
you



8

Keep trailing
leads out of
the way



STAY STRONG
STEADY
INDEPENDENT

16
Tips

To Stay Strong, Steady
and Independent

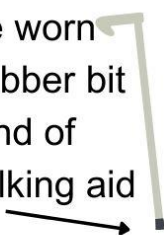
9

Get
enough
sunlight for
vitamin D



10

Replace worn
down rubber bit
at the end of
your walking aid



11

Handrails,
grabrails and
non-slip mats



12

Good lighting,
consider motion
activated lights
in bedroom



13

Replace
worn-out
slippers



14

Good
Nutrition



15

Remove or tape
down loose carpets.
Avoid carpets with
patterns and dark
floor mats.



16

Get a bell
collar for
your pet



For more information about these tips and services available locally call **Ageing Well** on **0808 175 3234** (in English) or **text in any language 07770 061072**

75 or older?

Covid-19 hasn't gone away and can still make some people really ill

You are also eligible for a vaccine if you are a resident in a care home for older adults, or are aged 6 months to 74 years and have a weakened immune system because of a health condition or treatment.

These GP practices will be inviting their patients directly

Saltdean & Rottingdean and St Peters practices.

Pharmacies offering vaccinations: Kamsons at Wellsbourne and Beaconsfield Road, Brighton Community Pharmacy on St James Street, Well and Bridgman pharmacies, Woodingdean, Healthy-U & Kamsons in Saltdean.

Walk-in Clinics in East Brighton

- 10am-3pm, 9th January 2026 **Robert Lodge Community Rooms**, 35 - 70 Manor Place,
- 112pm-3pm, 16th January 2026 **Woodingdean Community Centre** Warren Road, Brighton, BN2 6BA