

LET'S TALK ABOUT

Health and Wellbeing In East Brighton

June 2022



Overview

As restrictions have been lifted and there is a sense of moving back to normality, it is time to understand the impact and legacy of the pandemic on people's health and wellbeing and their health care experiences over the past 12 months.

This report is a contribution to the Sussex Health and Care Partnership "Let's Talk About" conversations. Capturing the views, experiences, and suggestions for change as identified by residents in East Brighton accessing health and care services.

Community Conversation Aims

The aims of the conversations were to find out a) the impact of the pandemic on people's health and wellbeing, b) experiences accessing health and care services including what is and isn't working well, c) suggestions for improvement, and d) prioritising areas that the NHS should focus on over the next year.

In addition, the topic of vaccination was explored to consider what helps and hinders people from getting vaccinated.

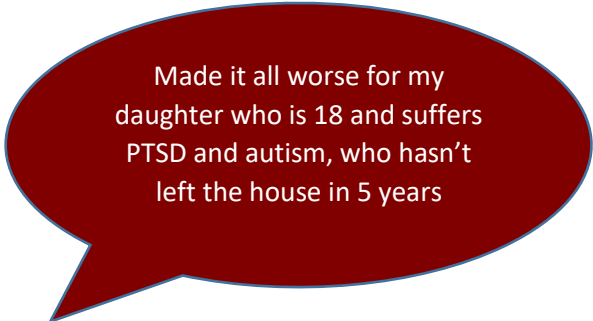
Approach

The conversations took place during the month of June 2022 and were held at St. Cuthman's Foodbank, East Brighton. Conversations were facilitated by a TDC Community Connector, with a total of sixteen Whitehawk residents participating in guided 1:1 and group discussions (see Appendix 1 for full data responses).

Key Conversation Findings

The pandemic had a negative impact on mental health.

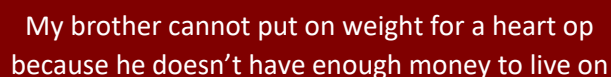
A consistent thread across 94% of responses was the detrimental impact of the pandemic on their mental wellbeing, feelings of loneliness and social isolation, strain on the family, anxiety, and depression.



Made it all worse for my daughter who is 18 and suffers PTSD and autism, who hasn't left the house in 5 years

The pandemic created an environment for positive and negative health-related behaviour change. People's ability to 'be healthy' during the pandemic had mixed responses. Over half of respondents cited positive behaviour change such as walking more, cycling, home exercise, and enjoying time with family. Conversely, over half of the respondents referenced weight gain and fluctuations, unhealthy eating patterns, and reduced exercise due to gym closures and childcare responsibilities.

Wider economic and social determinants impact people's ability to 'be healthy'. There was a common theme that people felt they cannot afford to eat healthy foods because of living



My brother cannot put on weight for a heart op because he doesn't have enough money to live on

on a tight budget and that healthy options need to be cheaper. Other barriers to

being healthy included stress and depression, childcare as a single parent, and physical mobility issues.

The health services most accessed over the past twelve months were A&E and the GP.

One third of respondents referenced a visit to A&E and each of these experiences was cited as negative, with long waiting times, and poor understanding of mental health issues. Just under one third of respondents described accessing the GP with experiences tending to be more positive with some criticism of the lack of face to face and the long waiting times on the telephone, and difficulties getting an appointment on the day.

I feel the hospital completely failed my elderly grandmother. She wasn't allowed any visitors and she struggled to communicate with the hospital staff **because of the language barrier**. The total isolation had a massive impact on her health mentally. She died in hospital without seeing any family.

My daughter was put on suicidal watch at Brighton and Sussex Hospital and there was no care whatsoever even though she was rushed in on blue lights.

Referral to MSK team was delayed by 50 weeks – left in pain all this time to be offered a phone appointment - decided against the appointment as felt a little insulting

Suggested improvements to health services included more welfare checks and outreach into communities, more help in the home for disabled teenagers, help in the home for housebound family members, GP's offering more face-to-face appointments, more communication between GP, hospital, and patients, more annual check-ups, training for A&E staff to improve understanding of mental health issues and eating disorders.

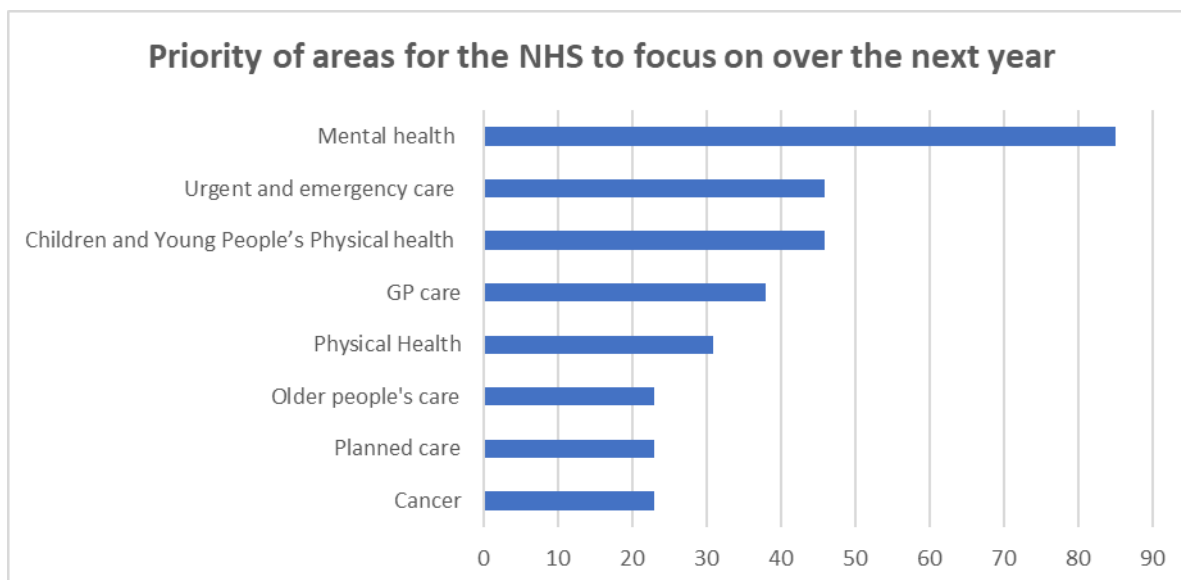
Access to affordable healthy food. Lowering food prices and making healthier food, such as fruit, cheaper than unhealthy processed food was a common thread across responses for what makes it hard to be healthy.

The order of priority of areas for the NHS to focus on over the next year:

1. Mental health with **85%** of votes
2. Children and Young People's Physical health and Urgent and emergency care joint second with **46%** of votes each.
3. GP care with **38%** of votes
4. Physical health with **31%** of votes
5. Cancer, planned care, and older people care all with **23%** of votes each.

It should be noted that a couple of respondents specifically emphasised children and young people's mental health services alongside their physical health.

CAMHS utterly useless for children's mental health



Vaccine take-up was high among respondents. The most common reason being to protect others from becoming ill. Positive experiences with staff at the vaccine units were mentioned, and the benefit of free parking at Churchill Square.

Pressured into having first, haven't had anymore

Lack of trustworthy information. Misinformation and negative press were cited as the greatest reasons for people not getting vaccinated, along with lack of trust, feeling pressured and coerced, and lack of access to transport.

A lot of people I know have had them, and fallen very ill with covid

Maternity Care Experiences

Maternity Care	
Experiences (positive or negative)	What could be done better
<p>"Felt supported with my daughter"</p> <p>"Could have been better – I was a young mum with 3rd baby and got treated like didn't know what was going on and got very badly left. Doctor should have made quicker choice"</p> <p>"My son 7 weeks premature was dying in GP, they told me to go to A&E, on way he died – luckily nurse did cpr, he had bronchiolitis, right lung collapsed, went into intensive care"</p> <p>"My sister in law had a C-section and it got infected and the midwife would not listen to us about what is wrong with her"</p> <p>"Appalling – left for dead twice at RSCH despite known life threatening condition"</p>	<p>"Training for every single person in department on everything that can go wrong (stop judging people)"</p> <p>"Making GPs more knowing of this illness in babies"</p> <p>"Listen to members of family, as happened to them"</p>

Mental Illness Experiences

Mental Illness	
Experiences (positive or negative)	What could be done better
“Positive – computer course has helped” “Support was given quickly (in the form of sick notes)” “There just isn’t enough services” “Had family member in Millview – they were brilliant with him” “CAMHS utterly useless for children’s mental health Referral delays very frustrating” “Time to Talk befriending – generally positive experience Not supported” “Depression, anxiety, stress”	“Needs better services available Currently on medication” “More urgency when dealing with serious problems, such as eating disorders, reduce waiting times / lists for inpatient treatment” “More professional staff”

Cardiovascular Health Experiences

Cardiovascular Health	
Experiences (positive or negative)	What could be done better
“Excellent” “My father had this (now passed away in covid)”	

Early Cancer Diagnosis Experiences

Early Cancer Diagnosis	
Experiences (positive or negative)	What could be done better
“Diagnosed early so had it removed and still here. Amazing” “Long waiting list to see someone “	“Keep up good work” “More information needs to be shared about what signs to look out for” “Brain scans must be done asap”

Chronic Respiratory Disease Experiences

Chronic Respiratory Disease	
Experiences (positive or negative)	What could be done better
“Friend has problems – very isolated affecting mental health” “My Mum has COPD – doctor doesn’t contact her hardly ever” “No check-ups and supposed to be yearly”	“More phone contact, my mum has developed mental health issues due to not being able to go out due to covid”

Covid-19 Vaccination

Getting the vaccination	
What helps getting the vaccine	What makes getting vaccinated difficult
<p>“Encouragement and understanding”</p> <p>“Feeling body protection against virus”</p> <p>“I got vaccinated to protect my father and others”</p> <p>“People think they are doing their bit and keeping safe”</p> <p>“Not listening to the media or reading the papers”</p> <p>“Most people I know has had it”</p> <p>“To stop them getting ill”</p> <p>“Those who receive a vaccine see it as a moral obligation to others eg elderly relatives in care homes”</p> <p>“To make sure kids / people don’t get more ill”</p> <p>“No chance of vaccine – there is a lack of clear honest information”</p> <p>“Staff have been amazing in the vacc units”</p> <p>“I was reluctant, but had 3 jabs”</p> <p>“I feel it doesn’t as a lot of people I know have had them and fallen very ill with covid”</p> <p>“Transport to get people to vaccine centres”</p> <p>“Free car park at Churchill Square was helpful”</p>	<p>“It was easy”</p> <p>“Travelling and access and transport”</p> <p>“All the bad press”</p> <p>“Not enough research has been done”</p> <p>“Transport”</p> <p>“The lack of trust in our parliamentary leaders, the spreading of misinformation, attempting to coerce people into getting vaccinated by blocking access to means such as travel, which only further isolates individuals and minorities”</p> <p>“The stories they hear about different vaccinations”</p> <p>“Mistrust of authorities due to lived experience of negligence”</p> <p>“People being pressured into doing this. I think stop saying ‘do your bit’ as everyone’s choice”</p>
How could people be supported to get the vaccine	
<p>“A bit more understanding”</p> <p>“Not listening to people against it”</p> <p>“Show them TRUE research from science people”</p> <p>“It has to be a personal decision they make; it is not something they should be forced to have”</p> <p>“Presenting information and statistics which are unbiased”</p> <p>“Do home visits as not everyone can get out”</p> <p>“Have discussions with health professionals at a centre and listen to everyone”</p>	

Appendix One

Questions	Discussion	Recommendations
<p>What has the impact of the pandemic been on you and your community's health and wellbeing?</p> <p>Community eg Neighbourhood, faith, ethnic background, age, or any other definition that makes sense to you)</p>	<p>Ability to socialise taken away Strain on family Loneliness being single Loneliness especially being elderly Very good, the community has been positive, got to spend quality time together Less shops around / "streets café" in the market Isolation was a problem The doctors phone calls and not being able to see one – affected mental health It has made my surgery waiting time longer which has made my wellbeing harder Has impacted hugely my family have not been able to be close – mentally hugely impacted Isolated Mental and physical health – not being able to mix with others More unwell Mental impact – made me feel like not going out – going in to myself, depression and isolation Affected my faith, wasn't able to return back</p> <p>Closure of small business No socialisation between children at their developing age</p> <p>Affecting mental health, not being able to contact doctors and have a face to face consultation</p>	<p>Welfare checks Healthcare resources for elderly and with disabilities / most vulnerable in the community Feel like government could have been better in locking down the country</p> <p>Get more locums in or open a clinic for people so more options</p> <p>To keep in contact with the people who is waiting on something in the health system More outreach should be done for people More info to help understanding what was going on – not able to see mum for 2 years</p> <p>Classes be held over spring break More opportunities for young adults, like internship schemes</p>

	<p>Massive impact on my community, especially relatives (BAME respondent)</p> <p>Conditioned me to wear a mask: vulnerable and scared</p> <p>Made isolation – fear and stress</p> <p>It was very hard as suffer from anxiety and it took ages to get through to doctors as could not see anyone, it was hard for my niece as she thought something was going to happen to her</p> <p>Made it all worse for my daughter who is 18 and suffers from post traumatic stress disorder and autism, who hasn't left the house in 5 years</p> <p>Particularly difficult for for young people, feelings of isolation and lack of schooling</p> <p>Mental health / physical health / not being able to mix with others / not able to see mum for 2 years</p>	<p>Would have liked some support and contact to help me with my health</p> <p>More help with disabled teenagers within the home as no support</p> <p>Someone for a couple of hours a day to talk to and help with things round home</p>
<p>Please tell us who your community are:</p>	<p>Whitehawk Whitehawk Faith community Faith (Muslim) and family</p>	
<p>Has your view of your own health and wellbeing changed since the Covid pandemic?</p>	<p>Please circle:</p> <p><u>Yes</u> <u>No</u></p>	<p>My levels of fitness have taken a nose dive</p> <p>Now the gyms are open this will help to improve my strength – local gyms should be cheaper</p> <p>Depression affecting memory</p> <p>Walking 3 miles</p> <p>More face to face appointments are needed</p> <p>More nervous and anxious</p>

		More unwell Felt really alone and isolated – my health affected
<p>Have you done anything differently through the pandemic to keep yourself well? eg exercise and diet</p>	<p>I found it difficult to stay as fit as I was pre-lockdowns. I did do lots of walking and home workouts to keep moving and stay sane. Diet consisted of home baking and wine. More exercise Out on the motorbike I done more activities with my 3 children tat I wouldn't have been able to before (for mental health) Walking good for your brain and heart Exercise More cycling – don't use public transport anymore What helped me was my faith and family. My family were able to come closer in my household. It helped that I was able to connect with my family and friends on zoom. It helped me to be able to volunteer Wearing mask, keeping my distance as didn't wanna bring covid home Went for daily walks for exercise and just get out the house</p>	<p>More affordable and accessible options for gym membership for social and general health and wellbeing. After being told to 'stay home' we should be compensated to get out and get fit and healthy.</p> <p>Could be more input to help people post-covid restrictions</p> <p>Prices are rising – funding for child bus passes and student reductions to help get out and socialise</p> <p>Try to get out the door to exercise although I'm struggling</p>
<p>Has it been difficult to be healthy during the pandemic?</p> <p>Is there anything that has made it difficult to keep as well and healthy as you would like?</p> <p>Anything else?</p>	<p>Unable to walk regularly due to restrictions and childcare Helped to stop spending money / time management and focus more, endure and be patient with any change in life – helped me to understand what others are going through</p> <p>Yes lockdown, no gyms or clubs had negative on physical and mental health</p>	<p>Not make processed food cheaper than healthy food</p>

	<p>A little without been able to go out Weight affect fluctuated Limitations in shops I've gone up and down in weight Hard to communicate with masks and not being able to visit people</p> <p>My Dad passing away led to comfort eating Not being able to visit people, friends and family Having the children home made me want to pick at their food which didn't help Not much access to the food I need for my daughter who has autism – sensory</p> <p>Cost of living, can't afford healthy food</p> <p>It has been difficult to know what to do regarding my health</p>	
<p>What helps you stay healthy?</p>	<p>Physical exercise Clean eating – less processed food and being able to access it easily. Exercise Eating better Laughter I don't feel healthy at the moment Good food Gardening, baking, walking</p> <p>Couch to 5k which I have just started due to over eating in the pandemic</p> <p>Walking dogs, cycling to work and college, socialising with friends</p> <p>Physically going out. Socialising with others</p> <p>Walking dog when I can walk</p>	<p>Cost of food is TOO EXPENSIVE! Healthy eating would be easier to stay well.</p> <p>Being in nature, connecting with others, group activities</p> <p>Make it known there is help and you can do this</p> <p>Health clubs for all ages</p>

	<p>Taking my insulin and drinking water</p> <p>Walking regularly and swimming</p> <p>Drinking lots of water, eating well, reducing movement to help with health condition, faith and prayer</p>	
<p>What makes it hard to be healthy?</p>	<p>The rising cost of living</p> <p>Expensive gym memberships</p> <p>Gyms with no parking</p> <p>Lockdowns</p> <p>Over processed foods</p> <p>Staying indoors</p> <p>Prices of food</p> <p>Stress</p> <p>Depression</p> <p>Worry</p> <p>Processed food being more accessible than healthy food, as it's cheaper for when on a tight budget</p> <p>No money</p> <p>Get enough food, finances low, prices rising in shops, electric prices rising</p> <p>Stress, depression, not having anyone to talk to</p> <p>Lost most of my teeth due to acid erosion and being sick 30/60 times a day</p> <p>I suffer with my feet so walking is hard sometimes</p> <p>Childcare due to being a single parent</p>	<p>Cheaper options on memberships</p> <p>Brighton gyms need more parking!</p> <p>Making processed food more expensive and healthier food cheaper (fruit). Promote healthier food not processed food.</p> <p>Lowering food prices, gas and electric</p> <p>Lower food prices and electric</p> <p>More opportunities for people to express themselves</p>
<p>Can you tell us about your experience (or the experience of someone you care for) of any health service in Sussex over the past year? (not just covid related but related to the system pressures we know about- such as waits in A&E, earlier discharge etc.)</p>	<p><u>Yes</u></p> <p>No</p>	<p>Felt let down by Macmillan – not helpful with what they said they would do – my friend had the same experience</p> <p>I cared for my Dad through the pandemic, sadly he's now passed away</p>

		<p>I feel the hospital completely failed my elderly grandmother. She wasn't allowed any visitors and she struggled to communicate with the hospital staff, because of language barrier. The total isolation had a massive impact on her health mentally. She dies in hospital without seeing any family</p> <p>My daughter was put on suicidal watch at Brighton and Sussex hospital and there was no care whatsoever even though she was rushed in on blue lights</p> <p>My mum suffers with spine problems and has bad heart so have to help her sometimes when my Dad is busy as she needs someone all the time. They keep sending her home from A&E and cancelling referrals</p> <p>Finally received minimal mental health support after 8 years!</p>
<p>What kind of service was it?</p> <p>GP / Urgent Care / A&E / Hospital Inpatient / Hospital Outpatient / Social Care (care at home or care home) / Mental Health Services / NHS 111 / Ambulance Services</p>	<p>Referral to MSK team – delayed by 50 weeks – left in pain all this time to finally be offered a phone appointment. Seems redundant.</p> <p>A&E GP Hospital Cardio at Hospital Home Care (for Dad) Children's A&E A&E GP A&E GP Hospital inpatient – mental health service A&E</p>	

	Hospital outpatient / GP GP	
<p>What was your experience of the service?</p> <p>What worked well?</p> <p>What could have been done better?</p>	<p>(MSK) Don't know – decided against the phone appointment as felt a little insulting having waited 50 weeks for a referral / appointment.</p> <p>Cardio at hospital – Brilliant</p> <p>Long waiting time in A&E – not sure it was handled efficiently</p> <p>Doctors a nightmare -</p> <p>Mental health service still a nightmare</p> <p>The ambulance service are amazing but I found once we got to a&e there was little understanding of mental health</p> <p>A&E – long wait up a&e 8 hours</p> <p>Waited 6 hours in children's A&E for my son who had something weird on back, then got told take ? and then let us go without telling us what it was – it was rushed and no communication</p> <p>A&E – they were rude, didn't understand mental health services</p> <p>Hospital outpatient – delays/waiting list, very frustrating</p> <p>GP has been good, but didn't get any contact from the GP when the pandemic happened</p> <p>It would have helped if people contact me to understand what was going on</p> <p>GP appointments not available</p>	<p>How can you assess a bad back and chronic pain over the phone?</p> <p>Pacemaker fitted – hard not able to go to hospital with partner – affected mental health</p> <p>Communicate with us more – doctors have walk-in sessions which will take down A&E wait</p> <p>It would have helped if support was given to people changing GP and joining a new practice</p>

	<p>Outpatient care 10/10 polite and friendly staff</p> <p>GP been good for blood tests and results</p> <p>Learning difficulties – care given</p> <p>Not very good experience for my brother at A&E and after care for neuro rehab team – he had a stroke and was sent out of hospital after 20 hours into neuro rehab team who in my opinion are too busy to be able to help him</p> <p>GP-good experience, happy with service, action on same day to get lump checked out.</p> <p>Unsure, other than not having to wait so long for a phone appointment for a bad back Better communication</p> <p>Nothing seems to be working as the waiting lists are so long</p> <p>They should have smaller case loads and be more available (neuro rehab team)</p> <p>Very bad experience for friend in Robert Lodge, on top floor, mobility issues, terrible care from carers and not able to get out.</p> <p>Better – more training for a&e staff about mental health</p> <p>A&E more understanding and be patient and more</p>	
--	---	--

	<p>Not always answering, and saying something they are not going to do</p> <p>Money, bus fare</p> <p>Hard to get an appointment</p> <p>Having to queue on phone and then wait for an appointment</p>	
--	--	--

Question	Discussion	Recommendations
<p>Do you have any concerns or interests about health? If yes, what?</p>	<p>Weight gain</p> <p>Being overweight</p> <p>Yes, I have concerns about a lot of people with mental health</p> <p>My brother not being able to gain weight because he doesn't have enough money to live on</p> <p>Mental health and physical health of younger generations (19 yr old respondent)</p>	<p>Eat less, more exercise</p> <p>Open more places like St Cuthman's, it's amazing and full of support</p> <p>A focus on positives, free extra curricular classes, support for those from disadvantaged backgrounds</p> <p>More support around menopause – finally received hrt after 9 years</p>
<p>Would you like any more information or support around a specific health condition or issue?</p>	<p>Holistic therapies or treatments</p> <p>If you can on hyper-parathyroidism</p> <p>My brother needs stroke help and heart op help</p>	<p>Hopefully the doctors are now going to help him</p>
<p>What is currently working well about your health care?</p>	<p>The ability to have access to free healthcare in an emergency</p> <p>Diabetic – care of ny nurse</p> <p>My counselling (through church) getting my traumas out</p> <p>I have a new lowcom doctor who has taken me on</p> <p>Not much</p>	<p>e.g what should be continued</p> <p>More check ups and seeing me in a clinic</p> <p>Food banks help</p>

	Finally received menopause support after 9 years	
What isn't working well with your health care?	<p>Waiting lists for treatments Not getting to see my GP more quickly No GP / patient relationship Excise and been able to go out and services a bit better GP list – long waiting list</p> <p>The constant waiting list Not enough communication</p> <p>Cannot put on weight to have heart op</p> <p>Misdiagnoses</p> <p>Can't get through to the people you need, always leaving messages</p> <p>Support for young people around mental health</p>	<p>e.g. what would improve this</p> <p>GPs seeing more patients face to face</p> <p>You have to go through reception and then they decide I've no idea, the system seems wrong When talking to consultant, give me more time</p> <p>Better food and a cooker</p> <p>More assessments / getting a second opinion</p> <p>Someone getting back to you as you soon give up</p> <p>Staff that listens to issues without assumptions</p>
Have you or anyone you know had experiences (positive or negative) that you would like to share in relation to:	Conversation prompts:	
Maternity Care	<p>Felt supported with my daughter</p> <p>Could have been better – I was a young mum with 3rd baby and got treated like didn't know what was going on and got very badly left. Doctor should have made quicker choice</p> <p>My son 7 weeks premature was dying in GP, they told me to go to A&E, on way he died – luckily nurse did cpr, he had bronchiolitis, right lung collapsed, went into intensive care.</p>	<p>Training for every single person in department on everything that can go wrong (stop judging people)</p> <p>Making GPs more knowing of this illness in babies</p> <p>Listen to members of family, as happened to them</p>

	<p>My sister in law had a C-section and it got infected and the midwife would not listen to us about what is wrong with her</p> <p>Appalling – left for dead twice at RSCH despite known life threatening condition</p>	
Mental illness	<p>Time to Talk befriending – generally positive experience</p> <p>Not supported</p> <p>Depression, anxiety, stress</p> <p>Positive – computer course has helped</p> <p>Support was given quickly (in the form of sick notes)</p> <p>There just isn't enough services</p> <p>Had family member in Millview – they were brilliant with him</p> <p>CAMHS utterly useless for children's mental health</p> <p>Referral delays very frustrating</p>	<p>Needs better services available</p> <p>Currently on medication</p> <p>More urgency when dealing with serious problems, such as eating disorders, reduce waiting times / lists for inpatient treatment</p> <p>More professional staff</p>
Cardiovascular Health	<p>Excellent</p> <p>My father had this (now passed away in covid)</p>	
Early Cancer Diagnosis	<p>Diagnosed early so had it removed and still here. Amazing.</p> <p>Long waiting list to see someone</p>	<p>Keep up good work</p> <p>More information needs to be shared about what signs to look out for</p> <p>Brain scans must be done asap</p>
Chronic respiratory disease	<p>Friend has problems – very isolated affecting mental health</p>	

	<p>My Mum has COPD – doctor doesn't contact her hardly ever</p> <p>No check ups and supposed to be yearly</p>	<p>More phone contact, my mum has developed mental health issues due to not being able to go out due to covid.</p>
--	---	--

Question:	Disucssion	Recommendation
<p>Thinking of the people that you know</p>	<p>Had all of mine Up to date with it all Pressured into having first, haven't had anymore.</p>	<p>Personal choice</p> <p>Don't pressure people</p>
<p>What helps people get vaccinated eg what are the reasons people get the vaccine / are able to access the vaccine sites</p>	<p>Encouragement and understanding</p> <p>Feeling body protection against virus</p> <p>I got vaccinated to protect my father and others</p> <p>"People" think they are doing their bit and keeping safe</p> <p>Not listening to the media or reading the papers</p> <p>Most people I know has had it</p> <p>To stop them getting ill</p> <p>Those who receive a vaccine see it as a moral obligation to others eg elderly relatives in care homes</p> <p>To make sure kids / people don't get more ill</p> <p>No chance of vaccine – there is a lack of clear honest information</p>	<p>Staff have been amazing in the vacc units</p> <p>I was reluctant, but had 3 jabs</p> <p>I feel it doesn't as a lot of people I know have had them and fallen very ill with covid</p> <p>Transport to get people to vaccine centres</p>
<p>What makes getting vaccinated difficult? Eg what is stopping people from getting vaccinated</p>	<p>It was easy</p> <p>Travelling and access and transport</p> <p>All the bad press</p>	

<p>either through choice or barriers such as transport</p>	<p>Not enough research has been done</p> <p>Transport</p> <p>The lack of trust in our parliamentary leaders, the spreading of misinformation, attempting to coerce people into getting vaccinated by blocking access to means such as travel, which only further isolates individuals and minorities</p> <p>The stories they hear about different vaccinations</p> <p>Mistrust of authorities due to lived experience of negligence</p>	<p>People being pressured into doing this. I think stop saying 'do your bit' as everyone's choice</p>
<p>How could people be supported to get the vaccine?</p>	<p>A bit more understanding</p> <p>Not listening to people against it</p> <p>Show them TRUE research from science people</p> <p>It has to be a personal decision they make, it is not something they should be forced to have.</p> <p>Presenting information and statistics which are unbiased</p> <p>Do home visits as not everyone can get out</p>	<p>Free car park at Churchill Square was helpful</p> <p>Have discussions with health professionals at a centre and listen to everyone.</p>

<p>Thinking about people's health and wellbeing, what are the three top areas you think the NHS in Sussex needs to focus on over the next year?</p> <p>Please select three</p> <ol style="list-style-type: none"> 1. Mental health 2. Physical health 3. Cancer 4. Children and Young People's physical health 5. Planned care (ie planned hospital procedures) 6. Older people care 	<p>Top Three:</p> <p>GP / Urgent emergency care</p> <p>Mental Health / Urgent Care and Emergency Care (cancelling ops) / GP</p> <p>Mental Health / Cancer / GP care</p> <p>All of them if I'm honest</p>
---	---

<p>7. Urgent and emergency care 8. GP care 9. Other</p>	<p>Mental health/GP care / Children and young people’s physical AND mental health</p> <p>Mental health/Physical health/older people care</p> <p>Mental health / cancer / CYPs physical health / Urgent and emergency care</p> <p>Mental health (especially in relation to young people) / Physical health (for all) / care for the elderly</p> <p>Mental health (more services) / older people care / children and young people’s physical health.</p> <p>Cancer / Mental health / physical health</p> <p>Mental health / urgent and emergency care / planned care / children and young people</p> <p>Mental health / CYP physical health / GP care / Urgent and emergency care</p> <p>Mental health / Children and young people’s physical health / planned care</p> <p>Physical health / planned care (procedures) / urgent and emergency care</p>
<p>If you had to pick one thing that needs to change in terms of health services, which would this be?</p> <p>Why?</p> <p>How do you think this could happen?</p>	<p>The process about just to get to see the GP (through receptionist)</p> <p>Mental Health Do something and make it easier to get access – more services available</p> <p>The diagnosis on phones from GPs – it’s not right, they mis diagnose</p> <p>Walk in surgeries ie GP – this will free up appointments on the day and allow others to be able to see a GP – open it up from 5pm to 7pm</p> <p>Social workers need more time for each client</p> <p>There is a lack of resources and funding when it comes to the treatment of mental health problems. Often a situation must be dire before help can be given, due to waiting lists, this help often comes far too late.</p>

	<p>Mental health services, because there is no training, I have two daughters who have PTSD and there is little understanding</p> <p>More help with adult's health care as it's difficult for them and has to rely on family to go out</p> <p>Help with taking them out so they are not scared</p> <p>More honest information / too much disinformation</p>
--	---

The Trust for Developing Communities

Contact: Kaye Duerdoth kayeduerdoth@trustdevcom.org.uk

Company limited by guarantee No: 3939332. Registered Charity No: 1106623. Registered office: Community Base, 113 Queens Road, Brighton, BN1 3XG

Website: www.trustdevcom.org.uk

Telephone: 01273 262220 Email: info@trustdevcom.org.uk



The Trust for Developing Communities, Community Base

113 Queens Road, Brighton, BN1 3XG 01273 234769

A Company Limited by Guarantee registration number
3939332 and Registered Charity number 1106623