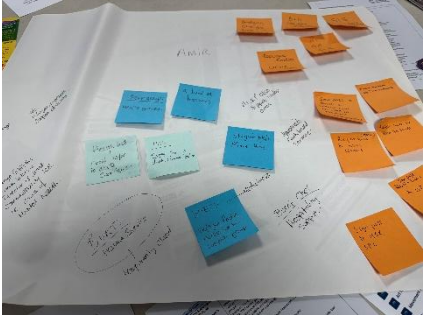


East Health Forum Minutes 3rd February 2026
Robert Lodge 10.30-12pm

Agenda Item	Details & Actions
Present 35	Gemma Etheridge Shirley Knight Steve Castellari Ceza Da Luz Dervis Gurol Kearin Green Amy Allison Stephaney Mooney Val Steadman David Powell Cllr Maureen Winder Theresa Mackay Geoff Brown Anne Glow Zina Bratovic Simon Amphlett Chris El Shabba Zoe Francis & Callum Cound Rich Wheeler & Kay Sexton Lance Collins Tommy Coyner Brooke Joyce Joe Walker Michael Buckley Gillian Richards Shona Kynoch Susannah Davidson Lucy Redhead Anke Thurm Ceza Da Luz Claire Burchell Audrey Millar Katie Chipping Resident & Rep The Bevy Resident & Rep Food Pantry The Carers Centre TDC Central Pharmacies Marie Curie Uok East TDC BHCC Communities Team Resident Robert Lodge Group Resident Robert Lodge Group Councillor BHCC MacMillan Horizon Resident Due East BHCC Stay Strong and Steady BHCC Healthy Lifestyles Team Resident Robert Lodge Group University of Brighton BHCC Community Engagement Resident Mens Peer Group Aging Well Southdowns Uok Primary Care Network E&C Resident Resident and Encounter Wellness Together-Co Brighton University Brighton University TDC Note Taker TDC Central TDC Facilitator Speak Our East NHS Sussex
Apols: 7	Apologies: Leila Morley Becky Woodiwiss Alison De Souza Marie Hockley Natalie McKenzie Natasha Barefield Kirsty Walker Snr Health Commissioner NHS BHCC Public Health NHS Foundation Trust Pharmacies St Marks School Possibility People TDC Communities

Minutes & Actions	Minutes of 9th December agreed as accurate account. Actions update: • University link up with East & Central PCN about their diabetes pilot in March. This is working well with care students and podiatry project. Is in progress and developing Done. • Kirsty share Public Health workers guidance on well in winter with notes to service emails. • Sarah Podmore link Claire, TDC into the health promotion library. Done • TDC audit public health information leaflets that align to ICT priorities – to be done. • Ellie Katsourides share with Claire, TDC current guidance on family vaccinations. • Anke link Tommy (AW) to Shirley (Bevy) around outreach on finance advice for older people. Done • Tommy update on clear referral routes for older people money advice offer. Some confusion about offers at Age UK hub as this is separate top Ageing well offer. To be done. • Add agenda items for ICT leadership group about how to support sight and hearing test for those with restricted mobility/ support needs to access. Done

NMHT (neighbourhood Mental Health Teams. Brooke Joyce Uok	Partnership of 21 non-clinical mental health support services, funded by NHS and BHCC. Southdown part of it through housing support. Main topics brought are: Money, suicide, social groups, activities. Wellbeing Hub at Preston Park, Lighthouse. IPS – employment support. Online service Qwell, 24/7. Also reaching out in East Sussex. Central Access Point – Together Co – Connection hub 01273 775888 or hello@togetherco.org.uk This is a new partnership which was re-tendered last year. Launched on 1st October. Currently lived experience reporting and community development is done through TDC and Hangleton & Knoll, so that people are having a voice in support with mental health. Work in North Whitehawk in LPS blocks to support residents’ mental health during the process of rehousing and rebuilding processes of the blocks. Mainly by offering activities, and drop-in sessions. This takes time as need to build trust, but it includes Money Advice Plus every other Friday. Question: As St James’ House is part of the scheme, could UOK look at drop-ins there as well? Answer: We can look into it, but can make sure Central Access point for referral is communicated. Wellbeing Hub is going through changes, so currently not a good option. Question: How is Qwell being used? Answer: It’s very popular and 700 people a month contact us through it.. Very well used out of hours. Over performing against census in re to ethnicity. Top priorities: Suicide prevention, self-harm, mainly crisis support as a priority, and then anxiety/depression second priority. Questions: Do you reach out into care homes for mental health support? Answer: Care homes have their own activity coordinators. But if sheltered housing residents don’t have support, Together Co could reach out. Action: TDC & Together Co to see what could be possible in regards to outreach in sheltered schemes. Introduction of Encounter Wellness at St Davids Hall, working with local GP. It’s a therapy project and can support people with long term health condition, referral basis only; leaflets to exchange with other services. Together Co could refer clients to this. More information here: https://www.encounterwellness.org/
Uok Amy Allison	Healthy Minds project is part of UOK that reaches out to communities to understand priorities and and finding out what people do to improve mental health. Aims to reach out in community spaces and event to build a community champion network to help with signposting in localised neighbourhoods. Buddying system in Whitehawk works well, to bring new people along. The champions once confident could also move on to lived experience group that then informs and feeds into services. Call for Action: Invite Amy to groups and events where she can speak to people about how they manage their mental health. Email: amyallison@trustdevcom.org.uk
Joe Walker PCN	Joe update on East Health Hub: Mental Health workers at Health Hub have capacity for 20 minutes sessions and we should fill that gap as they are available. These are not for crisis support, but low threshold interventions, can then be referred into 6 sessions and referred to activities. It means it cuts out GP referrals. Action: Ask community whether they are aware of the service, and what is the barrier? East Brighton Health Hub

Exercise on Community Needs Callum & Zoe Uni of Brighton	 Two case studies discussed in two groups about how and where people could access services and community activities. Case study 1: Older woman, mostly isolated in own home, but interested in reading and gardening. Cannot get out of the house without daughter or extra help. Daughter has limited time. Discussions: How do people find out about services if they don't go out/see anyone or access any services in the first place? Could a flyer go to house through pharmacy? Dervish said it's probably unlikely this is possible. Does ICB have housebound patient lists? Checked through annual check-up, should be linked up with services then. Area Networking sessions – mapping small groups/activities that are lower level services. Key points to refer to: Churches sometimes to outreach and could be easier to reach, make sure she has a blue badge so transporting her is easier. Make sure she has bus card to get around, Digital Brighton connection to help her get online for online provision/books, community gardens in local area. How do we share data/ information between services? How proactive are we as service providers? What raises red flags and how proactive are we in linking people? Action: Community Base VCSE directory poster – pharmacy wondering whether they still come out? They do, but pharmacies might not get them automatically anymore. TDC to find out whether more could be printed, or at least bring them to Health Forums. There are plenty at CB reception to take with us – Anke, Claire & Ceza to bring some out to community pharmacies and Health Forum? Case Study 2: Younger man from minoritised background with PTSD symptoms needs connecting to services. Referral points: language/country community groups, ESOL classes, https://refugeeradio.org.uk/ outdoorafro.org The Burnt Chef Project Hospitality Mental Health Awareness https://brightonandhovecbt.com/BERTS (currently closed for referrals) https://trustdevcom.org.uk/project/online-refugee-support-directory https://www.bridgingchange.co.uk/ https://sussexinterpreting.org.uk/ https://bmeccp.org.uk/ Gaps: Almost no specialised mental health support for Syrian community members – lack of culturally adapted services. There seems to be a lack of Men's Mental Health groups, but there are a few: Multicultural Group in Hangleton & Knoll also has Men's Mental Health Group. There is a racially minoritised group that looks at gaps for specialised needs/mental

	health/barriers to health care. Ceza made a point here about how there is a lack of GP knowledge, so going through GP is not useful for racially minoritised people in crisis. Question: How do we share this information with GP's?	
Covid vaccine programme	April 2026 start of vaccinations, walk-in spaces will be cascaded soon, printing to be done. Covid 75. You can book flu and covid jabs separately Vaccinations - NHS or call 119 to book appointment.	
Community Insight Panels	This is a space for community representatives to meet on a regular basis and look at community health priorities and feedback back to the ICT (integrated Care Teams discussions) and back into the Health Forum. Currently 9 people interested in being part of this group. Let Claire/Ceza/Anke know if you know anyone who would like to join.	
Round Robin	• Zina Bratovic, BHCC Healthy Lifestyle Teams Development Coordinator/ – Stay Strong Steady and Independent campaign 27th April week • Simon – Stop Smoking service – free vapes/products to reduce smoking, respiratory events Invite both Zina & Simon out to groups • Geoff Macmillan Horizon Centre – list of activities, new singing group – come out into communities • Christine El Shabba & Lance Robert Lodge update - Women's Wellbeing Group, Hawks 50+, Health Hub, Art group, Green Centre pollinating project, green space & wellbeing; Men peer-led support group attended by 9 people, gentle exercise • Maureen Winder Cllr – happy to link people with services • Stephanie Mooney CET /Rich – Covering East, working with council housing, and liaising with TDC and community members – door knocking exercises coming up. Can share leaflets in estates. • Kearin - Marie Curie – terminal or life limiting illness or very much older people who need a companion • Dervish – Pharmacy representation (Saltdean Pharmacy) – we are happy to give out any information. Need to look at better using the links of independent Share issues with Kamsons with Marie Hockley • Anke TDC – Central Health Forum is running at Hollingdean Community Centre, next 25th March – contact if interested to come • Shona Kynoch – Together Co can link in through social prescribing, doesn't need to go through GP. First Thursday of the month – community hub – Saltdean Lido • Susannah Davidson, University of Brighton, Videography student for Health Hub link • Lucy University of Brighton (Sport/Exercise), Podiatry students link, looking for opportunities for students to get involved in • Shirley – offer to bring the Health Forum to Moulsecoomb & Bevendean – meet at the Bevy • Gemma – Bevy Activity Coordinator – there are several different groups running, which we are happy to connect to (Disability Disco, Afterschool Club for Families, Bevy Seniors Lunch) • Stephen – partner of UOK – specific service for carers of mental health patients (Change is Ahead); activities – walking/litter picking and Beach Clean with other partners (link in with Green Centre) • Rich Wheeler CET – Estate Development Budget available – groups activities that benefit housing residents – Deadline: Main bid up to 10k every 6months; quick bid (1k every two months) If funds low, there is Estate Improvement Budget as well to improve estates.	

Date of next forum	12th May, 10.30-12.30 at Robert Lodge Looking at other venues to rotate in 2026.