



# The Contributor

**Say hello to the latest opportunities to have your say and get involved with your local NHS**

**This weeks hot topic**

## Bereavement Support Service

Lincolnshire County Council and the NHS Lincolnshire Integrated Care Board (ICB) is currently developing a new service to support those who have lost someone close to them to suicide.

If you have lost someone close to you to suicide, we would like to hear from you about the type of support you need (or still need). This will help us to develop a new service to support people at these difficult times.

[Complete this survey](#)

## Community Diagnostic Centres Patient Experience



### Community Diagnostic Centres Patient Experience Survey

#### Have you recently attended a diagnostic appointment in Lincolnshire?

We are currently exploring how future diagnostic services could be delivered across Lincolnshire and are seeking your views and experiences. In particular we want to gather feedback on your experiences of the service you received and what changes you would like to see in the future. Please complete this survey and share your experiences with us.

#### [Complete the survey](#)

If you would like this survey in an alternative format, or would like help in completing the forms, please email the Engagement Team at [lccg.involveus@nhs.net](mailto:lccg.involveus@nhs.net)

## Experiences of Care Engagement



Have you or someone you cared for recently used NHS services?

We would like to hear from patients and groups from all communities, towns and villages across Lincolnshire to help us understand your experiences in using NHS services

You are invited to complete our survey

You can complete this survey on-line or by telephoning 07814 226996

Or e-mailing your feedback to: [lccg.involveus@nhs.net](mailto:lccg.involveus@nhs.net)

[https://nhslincolnshire.qualtrics.com/jfe/form/SV\\_000zPdJTfAvrhFs](https://nhslincolnshire.qualtrics.com/jfe/form/SV_000zPdJTfAvrhFs)

## Musculoskeletal pathway for hip and knee services



To help shape the future of these services we are asking service users, families and carers to share your views and experiences.

***You are invited to complete our survey by 8 August 2022.***

You can complete this survey on-line via the link below or by telephoning 07814 226996

Or e-mailing your feedback to: [lccg.involveus@nhs.net](mailto:lccg.involveus@nhs.net)

[https://nhslincolnshire.qualtrics.com/jfe/form/SV\\_01yVVrdqUB2CqPk](https://nhslincolnshire.qualtrics.com/jfe/form/SV_01yVVrdqUB2CqPk)

## Spalding GP Surgery Consultation

Patients at a GP surgery in Spalding are being informed they will be automatically registered at an alternative GP surgery as early as October this year as part of plans to transform services in the area.

Spalding GP Surgery based at the Johnson Community Hospital in the town provide primary care medical services to over 3000 patients.

Since 2018, services at Spalding GP Surgery have been provided by Lincolnshire Community Health Services NHS Trust (LCHS). The contract that is currently in place with LCHS ends on the 30 September 2022.

LCHS have decided not to extend their contract, however, they have agreed to continue providing services at Spalding GP Surgery until an alternative service is in place.

NHS Lincolnshire Integrated Care Board (ICB), previously known as NHS Lincolnshire Clinical Commissioning Group), have now outlined plans to undertake a managed list dispersal through an Expression of Interest process.

This means that when the Expression of Interest process has been completed, patients registered at Spalding GP Surgery will be automatically registered at an alternative GP surgery.

In a letter sent to patients, Sarah-Jane Mills, Director of Primary Care, Communities and Social Value at the ICB reassured patients that during this process, they should continue to access services at Spalding GP Surgery as normal and encourages patients to share their views about what is important to them when accessing local primary care medical services.

### **Get involved and have your say**

To have their say, [patients can complete an online survey](#) (or collect a paper copy from the surgery).

Patients are also being invited to attend one of three drop-in events where they can talk to a member of the NHS team about the process.

[Please visit our consultation page for further details on how you can get involved.](#)

If patients would like more information in general about the proposals or to request information in alternative formats, please contact the Patient Advice and Liaison Service (PALS) by telephone on 0300 123 9553 or by email at [LHNT.LincsPALS@nhs.net](mailto:LHNT.LincsPALS@nhs.net). The service is open 9am – 5pm Monday to Friday (except Bank Holidays).

The consultation runs from Wednesday 13th July 2022 until midnight on Wednesday 7th September 2022.

## Nominate your NHS community services stars in 2022 staff and volunteer awards



Help celebrate the efforts of our local NHS community trust by putting staff and volunteers forward for Celebrating Success Awards 2022.

Lincolnshire Community Health Services NHS Trust (LCHS) is seeking nominations from patients and their loved ones to celebrate and recognise the achievements of its staff.

The trust provides community-based health care services across the county to help people live independently at home, including urgent treatment centres, occupational therapy, physiotherapy, speech and language services, community and district nursing, school-age immunisations and children's therapy services. The trust also provides services at four community hospitals in Gainsborough, Louth, Skegness and Spalding.

Following last year's success, the trust is inviting members of the public and their carers to nominate their NHS superstars in two categories: People's Award and Volunteer of the Year Award. If you have had a good experience at one of LCHS's community services and want to thank an individual or a team, please nominate them or if you have benefited from a support from one of our volunteers you can nominate them too.

The People's Award is for teams and individuals dedicated to providing outstanding patient care and an exceptional level of service above and beyond the call of duty, doing something innovative or demonstrating compassion and making a difference to someone's care.

The Volunteer of the Year Award recognises the incredible dedication of those who volunteer to support our services. We are looking for a volunteer who supported LCHS teams and had positive

impact on patients or staff and who helped patients to access particular services or supported delivery of safe, high quality services.

The winners will be revealed in November at the trust's annual staff awards ceremony, Celebrating Success 2022.

Elaine Baylis, Chair, said: "These awards recognise the contribution of frontline health and social care workers but also celebrate those who work so hard behind the scenes in support roles to ensure that we deliver the highest quality of care.

"On the night, we will present eleven awards to our staff and volunteers celebrating their incredible work. Whether it was a clinical team member who offered compassionate care or a whole team that made a real difference – please nominate them and say thank you."

Nominations can be submitted in the following ways:

- Online by going to <https://www.lincolnshirecommunityhealthservices.nhs.uk/join-us/careers/celebrating-success-staff-awards-2022>
- Calling 01522 309751, emailing [lhnt.lchsecomms@nhs.net](mailto:lhnt.lchsecomms@nhs.net) or messaging on Twitter or Facebook @LincsCommHealth to request a hard copy form.

Nominations are open until Saturday, 8 September 2022. If local businesses would like to be a sponsor for the event or to donate items for the raffle, please email [lhnt.lchsecomms@nhs.net](mailto:lhnt.lchsecomms@nhs.net).

## Let's talk about children and young people's mental health services



We're inviting children, young people, parents, carers and staff to join a conversation and share their views on children and young people's mental health services in Lincolnshire.

Here at LPFT we provide a number of mental health services for children and young people, including child and adolescent mental health services (CAMHS), Healthy Minds Lincolnshire and Mental Health Support Teams.

We're constantly wanting to receive feedback and hear about what we're doing well, as well as what we can improve on, which is why throughout July and August we're hosting a number of events around the county and online for people to tell us how we're doing.

We want to come together with people who have been supported by our children and young people mental health services within the last year to gather feedback and to help us provide and develop the best mental health support for children and young people now and in the future.

The engagement events will also provide attendees with an update on current services.

Dates of engagement events:

- 28.07.22 - 1pm-3pm - The Storehouse, North Parade, Skegness, PE25 1BY
- 02.08.22 - 7pm-8.30pm – online session
- 09.08.22 - 10am-12pm - The Showroom, Tritton Road, Lincoln, LN6 7QY
- 16.08.22 - 1pm-3pm - Jubilee Church Life Centre, 5 London Road, Grantham, NG31 6EY
- 23.08.22 – 10am – 11:30am – online session
- 25.08.22 – 1pm – 3pm - Gainsborough Trinity Foundation, Roses Sports & Social, North Warren Road, Gainsborough, DN21 2TU

Anyone interested in attending the events can email [lpft.involvement@nhs.net](mailto:lpft.involvement@nhs.net) or call 07773 206341.

Alternatively, anyone unable to attend one of the sessions can still provide their feedback by emailing or calling us on the details above.

We would love for as many people as possible to attend so that we can gather as much feedback as possible. We will be offering gift vouchers for every young person that attends one of the events.

We look forward to welcoming you at our events.

## Partner activities and events

### County Views - We need your help!

**Local authorities across greater Lincolnshire want to know how you use social media and where you get your news, so that we can best communicate with you.**

The latest County Views citizen's panel survey aims to see how you consume social, digital, print and broadcast media. So, whether you're a subscriber to a national newspaper, or prefer to get your news from Instagram, we'd like to hear from you.

The survey is available now on [www.letstalk.lincolnshire.gov.uk](http://www.letstalk.lincolnshire.gov.uk) and runs until 17 August 2022.

To complete the survey, you'll need to be registered for the County Views panel. The panel is open to anyone who lives in greater Lincolnshire; simply join for free now and you'll be asked to take part in three simple online surveys a year, the results of which help shape council services.

Make a difference - join the County Views panel and take the survey today!

Register online at: [www.letstalk.lincolnshire.gov.uk/register](http://www.letstalk.lincolnshire.gov.uk/register)

Or call: 01522 782116

## Government support for the cost of living: Managing debt and factsheet

The government understands the pressures people are facing with the cost of living. The government's MoneyHelper has free information and resources to help individuals manage their money in uncertain times and how to keep up with essential bills and payments.

If individuals are worried about debt, speaking to a trained and experienced debt adviser about the situation could help them decide what to do.

HM Treasury has published a summary of the range of support available to help businesses and consumers with the cost of living.

Councils are encouraged to share this information as appropriate.

Announcement:

<https://www.gov.uk/government/news/cost-of-living-managing-your-debts>

More information:

<https://www.moneyhelper.org.uk/en/money-troubles/way-forward/>

<https://www.moneyhelper.org.uk/en/money-troubles/dealing-with-debt/debt-advice-locator>

Range of support factsheet:

<https://www.gov.uk/government/publications/government-support-for-the-cost-of-living-factsheet/government-support-for-the-cost-of-living-factsheet>

Support:

<https://costoflivingsupport.campaign.gov.uk/>

## Carers First Older Carer Events



18th August 2.30pm - Cream tea with dance

**North Somercotes Village Hall**

26th August 1pm -50 's themed afternoon tea with music

**County Care, Skegness**

31st August 11am - Private Cinema screening with subtitles (film to be confirmed)

**Loewen Cinema, Mablethorpe**

7th September 10am - Breakfast

**Horncastle Garden Centre**

8th September 11am - Buffet

**Nelson Butt Inn, Spilsby**

**You may bring the person that you care for and all of the events are free.**

**Places must be booked in advance by calling 0300 303 1555 or on the website [www.carersfirst.org.uk](http://www.carersfirst.org.uk)**

The Wellness Network 'A Different Way Day'



A day of experiencing a range of different ways to add to your Mental Health Toolkit. Fantastic speakers to give you the knowledge and simple demonstrations that you can take home and recreate. There is always a Different Way.

Here are just some of the activities & talks you will experience:

- Guest Speakers on a variety of topics & techniques
- Walk in Nature
- Introduction to Gardening
- Yoga
- Nutrition & Smoothie Making
- Breathwork Gratitude & Journaling

On the day please wear comfortable loose clothing for the Yoga and trainers for the walk. Please note these will be small groups and spaces are limited.

To register your interest email [info@thewellnessnetwork.co.uk](mailto:info@thewellnessnetwork.co.uk)



## Dance your cares away

- A FREE weekly programme run over 8 weeks (1 hour duration)
- Improve your wellbeing and mental health through dance exercises
- No previous dance experience required
- Exercises catered to your ability. Main aim to have fun!
- The perfect way to build your strength and have time to chat to others in a friendly, safe environment

Venue: Guildhall Arts Centre, St Peter's Hill, Grantham, NG31 6PZ

Class Time: 10.00 - 11.00

Course Dates: Thursday 1st September Thursday 8th September Thursday 15th September Thursday 22nd September Thursday 29th September Thursday 6th October Thursday 13th October Thursday 27th October (Please note there will be no class on Thursday 20th October)

No previous dance experience required.

The perfect way to build your strength and have time to chat to others in a friendly, safe environment.

If you need more information or to book your place please contact: Email: [communities@lincsymca.co.uk](mailto:communities@lincsymca.co.uk) Telephone: 01529 302466

## Carers UK State of Caring survey

We are delighted to launch our **State of Caring 2022** survey this week, and we would be really grateful for your help in encouraging carers to take part. All the information we get from carers helps us to build a picture of what caring is like at the moment and we are keen to hear from as many different carers as possible.

<https://www.surveymonkey.co.uk/r/YFHDWYW>

Last year, we used carers' collective voice and evidence to secure new rights for carers in the Health and Social Care Act 2022 in England, to campaign for cost of living increases in England, Wales, Scotland and Northern Ireland, to provide evidence of the need for a right to Carer's Leave and other support within the workplace, and to campaign for breaks and funding for social care - and there's still much more to do.

The survey will close on 11 September and we will be releasing a research report in November.

## Pop up vaccination clinics

For further details please visit - [Coronavirus \(Covid-19\) vaccinations in Lincolnshire - Lincolnshire CCG](#)

## Covid booster and Flu vaccinations available for those who are eligible

### **Booster Vaccines**

If you're eligible, you can pre-book your COVID-19 booster appointment. Book or manage a booster dose of the coronavirus (COVID-19) vaccine at <http://ow.ly/LtuE50GLero>

### **Flu Vaccines**

Many adults, most children and all pregnant women are eligible for a free flu vaccine. Find out who is eligible and where you can get the flu vaccine at [www.nhs.uk/wintervaccinations](http://www.nhs.uk/wintervaccinations)

## Get involved with surrounding ICBs

**If you live on the border of Lincolnshire, you may access some of your healthcare outside the county**

If you want to be involved and have your say regarding health and care services outside of Lincolnshire, follow the below link:

[Get involved in health and care services outside of Lincolnshire \(icb.nhs.uk\)](http://icb.nhs.uk)

## Hot off the press

[Staying safe in hot weather - Lincolnshire ICB](#)

[Mayor of Lincoln launches fundraising campaign for United Lincolnshire Hospitals Charity - United Lincolnshire Hospitals \(ulh.nhs.uk\)](#)

## Stay connected

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[Visit our website](#)

Email our engagement team direct at [lccg.involveus@nhs.net](mailto:lccg.involveus@nhs.net)