



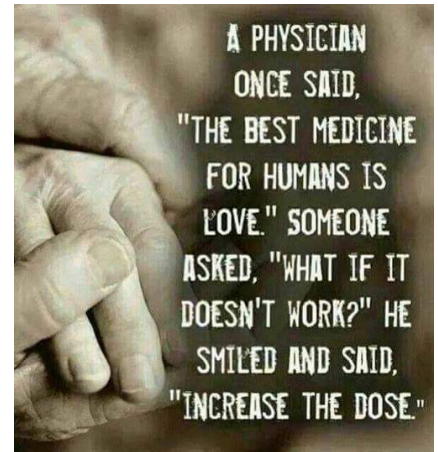
Supporting and working with community groups and clubs to promote a deeper understanding of local health and care needs and experiences

Spotlight on Grandads Front Room

Grandads Front Room has been set up as a safe space to help individuals, community groups, and local charities in Bognor Regis and the surrounding area.

The ethos behind this is that the more we can come together, listen and understand each other, the happier, more compassionate and resilient we'll be.

Grandad's Front Room welcomes all in its community, giving to those in need, and fostering a healthy environment to create a growing community.



Grandads Front Room is a not-for-profit Community Interest Company (CIC). It operates with the sole intention of helping others who need help, for free. It does this by:

- Welcoming our community - into its Front Room.
- Giving to our community - whether it is recycling furniture, making referrals to the food bank or giving food to the homeless, it tries to help as many people as needed.
- Creating new communities - bringing people together, in a Safe Space.



“We want to be there for those that struggle, give support to those that are falling, give company to those that are alone, give an ear to those that need to be heard and give a voice to those that feel they are ignored.” - Danny, founder of Grandad's Front Room

Grandad's Front Room is a group of local people who work for the betterment of their Community in Bognor Regis and the surrounding areas. They work in a way that empowers and enables its community.



“Mental health services in West Sussex are better than the Portsmouth area. I see someone every couple of months, have regular prescriptions and the social side of Grandads Front Room is really helpful.” - Kathy

To learn more about the work of the Grandads Front Room CIC:

You can pop into our shop in Bognor Regis (2 - 4 High St, PO21 1SS) contact us online <https://grandadsfrontroom.weebly.com/>
Or call 01243931798.

All of the insight we collect from people across West Sussex is collated and anonymised and forms part of the evidence that Healthwatch gather to identify common themes around what works and what could be improved for local people. **This insight is used to influence service development and can feed into:**

- West Sussex Health and Wellbeing Board
- HASC - Health and Adult Social Care Select Committee
- WSCC Joint Strategic Needs Assessment
- Safeguarding Adult Board
- Sussex Health and Care Partnership workstreams (the NHS Integrated Care System for Sussex).

Healthwatch West Sussex also share reports with the Care Quality Commission (who are responsible for the registration and inspection of services which deliver regulated activities) and to Healthwatch England to form part of the national picture used to influence national developments, such as the NHS Long Term forward plan.



Not only do we collect the experiences of local people, but we can also provide free information and guidance just call: **0300 012 0122**. Email helpdesk@healthwatchwestsussex.co.uk,
Website www.healthwatchwestsussex.co.uk.

healthwatch
West Sussex

You can also follow our social media channels:
Facebook [@healthwatchwestsussex](https://www.facebook.com/healthwatchwestsussex) Twitter [@healthwatchws](https://twitter.com/healthwatchws)

If you are setting up or would like to share news of a similar project we would be interested to hear from you. Please contact Cheryl Berry, Community Partnership Lead, email: cheryl.berry@healthwatchwestsussex.co.uk