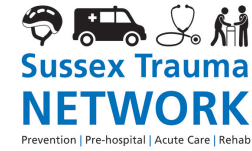


“Trauma creates change
you don’t choose.

Healing creates change
you do choose.”

Michele Rosenthal

To watch the STRIPE video,
please use the QR code below.



Join us!

If you would like to hear
more about becoming a
STRIPE member for the
Sussex Trauma Recovery &
Patient Engagement Group.

Contact us

If you would like to get involved or get
more information, please contact us:

Email: uhsussex.sussextrauma@nhs.net

This leaflet is intended for patients receiving care in Sussex

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Disclaimer

The information in this leaflet is for guidance purposes only
and is in no way intended to replace professional clinical
advice by a qualified practitioner.

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STRIPE

The Sussex Trauma Recovery
& Patient Engagement
Group is looking for Patient/
Carer Representatives

STRIPE could benefit those
who have suffered potentially
life-threatening or life-changing
injuries that have affected
any aspect of life.

This includes patients and
their families/carers.

Have you or a family member recently received treatment in hospital following a traumatic injury?

Would you like to share your experiences – good or bad and help shape healthcare in your community?

If so we'd love to hear from you.

Share your story

Sharing your story means we can improve care and outcomes for current and future sufferers of trauma related injury and illness.

Professionals from the hospital attend these meetings. This gives them the opportunity to hear from you, learn and make improvements. You may be asked to give your opinion on projects being worked on within the hospital.

Use your voice and experience to help us improve care for others.

"It validated our experiences and made us feel that we had a purpose beyond being a patient."

Stripe member

Peer support

It also provides peer support and gives you the chance to hear from others who have been through similar experiences.

We know this is beneficial for patients and their families. It helps those to feel less isolated and gives you the opportunity to connect to others.

"It is easier to get through trauma when you are able to share the experience with like-minded people."

Stripe member

Guest speakers

The group also features guest speakers. These can include trauma psychologists, pain specialists, therapists, charities and other health care professionals. They can help provide education, advice and also allows you to speak to them directly.

STRIPE are supported by The Sussex Trauma Network

The Sussex Trauma Network brings together those responsible for the care of patients suffering a traumatic injury in Sussex. The network provides access to the very best treatment and expertise for high quality care to reduce disability and the number of injury related deaths.

We also work in partnership with our charitable and third sector part.