

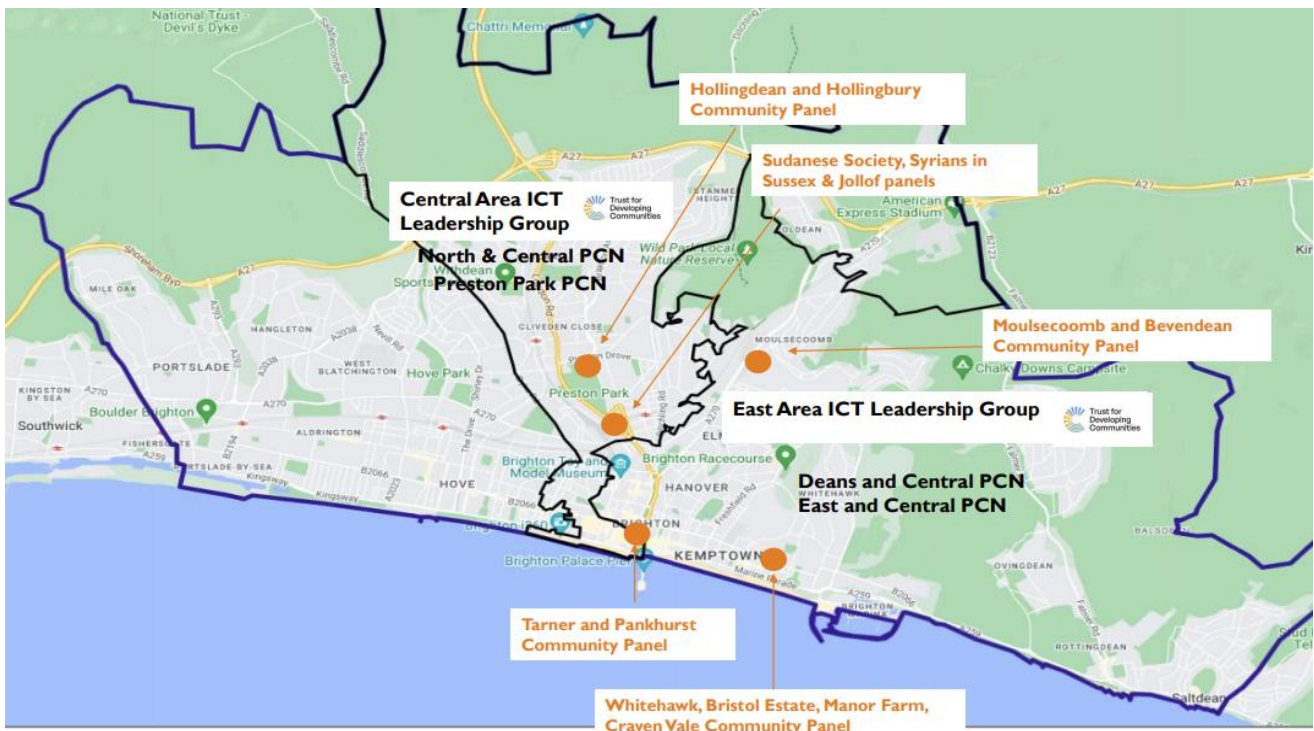
Central Brighton & Hove Health Forum

Wednesday, 17th December 2025, 10.00-12pm

Venue: Hollingdean Community Centre, Thompson Road

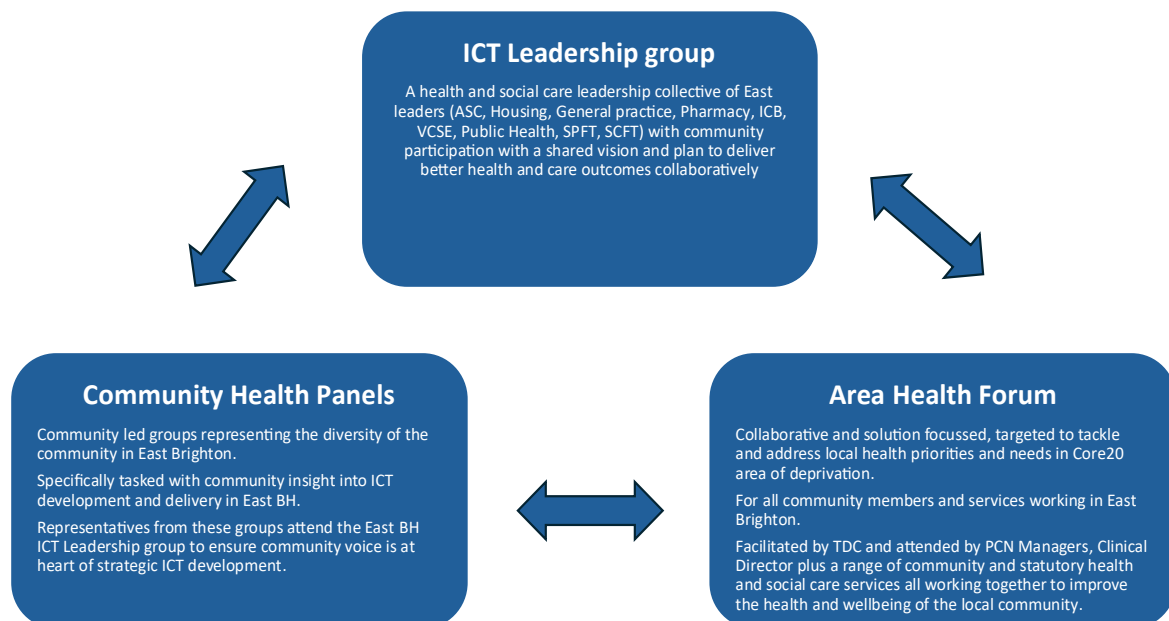
Item	
1. Present:	
Andy Crosby	BHCC Sheltered housing
Anke Thurm & Kirsty Walker	TDC
Brooke Joyce	Southdown - UOK
Cat Hogan Jones	Impact Initiatives - Ageing Well
Clare Nichols	BHCC Engagement
Cllrs Theresa Fowler, Mohammed Asaduzzaman	
David Brindley	Public Health
Deborah Annells	Coldean Residents Association
Ellie Katsourides	Public Health
James Gilmour	BHCC
Kate Annetts	Possability People
Laura Marshall	Healthy Lifestyles Team
Leigh Martin	Podiatrist & acupuncturist
Lorna Holloway	Age UK
Maria Sobral & Wendy Robsinson	Rethink
Rachel Collins	Together Co
Shirley Connor	Hollingdean Development Trust
Steve Castellari	Carers Centre
Susannah Davidson	Brighton University
Apologies	
Reyna Kothari	Old Boat Community Centre
Brijesh Thaker	Coldean Pharmacy
Sam Lade	Preston Park PCN
Minutes & Actions. Minutes of 24 th Sep agreed.	
a) Nicolette has written up case study of Cllr Fowler's visit to health drop in. TDC have shared. It's gone out in Hollingdean Newsletter b) Anke follow up with BHCC healthy Lifestyle team about women's groups wanting swimming and offers in place. Female only sports facilities c) Anke liaise with university OT students about student outreach to help identify possible student projects in community and offer to 'In Mind'. OT students are in place and have started visiting community spaces, and are updating on their research regularly. Connections with relevant sources/partners have been made. d) Anke check if Pharmacy 1 st includes contraception offer. Will be done, update at next forum. e) Healthy Lifestyle Team follow up with Reyna about vaping. f) Anke liaise with HLT - done g) Anke invite East Sussex Vision support to drop ins. This will happen for 2026 Anke draft local mapping / directory document. Still in process, needs Coldean and Hollingbury final edit.	
2. What is the Central Health Forum – Kirsty Walker	
Sussex has 13 Integrated Community Teams (ICTs), with Brighton and Hove as one. While Brighton and Hove operate as a single ICT, it is locally divided into three delivery areas—East, Central, and West—to align with	

Primary Care Networks (PCNs). Each delivery area is overseen by a Leadership Group that drives strategic action and system change, tackling health and care inequalities, addressing community needs, and shaping



targeted support for those most at risk in response to community insight and data.

The Health Forums are spaces for services and community to share information and improve coordination and adaptation of services.



ICT Leadership, Health Forum and Community Health Panels

Integrated Community Teams – TDC Integrated Community Teams Tests of Change - TDC

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

Hollingdean Community Centre has begun regular health drop ins alongside their pay as you feel cafe. Dates set for 2026. Each one will have separate themed and targeted promotion ahead of it. Jan and February themes are loneliness and cost of living supports. March will be around health eating and nutrition.

Other Priorities:

- Mental Health.
- Signposting to primary care and voluntary sector services in general.
- Cost of living, housing conditions
- Women's health

Co-located services also 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

Here is a case study about the Health Drop-in at Hollingdean in the community winter newsletter (Page 7)
[Heart of Hollingdean Winter 2025/26 by heartofhollingdean - Issuu](#)



HOLLINGDEAN
HEALTH HUBS

HOLLINGDEAN COMMUNITY CENTRE
MONTHLY HEALTH DROP IN 12.30-2.30PM

Free face to face information, support and advice from local health care professionals.

2026 dates:

- Thursday 8th January
- Thursday 12th February
- Thursday 12th March
- Thursday 9th April
- Thursday 14th May
- Thursday 11th June
- Thursday 9th July
- Thursday 13th August
- Thursday 10th September
- Thursday 8th October
- Thursday 12th November
- Thursday 10th December

PAY AS YOU FEEL LUNCH FROM THE REAL JUNKFOOD PROJECT 12.30-1.45PM

For more information contact Shirley
hdttrustees@hotmail.com or 01273 236160

Trust for Developing Communities
PRESTON PARK COMMUNITY
BRIGHTON NORTH & CENTRAL

Actions:

- Anke to liaise with Zina Bratovic about a falls prevention themed event including possible slipper swap. Could include university students and share learning with East podiatry pilot.
- Contact ankethurm@trustdevcom.org.uk if want to know more about Hollingdean Hubs. Anke will coordinate promotion with PCN & HDT.

4. Falls Prevention - David Brindley, BHCC Public Health and Cat Hogan Jones, Ageing Well

Falls is not a winter issue. Most falls happen inside the home (62%) doing ordinary activities. 1 in 8 in care homes and 1 in 12 on street.

Falls data is high for Brighton & Hove, high but consistent. Seems to have risen slightly but this partly due to shrinking older population, so numbers of falls similar but rise per capita. Hot spots for falls include East Rottingdean, Patcham and Aldrington – aligning with higher older population areas. There is a screening tool for falls risk:



Community
Screening Tool Falls' F

Public Health run a stay steady programme have a checklist for avoiding falls:



rsa-flyers-falls-at-ho
me.pdf

People will be able to invite out new falls prevention worker, Zina to do slipper swaps and exercise workshops in the new year. Tips Poster included with minutes.

Carelink Plus can support with wearable alarms. There is a monthly charge but there is a 4 week free trial for those being discharged to home from hospital or struggling to manage:

[CareLink Plus Living Well Leaflet - 13 Aug 2019.pdf](#)

Get up & go booklet [Get up and go - a guide to staying steady - 16 Aug 2019.pdf](#)

Action

- a) Anke get link from council to report trip hazards on walkways.
- b) Anke liaise with Zina about a falls prevention event.

5. Safe in Winter - & Ellie Katsourides, Public Health

It is important that people know how to access their vaccines if eligible. Information is available in different languages if wanted.

The Fed have been offering Covid and flu in community settings such as the health drop ins and at older people's group at Old Boat.

Council staff can access paid for flu as can staff in other organisations – please check as flu has caused a pressure on NHS this winter and more people vaccinated can help protect vulnerable as reducing circulation of virus. If eligible can book on national system: [Book, change, or cancel a COVID-19 vaccination appointment online - NHS](#). Pharmacies can also do paid for vaccines.

Mop up Vaccine clinic at Age UK Hub Tue 20th Jan and in some neighbourhood settings

Services for Older People

Can still add to their festive directory up to 19th Dec: [Festive Directory AG25 3](#), Other directories: [Directories - Ageing Well](#)

Ageing Well also has small pots of Household support get in touch with info@ageingwellbh.org



Festive-Directory-AG
25-3.pdf

Ageing Well 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/>

Free Christmas Lunches – Hove, St James and Coldean – can book. [Food support + Christmas meals over the Festive Period | Mind in Brighton and Hove, promoting good mental health in our city and across Sussex.](#)

Old Boat doing dinners to take away.

UOK have an LGBTQIA+ dementia inclusive group with LGBT Switchboard. [Dementia Project – Brighton & Hove LGBT Switchboard](#)

'Just Friends' runs from Friends Meeting House - [Contact Us – Just Friends](#)

Together Co - New befriending group in Coldean New Larchwood. There is transport and can be for any age experiencing loneliness. Contact Together Co if want to go: [Loneliness & Social Health Charity Brighton & Hove - Together Co](#)

6. Cancer screening – Kirsty

There's been some really good results with outreach and telephoning people about screening to improve uptake. We're entering bowel screening month and this can be done at home and posted.

You can now request a PSA test for prostate cancer.

[Act on Cancer Together - TDC](#)

7. University partnership projects - Susannah Davidson, University of Brighton

District Nurses and occupational therapist students at drop ins and events. Will capture learning from East podiatry and consider central offer.

Callum & Zoe (OT students) will be spending 6 weeks in communities from Jan – working out how university could help -possible projects. Looking at other universities, e.g. Newcastle University have healthy hearts programme. Discussion around heart health & defibrillators map: [DefibFinder - find the defibrillators nearest you](#). Need to check those in community are maintained and people confident to use them.

University can also promote standard volunteering opportunities in community.

Action:

- a) Let Susannah know volunteering opportunities or ideas for projects.
- b) Anke look into information on defibrillators (added to notes here)

[Defibrillator funding for your local community - BHF](#)

Applications can only be made on behalf of a non-profit community-focused group and they can only accept one application from each local branch of a community group. Some examples of groups they accept are:

- faith organisations
- sports groups
- charities
- social clubs
- community centres
- parish councils
- local social enterprise organisations
- community interest companies
- resident's associations and informal groups.

1. Future Guests/topics and any other business

- Andy – new manager at Laburnum & Linfield and keen to do more events, e.g. stay steady & music for connection.
- Deborah - Coldean hub is refurbished 18 Beatty Ave – Parent/ carer & child groups, family gardening and Friday hang out. Community advisory sessions - /BHESCo & CAB. Coldean Community corner – pantry – 1k people weekly collecting supermarket surplus. Extending days to Saturday. Bingo at New Larchwood Fri evening. Seeking to develop youth offer.
- Leigh Martin - offer of foot care awareness sessions, which is funded by Healthy Neighbourhood Funding and will pay for 3 sessions in Hollingdean Community Centre and Linfield Court in spring 2026, to be potentially linked with Healthy Lifestyle Teams work and other partners in future.

Date of next meeting: 11-12.30, followed by networking at Hollingdean Community Centre, Thompson Road.

Wednesday, 25th March 2026, 17th June, 23rd Sep, 9th Dec.