



We have a simple ambition, here at Healthwatch West Sussex .... to make local health and social care services better for people that use them. We are here to **listen, take action and influence positive change** for local people living in West Sussex.

We record what you tell us and share this anonymously with the people who make decisions about our health and care services. Not only do we collect the experiences of local people but we can also provide you with free information and guidance on 0300 012 0122.

You can also call this number to access **free Independent Health Complaints Advocacy** if you need guidance on an NHS complaint or practical support.

**Share your story today** by using one of the many ways you can contact us -

You can call **0300 012 0122**,

Email [helpdesk@healthwatchwestsussex.co.uk](mailto:helpdesk@healthwatchwestsussex.co.uk),

Visit [www.healthwatchwestsussex.co.uk](http://www.healthwatchwestsussex.co.uk).

Catch us at one of our events which are listed [here](#) or follow our social media channels to always be updated with the latest in health and social care news across West Sussex: [Facebook](#), [Twitter](#).

**Healthwatch is transparent and independent, with the authority to demand action. Together we speak louder.**