

join

your local patient group.

Would You

- **Like** to make a difference to your local health and care services?
- **Like** to know more about your local health service?
- **Like** to have a say about the services provided?
- **Like** to review services and help in planning changes and improvements?
- **Like** to bring a patient's perspective?
- **Like** to give a few hours a month?

Your local GP Practice has an email virtual patient group or a Patient Participation Group (PPG) which meets regularly. They discuss the health and care services on offer and how improvements can be made to benefit local patients and the practice. Generally made up of volunteers, the practice manager and one or more of the GPs, this group can play a number of roles.

Being a member shouldn't take up a lot of your time.

Ask at your GP surgery for more information.



join

the Health Network.

“ You have the right to be involved, directly or through representatives, in the planning of health care services commissioned by NHS bodies, the development and considerations of proposals for changes in the way services are provided, and in decisions to be made affecting the operation of those services. ”

(NHS Constitution)

Our local NHS invites patients and the public to work together to get a better understanding of how to shape local health services for our communities. If you live locally why not sign up to our Health Network and you will:

- Receive regular updates and news from the Clinical Commissioning Group (CCG) (health commissioners who plan, buy and monitor local health services)
- Hear about opportunities to work with us
- Take part in surveys and consultations
- Find out how you can help to improve local health services.

Have your say and help us improve health services in your community.



Join the conversation on Twitter  and our Facebook page  or see the links below:

www.horshamandmidsussexccg.nhs.uk/get-involved
www.crawleyccg.nhs.uk/get-involved