



Dear colleague

As another strand of our Big Health and Care Conversation, over the next few weeks we are asking people to tell us about their experiences during the COVID-19 pandemic of the following **two important aspects** of health and care.

1. **Delays to care.** We want to understand more about people's experiences of delayed appointments, care or treatment due to Covid-19. This could be an appointment or treatment that was delayed or postponed, or it could be where people themselves have decided to wait until the pandemic has eased before having their treatment or appointment - or they may have decided not to have it at all.
2. **Health and well-being.** We also want to learn more about the choices and decisions people have made about looking after their own health and well-being during the pandemic. Over the last six months there have been many changes to people's lives that have had an impact on wellbeing, both physical and mental. Some people have taken up new ways of living, or hobbies, and other people have stopped doing things. We would like to know more about the changes people have made due to Covid-19, whether people think they are good for their well-being or not.

The more people who take part, the more we can understand how to improve the way health and care services are provided in the future, so please do encourage everyone you know to take part in this important opportunity to shape health and care across Sussex.

We would be extremely grateful if you would share the message overleaf with your networks, contacts, members, family, friends and neighbours.

If you would like to know more about the project please join us for one of our 30-minute drop-in sessions on Zoom with members of our team and with [Traverse](#), who are carrying out the research for us. You can find out more about the project and have a tour of the platform we are using to gather people's feedback and ideas.

Tuesday October 6<sup>th</sup> at 2pm:

<https://us02web.zoom.us/j/81852087981?pwd=VHZQM0xvOVZsbFRtLzZBYUIEU3FjUT09>

Thursday October 8<sup>th</sup> at 12 noon:

<https://us02web.zoom.us/j/84183290468?pwd=Rk9xbHM1NkVIUIVZODZlWmlKdIV1Zz09>



### **Message to be shared with your audiences**

The NHS and local authorities in Sussex would like to know about your experiences of health and care during the COVID-19 pandemic, so that they can improve the way services are provided in the future.

**Delayed care:** Have you been affected by delays to your care, either because your appointment or treatment was delayed or postponed or because you decided to wait until the pandemic had eased before having your treatment or appointment? **Click here to tell us about your experiences and any decisions or changes you have made as a result.**

<https://yoursaysussexhealthandcare.uk.engagementhq.com/delayed-care>

**Wellbeing:** Since the lockdown period due to Covid-19 began, people have made many changes to their lives and what they saw as “normal”. We would like to know more about the changes you made due to Covid-19, whether you think they are good for your wellbeing or not.

- What have you STOPPED doing since the start of lockdown? (for example, you might have stopped travelling to work, smoking, or stopped eating healthily due to changing your routine)
- What have you STARTED doing since the start of lockdown? (For example, you might have started taking daily exercise, reading more, or eating more chocolate!)

What do you feel about these changes? Will there be things you will carry on? How has the easing of lockdown rules affected you?

**Click here to share your experiences:**

<https://yoursaysussexhealthandcare.uk.engagementhq.com/wellbeing>

### **Tweet, Instagram and Facebook messages to share**

Do you use health and care services in [#Sussex](#)? Has your appointment, treatment or care been delayed due to Covid-19? Have you decided to wait until the pandemic has eased before having an appointment or treatment?

**Please share your experiences:**

<https://yoursaysussexhealthandcare.uk.engagementhq.com/delayed-care>

Live in Sussex? Have you made changes to the way you look after your health and wellbeing during COVID? What have you stopped doing?

[#commuting](#) [#smoking](#) [#healthyeating](#) What have you started doing?

[#running](#) [#reading](#) [#eatingtoomuchchocolate](#) **Tell us about your changes**

**here:** <https://yoursaysussexhealthandcare.uk.engagementhq.com/wellbeing>