

#HELPMYNHS

We need your help to protect our NHS now and for future generations

USE ONE OF THE PLEDGES BELOW OR MAKE UP YOUR OWN

Now that more people than ever are calling on its services, our NHS is facing its biggest financial challenge. And as different health and care services are all working together to find solutions, the NHS needs us – the people it was set up to serve – to do our bit as well.

I WILL #HELPMYNHS

We're asking everyone in our 5 Communities – across Burgess Hill, Crawley, East Grinstead, Haywards Heath, Horsham and the surrounding villages – to do something small to #HelpMyNHS, such as:



- I will save A&E for saving lives so I'll only go there in an emergency. In future I'll seek advice from NHS111 to access appropriate services
- I will use my local pharmacy more for advice about minor ailments, medicines and prescription reviews, healthy lifestyle and wellbeing advice

- I won't ask for a prescription for medications I know I can buy over the counter
- I will order and collect my repeat prescriptions on time (and my family's if they need help), particularly before a holiday period
- I understand that if I make an appointment at my GP I should either keep it or cancel it



- I accept that I am responsible for my own health and wellbeing so will seek advice about my lifestyle from my GP or pharmacy and act on their suggestions
- I will sign up to my local NHS CCG Health Network or my GP practice's Patient Participation Group (PPG) to help drive improvement.



Only your name and written pledge will be visible publicly on our online pledge wall. All other information will remain confidential.

COMPLETE THIS POSTCARD AND SEND IT TO YOUR LOCAL NHS TO SHOW YOUR SUPPORT.

Alternatively you can share your support via Twitter using the hashtag #HelpMyNHS or online at www.horshamandmidsussexccg.nhs.uk/HelpMyNHS or www.crawleyccg.nhs.uk/HelpMyNHS

I will #HelpMyNHS by:

Name:

Email:

Age: 18-35 36-50 51-65 66+

Town/village:

GET THE RIGHT CARE

We want you to be able to get the right care, at the right time and in the right place when you need NHS help and treatment. Receive quick and effective help and support closer to home:

- Visit www.nhs.uk or call 111 for health advice and reassurance 24 hours a day, 365 days a year
- Using our Minor Injury Units or Urgent Treatment Centre for conditions including sprains, minor burns, cut and grazes, and minor skin infections and save A&E for saving lives
 - Crawley Urgent Care Centre at Crawley Hospital - open 24 hours, seven days a week
 - Horsham Minor Injury Unit at Horsham Hospital - open between 9am and 5pm, Monday to Friday excluding bank holidays
 - East Grinstead Minor Injury Unit at Queen Victoria Hospital – open 8am-7:30pm daily
- Emergency Dental Line 0845 2712040
- Ask a pharmacist for free, effective advice and support on treating self and family, including medicines review, prescription management, healthy lifestyle and wellbeing advice, self care support and advice.

DID YOU KNOW THAT IT COSTS:



If you require this document to be translated into another language or would like an alternative format such as large print, Braille, audio or BSL, please contact us.

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FREEPOST RSZZ-YLJS-TETL

Crawley CCG & Horsham and Mid Sussex CCG

Crawley Hospital

West Green Drive

Crawley

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