



Supporting the health and wellbeing of adults and older people

Littlehampton, Worthing and Shoreham area

How to get in touch

Please contact us if you have any questions, or think we may be able to help you or someone you care for. We will happily discuss your circumstances and assist in any way we can.

We are open Monday to Friday, except on bank holidays. If you call outside our opening times, please leave a message on the answerphone and we will call you back as soon as we can.

- Phone: (01273) 268900
- Fax: (01273) 268886
- Email: aaw.pat@westsussex.gov.uk
- Post: Southern Prevention Assessment Team
Glebelands, Middle Road
Shoreham-by-Sea
West Sussex BN43 6GA



Southern Prevention Assessment Team



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The Southern Prevention Assessment Team is a joint team including staff from West Sussex County Council, Sussex Community NHS Trust, and Guild Care.

Our team includes:

- health advisors (nurses)
- social care workers
- support workers from Guild Care – a local community organisation



How can we help?

We aim to help people living locally to stay healthy and remain independent. Normally, we work with people who do not receive services from specialist health care teams or social care services. This means we can:

- check your general state of health and wellbeing
- help you identify what may benefit you to retain your independence
- enable you to make any changes
- let you know what resources may be useful to you
- provide assistance to access practical and emotional support

For example, we could:

- advise you about how to keep healthy and manage health issues
- link you with agencies that can maximize your income and help you remain independent through practical tasks such as shopping, cleaning and gardening
- put you in touch with local social groups and activities – from history groups or art classes to whist drives, learning courses such as computer skills and sewing clubs
- help you keep your home safe, secure and warm
- let you know what transport services are available locally

Working with others

We maintain close links to carers' services, local day centres, Wellbeing Hubs, the Fire and Rescue Service, Neighbourhood Watch, and many other voluntary and community services.