



Pastoral Support Pack for New Employees

Allied Health Professionals



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Introduction

Welcome to University Hospitals Sussex NHS Foundation Trust! We are excited to meet you and want to help you settle in as smoothly as possible.

Moving to a new area is exciting but can also be a daunting experience. This pack will give you an idea of what Brighton, Haywards Heath, Worthing, Chichester and Shoreham have to offer you and information you may need about the areas.

This pack is just the start; we are looking forward to meeting you in person and supporting you into your role at the Trust. If there is anything in the pack that you think would be useful, please tell us!

Just email uhsussex.ahpeducation@nhs.net

Here are some useful contacts for University Hospitals Sussex NHS Foundation Trust:

Human Resources (HR)
uhsussex.int.rec@nhs.net
&
Uhsussex.alliedhealthprofessionals@nhs.net

University Hospitals Sussex
AHP Education Team
uhsussex.ahpeducation@nhs.net



Finding out about Brighton, Haywards Heath, Worthing, Chichester and Shoreham-By-Sea

Our Trust and care service provides span across the vast majority of East and West Sussex. Google Maps is a useful tool to use to navigate around the city; you can download it onto your mobile phone or follow this link:

www.google.co.uk/maps

Brighton

There is useful information at www.visitbrighton.com including what's going on in and around the city and local attractions.

An inclusive, free-thinking city in the heart of Sussex. With a blend of modern culture and exotic architecture, sea and countryside, make Brighton your base and discover new places and experiences both inside the city and out.

Ever since royal party animal George IV fell in love with Brighton back in the 18th Century, the city has been a magnet for visitors in search of fun, frolics and fresh sea air. With its majestic Regency squares and crescents, iconic Royal Pavilion and famous piers, today Brighton is as well-known for being a welcoming and diverse city with a passion for culture, creativity and sustainability as it is for its historic landmarks.

Worthing

There is useful information at www.timeforworthing.uk including what's going on in and around the town and local attractions.

Located in South East England, Worthing stands as one of the largest towns on the south coast with a population of 110,000 across 13 neighbourhood areas and covering 12.5sq miles (32.4 km sq).

Worthing offers coastal living at the foot of the South Downs National Park and all within just 80 minutes of London which makes that life/ work balance easy. With its blend of town, beach and countryside, Worthing is a vibrant colourful, lively community with a huge amount for residents and visitors to discover and share.

Haywards Heath

There is useful information at www.visitsoutheastengland.com/places-to-visit/haywards-heath-p274381 including what is going on in and around the town and local attractions.

Haywards Heath is surrounded by very attractive countryside and is a good base for a walking holiday. Ashdown Forest and the High Weald are nearby and there is good walking around the nearby villages of Cuckfield, Lindfield, Staplefield and Slaugham. The Scrase Valley Nature Reserve is an attractive open space between Haywards Heath and Lindfield.

And in Beech Hurst Gardens with its miniature railway, Jubilee, Victoria Park, Blunts Wood and the marshy Western Road Nature Walk there is plenty of parkland and areas open to the public in and around Haywards Heath.

Haywards Heath's Clair Hill has a good repertoire of plays, music and other events throughout the year.

Nearby attractions include the Bluebell Railway and spectacular gardens at Borde Hill and Wakehurst Place. The fine garden at Wakehurst Place is the home of the interesting Millennium Seed Collection while Borde Hill Gardens is one of the several top class gardens in this part of Mid Sussex.

Chichester

There is useful information at www.visitsoutheastengland.com/places-to-visit/chichester-p195991 including what's going on in and around the town and local attractions.

One of the great well-preserved Georgian cities in the UK, Chichester has played a key role of the affairs of Sussex since at least Roman times. Today, Chichester is the prosperous administrative capital of West Sussex and a great place for shopping, but it's hard to avoid Chichester's links to its illustrious past.

Chichester city centre's broad streets are packed with listed buildings, with the list headed by the towering presence of Chichester Cathedral, now home to a family of peregrine falcons who can be heard as they swoop over the city at dusk.

The pedestrianised city centre is neatly enclosed within the ancient city walls, and this helps to make Chichester compact and pleasant to explore on foot. There are plenty of good shops in Chichester and the city serves as the main shopping centre for a huge hinterland which stretches right up towards the north of West Sussex.

Shoreham-By-Sea

There is useful information at www.enjoyshorehambysea.co.uk including what's going on in and around the town and local attractions.

Shoreham-by-sea is top of the list of places to visit in Sussex. On the border of East Sussex and West Sussex you will find this beautiful coastal town located in between Brighton & Hove and Worthing. You will find a perfect day out with so many things to do for those that wanting to escape or explore.

There is just such a variety of independent shops with unique gifts, original art and vintage treasures to discover. Cafes for the cake and coffee lovers. A variety of restaurants and places to eat. A great destination for cyclists to refuel or somewhere to discover new leisure activities including water sports; kitesurfing, cannoning and paddle boarding, in the Adur River or on the sea. Delve into historical sites and learn more of the past or dive into the future and book in an upcoming free family and community event.



Emergency Contacts

If you have an emergency like an accident or fire call 999 to contact the police, ambulance, fire service and coast guard. You can also contact the police on 101 if it's not an emergency. For a non-medical emergency, you can also contact NHS 111

Finding a Family Doctor

Everyone on the UK can register with a General Practitioner (GP or family doctor). You can book appointments with your GP for health problems that aren't emergencies. GP surgeries only cover certain areas so you will need to know that the GP you wish to register with covers your address. The best way to do this is by checking online with your postcode. This can be done here:



www.nhs.uk/service-search/find-a-gp

To register with a GP, you will need to complete the registration process. Please call the GP surgery prior to attending to both make and appointment for this and check that they are accepting NHS Patients.

Finding a Dentist

As above, everyone in the UK can register with a Dentist. However, unlike access to a GP this service is payable. You will need to register with a Dentist in order to be seen – there are very few walk-in dental centres that are part of the NHS. The best way to do this is checking online with your postcode. This can be done here:



www.nhs.uk/service-search/find-a-dentist

Walk In Centres

You can go to a walk-in centre if you can't get an appointment with your GP but you don't need to go to Accident and Emergency (which is only for life-threatening illnesses or injuries). The walk-in is a sit and wait service. You will be booked in at reception and wait to see a GP. You are then assessed, offered advice and given treatment if you need it.

Again, the best way to find your nearest Walk-In Centre is to go online. You can do this here:

www.nhs.uk/service-search/find-an-urgent-treatment-centre

Nearest Hospital with Emergency Treatment

In Sussex, we are lucky to have many of our local hospitals having Accident and Emergency (A&E) departments where Emergency care is delivered. You should only attend A&E for an acute emergency medical need.

Again the best way to check where your closest A&E is would be online. This can be done here:

www.nhs.uk/service-search/find-an-accident-and-emergency-service

It's worth doing this as soon as you move to area so that you know where is closest for you to go in an emergency.

Finding Accommodation

It may be useful to find some short-term accommodation until you settle into the area and decide where you would like to live.

The Trust does have a small amount of accommodation based in Brighton, Worthing and Chichester. You would need to contact them directly for availability and your planned length of stay. More details can be found here:

www.uhsussex.nhs.uk/careers/recruitment/staff-accommodation

(**Please note – If you have been recruited via one of our partner agencies, your initial accommodation will be included in your offer. Please check your offer letter for details of this.)

Many of our staff use a site called Spare Room. This provides rooms in house shares. The website for this is:

www.spareroom.co.uk

Another alternative for short term renting is Open Rent.

www.openrent.co.uk

Longer Term Accommodation

You may wish to find longer term accommodation straight away; have a look on:

Zoopla - **www.zoopla.co.uk**

Rightmove - **www.rightmove.co.uk**



Bank Accounts

You will need a bank account for your wages to be paid into. To do this you will need to book an appointment with the bank. The most central banks in the areas are below.

Please note that most banks will have mobile apps where you can start your application on arrival so you can do this prior to going for an appointment.

There are more banks available to you, the ones listed below are suggestions only.

Please note that there is no cost to you to open a current account with a bank in the UK.



Brighton

HSBC 153 North Street Brighton BN1 1RE	Barclays Bank 139-142 North Street Brighton BN1 1RU	Lloyds Bank 171-173 North Street Brighton BN1 1GL
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Worthing

HSBC 1-3 Warwick Street Worthing BN11 3DE	Barclays Bank Chapel House Worthing BN11 1EX	Lloyds Bank 41-43 South Street Worthing BN11 3AU
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Haywards Heath

HSBC 40 South Road Haywards Heath RH16 4LA	Barclays Bank 77 South Road Haywards Heath RH16 4LB	Halifax 32-36 South Road Haywards Heath RH16 4LA
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Chichester

HSBC 94 East Street Chichester PO19 1HD	Natwest 5 East Street Chichester PO19 1HH	Lloyds Bank 10 East Street Chichester PO19 1HJ
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Transportation in Sussex



Transportation in Sussex is largely bus, train or cycling. Each area of Sussex has services operated by different companies. These are explained below.

Public transport discounts and staff minibus

There are different options available, from membership of the easitNETWORK to discounts with various bus companies in Sussex.

Join the easitNETWORK



UHSussex staff can benefit from the Trust's corporate membership of the easit scheme.

Staff can buy an easit card for £5.05 and receive up to 15% off on selected train services and 10% on some bus services.

Several local services are included:

- **Bus service discounts**
- **Train service discounts**
- Visit easit.org.uk to apply for an easit card

Other benefits of the card include:

- 10% off cycling accessories in-store at Halfords
- Try before you buy – new bicycle loans
- 25% off Eco Move Smart electric mopeds

Brighton and Hove Buses annual network saver



You can save money with an annual network saver pass paid in monthly instalments taken direct from your salary.

For a monthly fee you receive unlimited access to one of the best bus services in the country, covering a widespread area and including night buses.

New staff who'd like to use the Brighton and Hove bus services or Metro Voyager Service (travelling to areas between Brighton and Sutton) can apply for a FREE 28-day saver ticket.

For more information, please email uhsussex.greentravel@nhs.net

Up to the minute bus times are published at citytransport.org.uk/bus.html

Metrobus annual commuter pass

Metrobus 272 and 271 bus service provides a commuting and inter-site service between Princess Royal and Royal Sussex County Hospital. The 270 service runs from East Grinstead to the Princess Royal and to the Royal Sussex County.

An annual commuting bus pass costs £240, which can be deducted in monthly instalments from your salary.

The Metrobus annual commuter pass scheme allows you to travel anywhere between Cuckfield and Royal Sussex County Hospital using the 272, 271 or 270 services.

Metrobus 272 and 271 Princess Royal to Royal Sussex pass

You can apply for a Metrobus inter-site keycard to travel between Royal Sussex County Hospital and Princess Royal Hospital on Trust business.

Inter-site keycard holders can also make use of the 270 service, travelling between Princess Royal and Old Steine.

Stagecoach 700 South Coast Service – 10% discount

You can receive 10% off selected Stagecoach 700 bus passes.

The company runs a regular service along the south coast from Portsmouth to Chichester, Littlehampton, Worthing, Shoreham and Brighton (Old Steine).

Email uhsussex.greentravel@nhs.net for more details.

Southlands, Worthing and St. Richard's staff minibus

The Green Travel staff minibus is free to use by staff and runs regularly on weekdays.

Stops include:

- Southlands Hospital – main entrance
- Brooklands Park – park and ride
- Worthing Hospital – main entrance
- Fontwell Racecourse – park and ride
- St. Richard's Hospital – main entrance

Please access the [StaffNet minibus page](#) for information on the free to use staff minibus.

Train travel

There are several train services across the region not only enabling staff to travel to our multiple locations but also into London and beyond. The earlier you book your train tickets the cheaper they will be. Train operators serving Sussex can be found below. Its usually best to book directly with the operating companies via their websites / mobile applications:

Southern Railway: www.southernrailway.com

Thameslink Railway: www.thameslinkrailway.com

Health and wellbeing

Your personal health and wellbeing are paramount to the NHS and there are many ways you can gain help and support both locally and nationally.



Staff network groups

Both east and west Sussex has a hugely diverse culture bringing many people together from all walks of life. University Hospitals Sussex has a variety of staff network groups that you can join and be a part of. These are all a great way of meeting and understanding subjects. A list of the Network groups and the health and wellbeing support available for staff can be found here:

[Staff networks and clubs - University Hospitals Sussex NHS Foundation Trust \(uhsussex.nhs.uk\)](https://www.uhsussex.nhs.uk)

National network groups

Like mentioned above, there are many national networks available. A few that are available and free to join are below:

HCPC International Recruits Support Facebook Group
<https://m.facebook.com/hcpcinternational/>

Finding a school for your children

Children in the UK aged 4 to 11/12 attend a primary school for seven years before going on to a secondary school for a further five years. You can find out more on your local council website. As this will vary depending on your location (see section below) go to the council link for the area you live and search finding a school.



Local government and councils

With East and West Sussex both being such large counties on the south coast of the UK, where you live will depend on who your local council is and who to contact.

A website which shows this information on a map is available using the QR Code opposite:



To find your local council you can go to www.gov.uk/find-local-council and type in your postal code. This will then tell you which council is responsible for the area of where you live.

We have provided and list below of Councils and their websites:

- Brighton and Hove City Council: www.brighton-hove.gov.uk/
- Lewes District Council: www.lewes-eastbourne.gov.uk
- Chichester District Council: www.chichester.gov.uk/
- Ardur & Worthing Councils: www.adur-worthing.gov.uk/
- Mid Sussex Distract Council: www.midsussex.gov.uk/revsandbens/
- Arun District Council: www.arun.gov.uk
- Horsham District Council: www.horsham.gov.uk

Local news and radio

Again, with the area of Sussex being so expansive, each area has its own dedicated local newspapers. The links to these can be found below:

- [The Argus](#)
- [Bognor Regis Observer](#)
- [Chichester Observer](#)
- [Crawley Observer](#)
- [Littlehampton Gazette](#)
- [Midhurst and Petworth Observer](#)
- [Mid Sussex Times](#)
- [Shoreham Herald](#)
- [West Sussex County Times](#)
- [West Sussex Gazette](#)
- [Worthing Herald](#)

Likewise, there are several local Radio stations which will cover news of Sussex. These are:

- [BBC Sussex \(104.8 and 95.3 FM\)](#)
- [More Radio \(107.7\)](#)
- [Heart \(97.5 and 96.7 FM\)](#)
- [Meridian FM \(107 FM\)](#)
- [V2 Radio](#)
- [Wave 105 \(105.2 FM\)](#)



Climate



The area has a temperate maritime climate with typically warm rather than hot summers and cool to cold winters.

Sussex rarely experiences very extreme weather meaning Sussex can be visited throughout the year. On average in the city of Brighton the hottest month is August in summer and the coldest is January in winter. Rainfall on average falls fairly evenly throughout the year, October is the wettest month, the driest month is March.

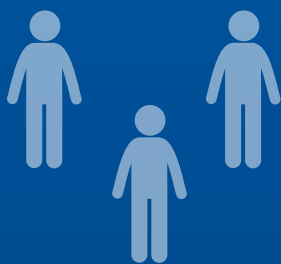
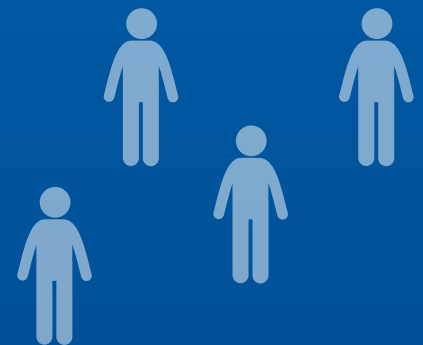
The weather is unpredictable as with the rest of the UK and it is possible to see elements of all four seasons in one day. The city may experience some snowfall in the winter although heavy and sustained snowfall in the city is rare. It is advisable for visitors to check the weather forecast before they arrive in Sussex to get a better idea of the sort of clothing they will need during their trip. Bringing hooded waterproof coats and hats will ensure visitors are prepared for any spells of wind and rain the city and the region may experience.

Demographics within Sussex

There were **59,597,300** people living in England and Wales on 21 March 2021, the day of the latest census. This is over **3.5 million more (6.3%) than in 2011** and is the largest census population ever recorded.

Mid Sussex Area

In Mid Sussex, the population size has increased by **9.1%**, from around **139,900** in 2011 to **152,600** in 2021.

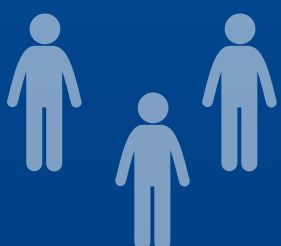
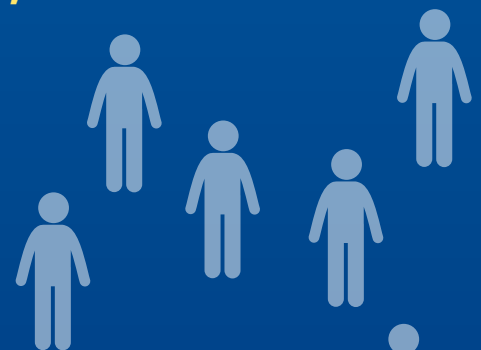


Brighton and Hove

In Brighton and Hove, the population size has increased by **1.4%**, from around **273,400** in 2011 to **277,200** in 2021.

Worthing

In Worthing, the population size has increased by **6.5%**, from around **104,600** in 2011 to **111,400** in 2021.



Chichester

In Chichester, the population size has increased by **9.1%**, from around **113,800** in 2011 to **124,100** in 2021.



Shopping and discounts

The opportunities are endless when it comes to shopping in Sussex. Be that for food or anything else that you may need or want. Most importantly there are many discounts available for staff within the NHS. Many businesses offer discounts and deals to people who work for the NHS on travel, shopping, food, insurance and many more goods and services.



One of the easiest ways to access available discounts is via the Blue Light Card:

www.bluelightcard.co.uk



You can also sign up to Health Service Discounts:

www.healthservicediscounts.com

Places of worship

With both East and West Sussex being so culturally diverse, you won't find it hard to locate your nearest place of worship regardless of your faith. Listed below are links to a few suggestions, but do feel free to look for others.



Chichester

[List of current places of worship in Chichester District - Wikipedia](#)

Mid-Sussex

[List of places of worship in Mid Sussex - Wikipedia](#)

Worthing

[List of places of worship in Worthing - Wikipedia](#)

Brighton

[List of places of worship in Brighton and Hove - Wikipedia](#)

Other useful links and information

Please take some time to look at the links below which may also be of help to you all. We recommend that all AHP staff complete the NHS England Step to Work Programme prior to starting their role.

NHS England E-Learning for health - Step to Work Programme

[Step to Work - elearning for healthcare \(e-lfh.org.uk\)](https://e-lfh.org.uk)

Allied Health Professionals Preceptorship Padlet Page

[AHP preceptorship padlet](#)