**SUSSEX DEFEND THE NHS**

**KEEPING THE NHS PUBLIC AND FREE AT THE POINT OF NEED**

**WHAT CAN YOU DO TO HELP?**

There are so many things you could do to support our campaign, and here are just a few suggestions! If you would like to be involved, **please reply to this email**, and we will put you in contact with one of organising groups – we have several, focusing on current issues and on-going work.

**WHAT CAN I DO TO HELP IF I’M ONLY FREE IN THE DAYTIME?**

*       We try to send people to important meetings held in public, such as the Health and Wellbeing Board, the Clinical Commissioning Group, and the Brighton Sussex University Hospital Trust.
*       There is an important job to be done in preparation for these meetings, which is to go through the agenda and the accompanying papers, picking out the issues that are most important to us. This is a task where a more experienced person and a less experienced one could work together for mutual support.
*       Together, we can frame a question to be submitted in advance, and one of us can speak to that question at the meeting held in public. Other supporters can attend and make notes, which contribute to our reports on these very important meetings, to keep our own supporters informed.
*       The way to learn about these important meetings held in public, and get to know the people involved, is to go along, listen and learn!
*       There are also Patient Participation Groups at each GP practice across the city. You can join these easily, and find out what’s going on, ask questions, and see how these local groups feed into the important meetings held in public.

**WHAT CAN I DO TO HELP IF I HAVE CARING RESPONSIBILITIES AT HOME IN THE DAY?**

*       Although you may not have a lot of time in the day, you might have a moment to fire off a letter to the press, to your MP, or your local Councillor. We often produce a standard letter, or guidelines as to what a letter needs to contain. More experienced supporters are always happy to help, and you might like to work in pairs with other supporters near you.

**WHAT CAN I DO TO HELP IF I’M ONLY FREE IN THE EVENINGS?**

*       If you are sometimes free of an evening, you could help out at one of our public meetings. It’s a good way of meeting other supporters and finding out more about the issues we are campaigning on. We hold public meetings in various venues across the city, and then it’s ‘all hands on deck’! We need supporters to prepare the hall, chair our meetings, handle the ‘roving mike’, staff the stall, etc.
*       Our Organising Meetings are held on the second Tuesday evening of each month, and our supporters are always welcome to come along and have their say. It’s a great way of getting to know people, finding out what’s going on, and contributing to our plans.
*       Each of our Sub-Groups has occasional meetings, most often in the evenings, to share information and to produce reports for our Organising Meetings, and to make proposals for future action.

**WHAT CAN I DO I’M ONLY FREE AT THE WEEKENDS?**

*       During the summer months we have a wonderful gazebo at outdoor events such as St Anne’s Well Gardens Rural Day and Brunswick Festival. Come along and help to staff our stall, distribute our leaflets, sell our T-shirts, and talk to passers-by about our campaign.
*       We also have a regular monthly stall on Saturday mornings at the War Memorial in the Old Steine, where you are welcome to join us and help.
*       There are often demonstrations where we turn out to protest against cuts in the NHS and related issues, such as TTIP. If you like designing placards, posters and leaflets, or dressing up in eye-catching costumes, please let us know!

**WHAT CAN I DO IF I’M ALWAYS AT OTHER MEETINGS?**

*       You can collect our leaflets from our stalls and distribute them at other meetings you attend in your community or neighbourhood (or campaigning group.) Let people know you can supply further information if they would like to know more. Give our leaflets to your family, friends and neighbours: the fact that you are supporter will make them more likely to be receptive.

**WHAT CAN I DO IF I’M A TRADE UNION MEMBER?**

*       Attend your branch meetings, and make sure that your branch knows about our campaign, and supports NHS workers in their efforts to maintain their own terms and conditions of employment for the future. Encourage your colleagues to join your branch and get active.
* If you branch would like to know more about our campaign, we can supply a speaker.