

County Report for Stedham Parish Council 9th Oct 2024

Health

At the Health and Adult Social Care meeting this month we discussed access to continuous monitoring of blood glucose for Type 2 Diabetes patients. Over 50k people in West Sussex have this condition, there is good evidence that this method of monitoring improves quality of life with better outcomes. NICE guidelines indicate that more people should be offered this treatment in West Sussex, we are not currently adhering to the best practice guidance. We urged the NHS leaders to make this a priority and we asked for a timeline for this being offered to more Type 2 DM patients. This investment now would save money down the line.

Free weight management app for West Sussex residents

A free weight management app called [Gro Health](#). It is free for 12 months to anyone over 18, with a BMI of 25 or over, who lives or works in West Sussex or is registered with a GP in the county. People will be given help to sustain healthy habits and achieve self-selected goals through access to education, recipes, on-demand exercise classes, group and one-to-one coaching.

The Council's Public Health department funds the Gro Health programme in response to growing numbers of people who are overweight or obese. It is part of a range of existing funded weight management services available via [Healthy eating > Weight management services in West Sussex / West Sussex Wellbeing / Provided by West Sussex County Council](#) and the NHS. It is the first time that people in West Sussex have been offered free access to such an innovative digital service for weight management without a GP referral which can be accessed online using a phone, tablet or computer, without the need to download any special software. The service can also be accessed via free apps available for both iPhone and Android for those who wish to download them.

West Sussex Libraries and Public Health Host Free Events to Support Positive Ageing

This October, selected libraries across West Sussex will run a series of free events as part of the county's first Positive Ageing Month. These events are designed to promote healthy ageing, featuring health and wellbeing checks, hearing tests, physical movement assessments, and expert talks on maintaining wellbeing as we grow older.

In addition, there will be drop-in sessions, stands from local organisations, and curated displays of books on positive ageing. West Sussex Wellbeing advisors will also be present in some libraries, offering advice on diet and lifestyle along with the Prevention Assessment Team who can offer advice on staying independent.

A 'Slipper Swap' initiative will take place at certain libraries, where residents can pick up a free pair of non-slip slippers designed to help prevent falls. Participants can recycle their old slippers at their local textile bank.

[Positive Ageing Month - West Sussex County Council](#)

Young people

It is a great concern many more young people have been suffering from mental health issues, the Director of Public Health at WSCC has recently published a retrospective report which is a snapshot but shows the extent of the problem including the rise in referrals.

Childrens mental Health report – Link attached

Youth Cabinet

The WSCC youth cabinet met this month and have published their manifesto for young people.

Manifesto is attached.

Foster Carers

WSCC are reaching out to find more foster carers. They have joined a partnership to improve the work to support foster carers they are hoping this will mean more people will come forward.

West Sussex County Council has joined others from across the South East to create the country's largest local authority fostering partnership, in a bid to increase the number of foster carers across the region.

With over 11,000 children in care across the South East, and fewer than 3,000 local authority approved foster carers, there is an urgent need to recruit more people able to provide safe, loving, and local homes for vulnerable children.

Local Authority Fostering South East is a new virtual fostering hub bringing together the expertise of 20 councils from across the region. The new hub will ensure prospective foster carers have access to all support in one place, right from the start of a carer's fostering journey.

[Splash Page - West Sussex | Compass Fostering](#)

