

Connecting with Purpose

Improving Health and Wellbeing across East Sussex

Hillbrow's 2nd Annual Symposium (2026)

We are delighted to announce and invite you to our 2nd Annual Symposium taking place on **1 October 2026** at the **Hillbrow Health and Wellbeing Centre, 1 Denton Road, Eastbourne, BN20 7SS**. The event will run from **12:30 to 16:30 (lunch provided)**.

Started in 2025, the annual symposium seeks to enhance the wellbeing of the local community by:

- Building relationships and connections across the local health eco-system
- Progressing shared thinking on key themes relevant to the local community
- Identifying and committing to shared priorities that can support collaborative delivery

Building on the themes developed at last year's event, our 2026 event will seek to report on, align with and accelerate progress against the Eastbourne ICT's priorities for: **Proactive population health; Integrated multidisciplinary delivery; Community partnership, prevention and patient voice; Workforce, learning improvement and innovation.**

Given our shared desire to support the NHS to alleviate the pressure on A&E, there will be a strong emphasis on addressing and preventing admissions resulting from frailty and falls. We will also reopen discussions on mental health, diabetes and improved accessibility to services through transportation.

Speakers and contributors:

- Professor Scarlett McNally OBE
- David Stalker FCIMSPA
- Professor Chris Warwick

This year's event is kindly sponsored by Innerva, who have partnered with Wave Active to create 'Lilian's Room' in Seaford.

<https://www.bbc.co.uk/news/articles/c9wnrjxz8zwo>

To accept your invitation, please RSVP to **[insert email]**.

Draft Agenda (*subject to further development*)

12:30 Arrival with lunch

13:00 Welcome and introduction

13:10 Presentations / panel discussion

14:20 Break and Innerva demonstration

15:00 Roundtable discussion

16:30 Close

