

# Public Health

## Monthly bulletin



The East Sussex public health bulletin is a regular update of local public health news. This includes the latest additions to the East Sussex Joint Strategic Needs and Assets Assessment website, local campaigns and initiatives. We also present some interesting and important, national and international, public health research and news.

[Joint Strategic Needs and Asset Assessment \(JSNAA\) \(Page 2\)](#)

An update of the latest news and additions to the JSNAA website.

[East Sussex Better Together \(Page 2\)](#)

Supporting patients to see the right person first

[News for CCGs and GPs \(Page 2\)](#)

Good news from the East Sussex NHS Health Checks programme. Updates on the measles outbreak in the South East, and the national breast screening incident. The launch of the East Sussex guide for schools to support young people's mental health; and celebrating the NHS turning 70!

[Health Improvement \(Page 4\)](#)

Active 10 returns, and Beat the Street is back

[Upcoming FREE Training \(Page 7\)](#)

An exciting range of FREE Public Health funded training available from June 2018.

For more information contact:

[Miranda.Scambler@eastsussex.gov.uk](mailto:Miranda.Scambler@eastsussex.gov.uk) or

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### IN THIS JUNE ISSUE

#### **NHS Health check offers reach 100%!**

East Sussex has reached the target of offering 100% of the eligible population an NHS Health Check over the past 5 years. Read more on page 3

#### **Schools guide to support children and young people's mental health**

An East Sussex guide to supporting children and young people's mental health has been published, outlining a resilience-based, whole school approach to promoting positive mental health and addressing individual needs, Page 4.

#### **Beat the Street is back!**

Running from 6 June to 25 July, Beat the Street will once again see towns and villages in East Sussex turned into a massive walking and cycling game, and this year the game is going to be bigger than ever! There are more areas to play, more events and activities and more chances to win prizes, Page 6.



## East Sussex Joint Strategic Needs & Assets Assessment

[eastsussexjsna.org.uk](http://eastsussexjsna.org.uk)



The Joint Strategic Needs & Assets Assessment (JSNAA) is a process that identifies both the health and wellbeing needs (i.e. problems) and assets (i.e. strengths) of the people, communities and populations in East Sussex. This website provides a central JSNAA resource of local and national information to inform decisions and plans to improve local people's health and wellbeing and reduce health inequalities in East Sussex.

[eastsussexjsna.org.uk/](http://eastsussexjsna.org.uk/). If you would like to receive the monthly email update alerting you to the content recently added to this website please [subscribe](#)

### Additions to the JSNAA site

#### Local Briefings:

- Population Projections, May 2018
- Physical Activity and Healthy Eating Data Overview, Apr 2018

#### National Profiles:

- Public Health Outcomes Framework, May 2018
- Wider Determinants of Health Profiles, May 2018
- Cardiovascular Disease Profiles updated, May 2018

## East Sussex Better Together

### Supporting patients to see the right person first



As part of ongoing investment in primary care, local NHS organisations are piloting a new scheme in some practices which will improve access for patients whilst also reducing pressures on GPs.

Many common problems seen at a GP practice can be dealt with better by other services and many of these can be accessed without a referral from a doctor first.

Reception staff at participating practices within the Eastbourne, Hailsham and Seaford (EHS) and Hastings and Rother (HR) area are receiving specialist training in order to signpost patients to the most appropriate service for their need.

Armed with the latest information on a range of services both within the practice and outside in the community, care navigators – as they are more formally known – will

be able to support and guide patients to ensure they are seen by the right healthcare professional first time.



When a patient calls in or visits a participating practice to book an appointment, the care navigator will ask for a brief description of the problem so that they can identify the patient's need.

Where appropriate, patients may be directed to other services in the practice, other NHS providers or the wider care and support sector. GP appointments will still be available for anybody who wants one and nobody is obliged to answer any questions but, by doing so, it will ensure that those people who really need to see a GP can see them as soon as possible.

Former GP Dr Lindsay Hadley, Clinical Workforce Lead for NHS EHS Clinical Commissioning Group (CCG) and NHS HR CCG, said:

“The NHS is committed to making sure everyone has access to a GP when they need one, whether that is in person or over the phone. As a former GP in East Sussex, I really believe that the care navigation model will improve local people's experience of primary care and help to relieve some of the strain on services. ....”

Care navigation will support practices and patients to make the best use of valuable NHS resources and support local people to get the right care, first time.

## News for CCGs, GPs and health professionals

### Celebrating Success with NHS Health Checks in East Sussex

East Sussex Public Health is delighted to share that we have reached the target of offering 100% of the eligible population an NHS Health Check over the past 5 years. In real terms this means that 174,152 people have been offered a check and 88,577 have received one.

Variations exist across our three local CCGs. Eastbourne Hailsham and Seaford CCG offered the highest proportion of eligible people an NHS Health Check whilst Hastings and Rother CCG achieved the highest uptake percentage.

**NHS Health Checks: April 2013 to March 18, by CCG**

	Eligible Pop <sup>n</sup> Offered NHS Health Check	Eligible Pop <sup>n</sup> Received NHS Health Check	Uptake %
East Sussex	174,230 (103%*)	88,577	52.4%
EHS CCG	60,700 (106%*)	31,787	52%
HR CCG	60,313 (105%*)	32,402	54%
HWLH CCG	53,196 (98%)	24,363	46%.

\*The total eligible population number was calculated using PHEs recommended ONS 2015 mid-year estimated population data, by removing those people already known to have CVD as these people are already being followed up. This may explain why actual offers appear more than the estimated total population size as GPs use registered populations when inviting patients for NHS Health Checks.

**This success is thanks to the dedication and commitment of so many staff within East Sussex GP practices.**

Regional and national data is due to be published in June and we hope to maintain our position as a leading local authority in the South East region. The NHS Health Check programme will continue as a 5 year rolling programme. These results are a brilliant foundation for us to build on.

We know some people may have been missed and there are those who did not take up their check. We will continue to work with practices to maximise uptake and ensure even more people can benefit from their check, and reduce their risk of cardiovascular disease and other preventable conditions. For information on the NHS Health Check Programme please contact: Ross Boseley, Health Improvement Specialist, [Ross.Boseley@eastsussex.gov.uk](mailto:Ross.Boseley@eastsussex.gov.uk)

**Measles outbreak in Surrey and Sussex**

We are currently experiencing a measles outbreak in Surrey and Sussex with 130 cases (both suspected and confirmed) since the start of the year. Cases have occurred across all ages up to 60 years and some have required hospital care. The majority of people affected are aged 20-30 or are aged under-five and many had not been fully vaccinated. In at least one case, measles was transmitted to a patient from a healthcare worker. A letter has been circulated to all head teachers across East Sussex to raise awareness of the current measles outbreak, highlighting the importance for parents to check their children's MMR vaccination status and encouraging parents to contact their GP for an appointment if their child is unvaccinated or partially vaccinated.

If children are not fully vaccinated, it is never too late to get them immunised. There is no upper age limit to offering MMR. All children by the age of 5 should have received 2 doses of MMR. The following messages are for general practice:

**What should we be doing?**

1. **Maximise all opportunities to ensure children and young adults are fully immunised with MMR.**
2. **Support and engage with parents** about the importance of MMR vaccination and the risks associated with these illnesses
3. **Patients with possible measles (a rash and a fever) should be isolated** away from communal waiting areas to protect other patients.
4. Ensure that **all healthcare staff and receptionists are fully protected** against measles and offer vaccination if uncertain
5. Ensure you have **adequate stock of MMR vaccines** to offer catch-up.

Further details are in the [latest PHE measles leaflet](#). For more information on how to increase uptake of MMR vaccine contact: [helen.cheney@eastsussex.gov.uk](mailto:helen.cheney@eastsussex.gov.uk)

**NHS Breast Screening Programme Incident**

The breast screening programme usually invites women to have a screen every three years from 50-70 (up to their 71st birthday). This means women will usually receive their final screen between the age of 68 and 71. Most women can be reassured that they will have received their final invitation. Public Health England (PHE) have identified that there are some women, now aged 70-79 who may not have been invited for their final screen due to a problem that dates back to 2009.

Women who may be affected are being advised not to contact their GP. PHE will be writing to women who were not invited for their final screen by the end of May 2018. They will be offered a final screen and provided with a helpline number for arranging a local test. The helpline number is **0800 162 2692**.

NHS Choices have produced a [patient leaflet](#) with information on potential benefits and harms of breast screening for women in this age group to assist them in their choice whether to take up the offer of a final screen. For more information about breast screening please contact: [helen.cheney@eastsussex.gov.uk](mailto:helen.cheney@eastsussex.gov.uk).

## Mental health support for children and young people

### Supporting children and young people in their mental health

A guide for East Sussex schools

A RESILIENCE-BASED, WHOLE SCHOOL APPROACH TO PROMOTING POSITIVE MENTAL HEALTH AND ADDRESSING INDIVIDUAL NEEDS.



An [East Sussex guide to supporting children and young people in their mental health](#) has been published, outlining a resilience-based, whole school approach to promoting positive mental health and addressing individual needs.

Mental health problems appear to be increasing amongst children and young people. Schools are at the forefront of dealing with this increase in need, and while some children and young people require support from specialist mental health services, many have emerging or lower level needs which require less intense support to help them thrive and achieve their potential.

[The new guide](#) was funded by the East Sussex Children and Young People's Mental Health Transformation Programme, and co-produced by East Sussex County Council, teachers, young people, and the University of Brighton. It outlines expectations of schools to support children and young people, how to promote resilience using a whole school approach, practical information for supporting the most common mental health issues, and simple low cost practical suggestions for classroom teachers and other school staff to support children who are struggling.

[The guide](#) is being promoted to key staff through training sessions with the schools and colleges mental health advisor and emotional wellbeing advisor.

## The National Health Service is turning 70 on 5 July 2018.

As the NHS celebrates its 70<sup>th</sup> birthday, it's a perfect time to celebrate its achievements, the vital role the service plays in our lives, and the extraordinary NHS staff who are there to guide, support and care for us. To mark this milestone, celebrations, will be ongoing nationally throughout the year. Information on how you and your organisation can get involved is on the NHS England website: [www.england.nhs.uk/nhs70/get-involved/](http://www.england.nhs.uk/nhs70/get-involved/).

NHS England are also producing a 'spotlight series' to showcase progress, experiences, and future plans for one area each month. For June, the spotlight is on Learning Disabilities. **Local events will be taking place**, with celebrations being planned for 5<sup>th</sup> July across the county, so keep an eye out for further details!

## Health improvement news

### Turning your 10 minutes of walking into 10 minutes exercise – Active 10 is back!

The One You Active 10 campaign which highlights the benefits of doing 10 continuous minutes of brisk walking every day is back! Brisk walking for just 10 minutes at a time counts towards achieving the Chief Medical Officer's physical activity guidelines of 150 minutes of moderate activity a week. With over a third of adults in East Sussex not meeting the national guidelines, and over one fifth (22%) considered inactive; achieving less than 30 minutes of moderate activity a week, getting walking is even more important than ever.

The campaign in 2017 was hugely successful and led to East Sussex achieving 20% (2,423) of all click-throughs to the national website. This was the largest proportion from any local authority. During the summer phase of campaign, 19,899 Active 10s were achieved; equating to 12,939 hours of brisk walking and by the end of second phase in September the Active 10 app was being used by 3,443 people in East Sussex.

This year we want even more people to download the Active 10 app and improve their health through setting goals, and using the hints and tips to keep motivated. The app can also be used alongside this year's Beat the Street which provides a fun and engaging way to achieve an Active 10! All resources can be downloaded or ordered via the [Campaign Resource Centre](#). For more information contact: [anna.card@eastsussex.gov.uk](mailto:anna.card@eastsussex.gov.uk)

### What can you do to support?

**Talk about it:** Signpost people to the Active 10 app

**Get Involved:** Use Active 10 resources to promote the campaign during the summer.

- Display the Active 10 posters in your building
- Use the new and updated Active 10 social media assets and example posts on Facebook and Twitter. Remember to use #KeepActiveES and the East Sussex Url in any digital communications – [http://po.st/Active10\\_East\\_Sussex](http://po.st/Active10_East_Sussex)
- Incorporate an 'Active 10' walk into any activities or events you are running over the summer
- Order the workplace challenge kit
- Use the Active 10 screen saver on TV or computer screens

## Beat the Street and get involved in the mass participation physical activity game everyone is talking about this summer! #KeepActiveES



Last year more than 40,000 people across the county got more active in their community through Beat the Street— and this year the game is going to be bigger than ever! More areas to play, more exciting events and activities and more chances to win prizes - you - and your local community will not want to miss out on playing the game! Check out our BTS East Sussex video to find out more about the changes that local people made as a result of their involvement last year! <https://www.youtube.com/watch?v=VaO4EaPqlos&feature=youtu.be>

 beat the street east sussex

 @btseastsussex

 @btseastsussex

**Running from 6 June to 25 July**, Beat the Street will once again see towns and villages in East Sussex turned into a massive walking and cycling game encouraging players in schools, businesses and community groups to earn points and prizes for themselves and their team by exploring and being more active in their community. During this free, fun challenge close to 500 sensors called Beat Boxes will appear on lampposts across East Sussex. **Anyone can pick up a Beat the Street card and map at their local library, leisure centre or selected pharmacies** and start to play the game by swiping as many Beat Boxes as possible to earn points and win prizes.

Engagement coordinators will be out and about in our core Beat the Street communities in urban areas, for example Bexhill-on-Sea, Hastings, Hailsham, Eastbourne, St Leonards-on-Sea, Peacehaven and Newhaven, to get even more people involved than last year. In addition, due to popular demand, the game will be coming to new areas including Pevensy, Robertsbridge, Ticehurst, and Ringmer; and new touring Beat Boxes will also be used in village challenges on selected weekends.

Teams across the county will be competing against each other to see who can travel the furthest. Players can create their own teams with their friends or colleagues or register to join the existing team of a local school, community group or workplace to be in with a chance of winning great prizes including sport and fitness vouchers.



### How can you get involved and support Beat the Street?

1. **Set up a team** with workmates or friends and pick up a Beat the Street card today
2. Make contact with your local Beat the Street engagement coordinator to **link up on any upcoming events or community activities you're organising** in your area.
3. Throughout the game **show your support** for Beat the Street and local physical activity opportunities using social media and the hashtag: #KeepActiveES

Beat the Street is an evidence-based intervention to increase physical activity levels by connecting individuals with their local environment and supporting long-term behaviour change by creating a social norm around getting active. It's funded by NHS Hastings and Rother CCG, NHS Eastbourne, Hailsham and Seaford CCG and East Sussex Public Health and is part of the ESBT and C4Y Personal and Community Resilience work stream.

To enter a team for this year's competition or make contact with an engagement coordinator email: [team.eastsussex@beatthestreet.me](mailto:team.eastsussex@beatthestreet.me)



Find out more about Beat the Street at: [beatthestreet.me/eastsussex](http://beatthestreet.me/eastsussex) and watch the 'How to Play' video here: [www.youtube.com/watch?v=KJbOghMQ5ZM](https://www.youtube.com/watch?v=KJbOghMQ5ZM).



## Public Health News

### High earning lawyers, doctors and city professionals are most frequent drinkers

Annual data from the [ONS Opinions and Lifestyles Survey](#) shows that city workers, doctors, lawyers and higher earning professionals are more likely to be regular drinkers than lower earning professionals. Of those earning £40,000, 79% reported drinking in the last week compared to 57% of those earning £15,000-£19,999 a year. 55-64 year olds were most likely to be drinking heavily and at greatest health risk while one in four 16-24 year olds and over 75 year olds reported being non-drinkers. The report outlines that hazardous drinking, particularly among those aged 45+ has been increasing since 2005.

### Exercise should be prescribed to every cancer patient

Exercise should be prescribed to all cancer patients to slow the disease's progression and improve chances of survival according to the first evidence-backed position statement of its kind in the world. [The guidance from the Clinical Oncology Society of Australia \(Cosa\)](#), calls for physical activity to be built into every treatment plan.

The evidence indicates that, in addition to cancer treatments, taking exercise can reverse treatment side-effects, slow the progression of the cancer, increase quality of life and improve chances of survival. The guidance also suggests all people with cancer should avoid inactivity and continue to hit the same activity targets as recommended by the NHS and other national health services of at least 150 minutes of moderate-intensity or 75 minutes of vigorous aerobic exercise a week, and weight bearing exercise targeting major muscle groups.



## Public Health Research

### The important of preconception nutrition and lifestyle for future health

A woman who is healthy at the time of conception is more likely to have a successful pregnancy and a healthy child according to new research on the long term impact of preconception health on mother and child. [The study](#), published in the Lancet, identifies strong links between health before pregnancy and health outcomes which can extend across generations. However, there is poor

awareness of the link and the paper recommends a sharper focus on intervention before conception, particularly on diet and nutrition.

### UK parks provide significant health benefits and could save the NHS £111m a year

[Research by the charity Fields in Trust](#) on the economic and wellbeing value of parks and green spaces suggests that parks and green spaces generate health benefits for UK adults to the value of approximately £34 billion a year. Parks and green spaces have been shown to positively contribute to the preventative health agenda, reduce health inequalities and increase social cohesion and equality. [The survey](#) of over 4,000 UK adults estimated that frequent use of parks and green spaces save the NHS approximately £111 million a year on GP visits alone, while the economic value of the health and wellbeing benefits of parks and green spaces was higher for lower socio-economic groups and BAME communities.

### HPV jab safe and effective

[An independent review from the Cochrane group](#), supported by the European Medicines Agency and World Health Organisation, has found that the Human papillomaviruses vaccine (HPV) that is routinely offered to girls in the UK is safe and protects against a virus that causes cancer of the cervix.

[The review](#) of 26 trials involving over 73,000 girls and women strengthens the evidence of the effectiveness of the vaccine. In the UK the vaccine is also recommended for men who have sex with men, and there is emerging evidence that it could also be beneficial for teenage boys. For women aged 25 to 64, regular cervical screening tests are still needed to check for the HPV infection and look for pre-cancerous cells.

### Rise in referrals for child mental health

[Data obtained by the NSPCC](#) shows a sharp rise in children under 11 referred for mental health treatment, including depression and anxiety, from around 13,700 children in 2014/15 to 18,900 in 2017/18. 56% of referrals came from primary schools. [The figures](#) were released under Freedom of Information laws by 53 of the 66 health trusts known to provide mental health support to children.



## Free public health funded training

### NHS HEALTH CHECK MENTOR E-LEARNING COURSE

This course is recommended for all staff providing NHS Health Checks and is made up of four online modules taking approx. 1.5 hours to complete. This includes 1) What is NHS Health Check all about; 2) cardiovascular conditions; 3) How to conduct an NHS Health Check; 4) Calculating and communicating risk.

Please visit [shop.onclick.co.uk/](http://shop.onclick.co.uk/) select Health Check Mentor course and enter the unique regional enrolment key: esFive21\$\_bn7X

### NHS HEALTH CHECKS REFRESHER TRAINING

One You East Sussex is offering this three-hour workshop aimed at staff from any setting who have already been delivering NHS Health Checks and need to brush up their skills; or those recently trained who need a bit more help to get going. To book a place or for enquiries email [training@oneyoueastsussex.org.uk](mailto:training@oneyoueastsussex.org.uk)

Tues 19th June	9.00 - 17:00	Robson's Café, 22A High Street, Lewes BN7 2LN
Tues 26th June	9:00 - 17:00	HVA, Portland Place, Hastings, TN34 1QN

### NHS HEALTH CHECKS TRAINING FOR GP PRACTICE STAFF

One You East Sussex is offering this one-day core training course aimed at practice staff new to NHS Health Checks delivery or those who would benefit from a detailed overview of the aims and practical training on delivery. The course does not cover point of care testing. To book or for enquiries email [training@oneyoueastsussex.org.uk](mailto:training@oneyoueastsussex.org.uk)

Tues 2nd Oct	10:00 - 16:00	Robson's Café, 22A High Street, Lewes BN7 2LN
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### MECC (MAKE EVERY CONTACT COUNT) 1-DAY TRAINING

This covers MECC Competency Levels 1&2 and is aimed at frontline staff and experienced volunteers. MECC is core training for Home Works and NHS staff and is recommended by Supporting People and PHE as essential training. The training covers: health profiles in East Sussex, barriers to health improvement, COM-B and benefits of healthy lifestyles. Skills developed include practicing goal setting, identifying support assets, and delivering opportunistic brief advice. The course is 85% practice-based. To book email [healthylifestyles@sussexcommunity.org.uk](mailto:healthylifestyles@sussexcommunity.org.uk) or call Natalie or Michelle on 01273 516032. To discuss a booking email [Jazka.atterbury@sussexcommunity.org.uk](mailto:Jazka.atterbury@sussexcommunity.org.uk) or call 01273 516032

Weds 20th Jun	9:30-16:00	HVA, Jackson Hall, Portland Place, Hastings TN34 1QN
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### MECC (MAKE EVERY CONTACT COUNT) TRAINING

This training helps to develop the skills, knowledge and confidence to 'make every contact count' when opportunities arise with Patients. You will be well equipped to have brief conversations about their health and wellbeing and on how they might make positive improvements through practical face to face skills training to engage Patients in difficult conversation. This is a bespoke course for any organisation with frontline staff. Duration is usually 1.5 - 3 hours.

To book a or for enquiries email [training@oneyoueastsussex.org.uk](mailto:training@oneyoueastsussex.org.uk)

### STOP SMOKING ADVISOR REFRESHER

This one day course refreshes knowledge of local progress, policies, particularly the 4 and 12 week quit definition, and standard treatment protocol, medication and electronic cigarettes. It will also share successes and recap on tackling tricky patients. To book or for enquiries email [training@oneyoueastsussex.org.uk](mailto:training@oneyoueastsussex.org.uk)

Tues 12th June	9.00 - 17:00	Faraday House, Hampden Park BN22 9BH
Tues 19th June	9.00 - 17:00	Robson's Café, 22A High Street, Lewes BN7 2LN
Tues 26th June	9.00 - 17:00	HVA, Portland Place, Hastings, TN34 1QN

### GP UPDATE EVENT (SMOKING CESSATION)

One You East Sussex is offering this two hour course covering a local update on progress, local GP policy and STP refreshers, recap on stop smoking medication and electronic cigarettes and success sharing. To book or for enquiries email [training@oneyoueastsussex.org.uk](mailto:training@oneyoueastsussex.org.uk)

Mon 12th Nov	15:30-17:30	Faraday House, Hampden Park BN22 9BH
Tues 13th Nov	15:30-17:30	Robson's Café, 22A High Street, Lewes BN7 2LN
Wed 14th Nov	15:30-17:30	HVA, Portland Place, Hastings, TN34 1QN

### STOP SMOKING TRAINING

One You East Sussex is offering this two-day certified training course for frontline staff wanting to provide evidence based stop smoking programmes to their clients. Attendance for both days is compulsory. To book or for enquiries email [training@oneyoueastsussex.org.uk](mailto:training@oneyoueastsussex.org.uk)

Thurs 12th Sep	9:30-16:00	Faraday House, Hampden Park BN22 9BH
Thurs 19th Sep		

**PHARMACY UPDATE EVENT (SMOKING CESSATION)**

One You East Sussex is offering this two hour session to update on: local progress, Pharmacy policy and STP refreshers, recap on stop smoking medication and electronic cigarettes and success sharing. To book or for enquiries email [training@oneyoueastsex.org.uk](mailto:training@oneyoueastsex.org.uk)

Mon 12th Nov	18:30-20:30	Faraday House, Hampden Park BN22 9BH
Tues 13th Nov	18:30-20:30	Robson's Café, 22A High Street, Lewes BN7 2LN
Wed 14th Nov	18:30-20:30	HVA, Portland Place, Hastings, TN34 1QN

**SUBSTANCE MISUSE TRAINING FOR PRIMARY CARE**

Change Grow Live [CGL] is offering training to providers who are delivering substance misuse support with drug and alcohol detox under East Sussex Public Health Local Service Agreements. Bespoke training can be arranged through CGL as required.

This is a bespoke course available at any time. Please contact Caroline Evans (Strategic Commissioning Manager for Substance Misuse): [Caroline.Evans@eastsex.gov.uk](mailto:Caroline.Evans@eastsex.gov.uk)

**C-CARD CONDOM DISTRIBUTION TRAINING**

Training for those wishing to offer condom distribution to young people as part of the East Sussex Public Health Local Service Agreement, and for those needing update training, including: general practice staff and pharmacy staff involved in the C-Card scheme. Participants will gain understanding of: the aims, objectives, guidance and processes of the C-Card Scheme; the importance of confidentiality; Fraser guidelines, child protection procedures and law; and different types of condom.

This bespoke course is available at any time. The training is usually an hour but the registration element of C-Card scheme training may be added. Please contact [ccardpublichealth@eastsex.gov.uk](mailto:ccardpublichealth@eastsex.gov.uk)

**MENTAL HEALTH FIRST AID**

Mental Health First Aid is a two day course that teaches how to identify, understand and help a person who may be developing a mental health problem. You will learn how to recognise those crucial warning signs of mental ill health. Certified course. To book a place or for enquiries please email [training@oneyoueastsex.org.uk](mailto:training@oneyoueastsex.org.uk)

Tues 24th and Wed 25th Jul	9:00-17:00	Robson's Café, 22A High Street, Lewes BN7 2LN
Mon 22nd and Tues 23rd Oct	9:00-17:00	HVA, Portland Place, Hastings TN34 1QN