

Central Brighton & Hove Health Forum

Wednesday, 25th March 2026, 11.00-1pm

Venue: Hollingdean Community Centre, Thompson Road

Item	
1. Present:	
Abi Slevan	BHCC Public Health
Anke Thurm, Ceza Da Luz, Ray Iyaji,	TDC
Linda James	
Peter Huntbach	BHCC Sheltered Housing
Doris Atemkeng	NHS/Resident
Clare Nichols	BHCC Engagement
Cllrs Theresa Fowler, Mohammed Asaduzzaman	Councillors
Cat Hogan-Jones	Impact Initiatives
Kearin Green	Marie Curie
Dan Shotton	Neighbourhood Mental Health Team
Brijesh Thaker	Coldean Pharmacy
Marie Hockley	Community Pharmacy
Laura Marshall	Healthy Lifestyles Team
Susannah Davidson	Brighton University
Geoff Brown	Macmillan/Horizon Centre
Naomi Duncan	Possibility People
Rachel Collins	Together Co
Shirley Connor	Hollingdean Development Trust
Steve Castellari	Carers Centre
Apologies	
Reyna Kothari	Old Boat Community Centre
Sam Lade	Preston Park PCN
Carol Witney	St Peter's Medical Centre
Minutes & Actions.	
a) 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. Zina has started Falls Prevention campaign and is out promoting in group settings. She is making contact but feel free to contact her directly: zina.bratovic@brighton-hove.gov.uk	
b) Contact ankethurm@trustdevcom.org.uk if want to know more about Hollingdean Hubs. Anke will coordinate promotion with PCN & HDT.	
c) Anke get link from council to report trip hazards on walkways.	
d) Let Susannah know volunteering opportunities or ideas for projects.	
e) Anke look into information on defibrillators (added to notes of December meeting)	

2. Outreach in Community Settings Update – Shirley Connor

- Hub sessions run every 2nd Thu of every month.
- Last month's sessions was themed around Diabetes and Nutrition. Attendees got BP checks. Weight management. Digital sign up for NHS. Planting. We also bought healthy ingredients to cook from scratch and got participants to complete questionnaire.
- Upcoming event: will focus on women's health. Plan to give participants a hamper pack to take away. Discussing what people would like to get out of the session.
- Initially difficult to get resident's to come in to Hub. But now trust has been built and people look forward to attend Hub session.
- One participant, following a BP check, changed his lifestyle and in a short period of time lost weight.
- It is inspiring to see the positive impact on people. Building trust with people and asking what they want to see.
- HDT agreed with Old Boat Community Corner(OBCC), to mirror the sessions at Hollingdean and Hollingbury. This way is people cannot make it to Hollingdean they can still make the session at OBCC. These will now happen every last Wednesday of the month, 9.30-11.30am.
- Dates of future sessions for the year will be shared.
- One off referral to hospital - Feedback to ICT leadership.
- People now know that someone from a specific service will be at the centre on a particular day.
- Currently running Smoking cessation sessions- Speaking to people about what's behind not attending appointments.
- Also Insightful conversations while measuring BP. Able to build trust with people.
- GP surgeries – need to look at how to share information with relevant services without compromising patient details. E.g. Awareness of specific dates/events. System is very territorial – consider ways to move away from this.
- Future event to focus on men's health issues
- Other theme suggestions for future events include session focusing on ears/hearing
- All in the room invited to suggest services/contacts for the Hub.
- Mary – Re: feedback from patients. Asked if these could be captured anecdotally to share.
- Shirley – share that outcomes from hubs will be available on HDT website, dedicated page. To be shared publicly very month.
- Mary - can share on the community newsletter that goes out to all pharmacies.
- Shirley – asked all practitioners /services to share anything that they want to publicise on HDT website.
- Clare - suggested to ask Lush for contribution to hamper pack for women health session.
- Use Social Media to publicise in advance what themes are coming up. People are likely attending if know what to expect.

- Around 30 people attend sessions.

Health Counts:

- Outcomes in Central are generally lower – need to look at ‘Why’ this is happening?
- Can forum ask residents and feedback to Health services
- Surgeries closing down – cost involved for patients to attend GP appointments.
Action: ask Laura, Deans & Central re closing dates for GP surgeries in Hollingdean.
- Mary - Vax/screening – campaigns are out.
- Abi-Diabetic eye screening – looking at eyesight. Abi will link to team to get the message out.
- Shirley-Kids disco on 1st April – invited to attend/promote vax to parents/children
- Brijesh -if anyone missed vax for child they can contact to rebook.
- Laura - Falls Prevention: with several prevention initiatives ongoing .Aimed at avoiding falls- as once it happen has negative impact.

3. Brighton & Hove Neighbourhood Mental Health Teams (Older Adults) – Dan Shotton

Dan – Social worker for older adults BHCC and SPFT- team lead West. Gave SOAS team description and current changes in the team. They provide holistic service to all people. See people in the community in care homes. East West Central –team work from across two bases. Working adults- Based out of east Brighton.

- NMHT teams made Changes to align with ICT has caused some issues. Cohort patients really concerned about changes.
- Seeing benefits to working with ICT – GPs
- Trying to meet the need of most older patients.
- Know people out there who are not seeing any support.
- Working on system 1. Care notes(database). Sharing date accordingly to patient’s wishes and keep confidentiality.
- Can offer a lot support but is referral routes dependent.
- Referrals are via GP – try work with GP. Needs-led.
- MH and dementia – focus (70+)
- Mental Assessment Service – are primary service for diagnosing dementia
- MH rapid response services (may refer into service directly)
- How did change come about?
- Timeframe from referral to seeing someone? Depends
- Triage team
- Team focus on 18+
- Some of the data discussed today is very useful to MH service e.g. falls for patients with dementia

4. Directories for Central Health Forum Area

- Ceza shared that Central Networking has been developing a service Directory for Central area

5. Round Robin & Checkout

- Jeff – McMillan Horizon – info support service for People affected by cancer. Includes community garden. Brought information leaflets to share

- Kearin – Marie Curie – befriending and Community Companion service in Brighton
- Naomi – Possability People. Community engagement on issues that impact disabled people. E.g. consultation on pavements.
- Brijesh – Pharmacy. Clinical lead for ICT. Speaking on pharmacies. Majority a pharmacy can see patients on a walking basis. Promoting Pharmacy services for better awareness/uptake.
- Teresa – Local cllr. Will speak to B&H Buses to scope restoring the bus route U50.
- Mary – Community Pharmacies. Represents all local community pharmacies. Brighton leaflet is out – will be updates by end of April
- Abi – PH Healthy life Styles Team. Link person into PH and will attend Health Forum in different areas.
- Claire – BHCC. Community Engagement with residents. Suggested that future session of Health Forum could focus on accessibility issues.
- Peter – Housing manager BHCC. Senior Schemes. 23 in the city. Looking at engement with residents how can support their health and wellbeing.
- Steve– Carers Centre engagement lead. Single point access for anyone who has/thinks has caring role. Provide services in person and online. Get in contact for more info.
- Doris – 1st time /attending as community member. Nurse by profession and interested in prevention.
- Susannah – University of Brighton projects of mutual benefit between Uni and community, supporting students working in community.
- Cat –Ageing Well – information for anyone 50+

Date of next meeting: Weds, 17th June 2026 from 11-12.30, followed by 30 mins networking at Hollingdean Community Centre, Thompson Road. Future meetings: 23rd Sep, 9th Dec.