



The Contributor

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

This weeks hot topic!

Tell Us

Your

Views

**We are improving and re-designing the
Musculoskeletal (MSK) pathway for
hip and knee services in Lincolnshire**

EXTENDED until 31st August: Musculoskeletal pathway for hip and knee services

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

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

Or e-mailing your feedback to: licb.involveus@nhs.net

https://nhslincolnshire.qualtrics.com/jfe/form/SV_01yVVrdqUB2CqPk



Have your say!

See our current surveys

If you would like any of the below surveys in an alternative format, or would like help in completing the forms, please email the Engagement Team at licb.involveus@nhs.net

- **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. To have your 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. The service is open 9am – 5pm Monday to Friday (except Bank Holidays).

- **EXPERIENCES OF USING NHS SERVICES**

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. [Complete the survey](#)

- **BEREAVEMENT SUPPORT SERVICE**

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 SURVEY**

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.

Tell us about your experience if you have attended one of the following services: MRI, X-Ray, CT scan, Blood tests, Blood pressure monitoring, ECG, Echocardiogram or Non-Obstetric Ultrasound. [Complete the survey](#)



You are invited to join the Military Maternity Voices focus group



Working in partnership to improve maternity services

As a member of the Armed Forces Community in Lincolnshire during the last five years we would like to invite you to take part in a study exploring your experiences of using maternity services and the support you have had before and throughout pregnancy, after birth and up to school age.

During the Focus Group, you will be asked to answer some questions about your experiences and perceptions of care, support, and access to services throughout your maternity journey. You will not be asked anything too personal, and it will feel like a conversation.

- **Tuesday 9th August, 10am, RAF Coningsby**
- **Thursday 7th September, 7pm, Online**

If you'd like to join us, please email the Military Maternity Voices

Lead: Susanna.Dachtler@nhs.net or LincsMVP@gmail.com

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



NHS
Lincolnshire Partnership
NHS Foundation Trust

LPFT are 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.

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.

- **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 or call 07773 206341. We will be offering gift vouchers for every young person that attends one of the events.

GET INVOLVED



Partner activities and events

Carers First

Come along to one of Carers First event's - a host of events are being held across Lincolnshire this summer

All events are free to beneficiaries thanks to funding from Lincolnshire County Council.

Chatter Cake is an exciting new programme put together for women of East Lindsey who care for others, with a goal of helping to boost confidence, improve resilience and create a sense of belonging. The project aims to reduce feelings of isolation and loneliness and to support women to improve their mental health, reducing risk of breakdown, self-harm, and suicide. [Find out more information here](#)

Men Do More - only for Men. If you are over 50 and live in East Lindsey, why not give it a go. It is all about having the chance to get out, meet others and have fun doing something in which you are interested. [Book onto a Men Do More Group or Event](#)

AND MANY MORE!! - take a look at some of the other great events being held across Lincolnshire this summer [Book onto a Group or Event in Lincolnshire](#)



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 survey is available now on www.letstalk.lincolnshire.gov.uk and runs until 17 August 2022.



The Wellneb Network 'A Different Way Day'

A day of experiencing a range of different ways to add to your Mental Health Toolkit.

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

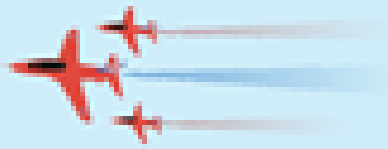
To register your interest email info@thewellnessnetwork.co.uk



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

Email: communities@lincsymca.co.uk Telephone: 01529 302466



Covid and Flu Vaccinations

Lincolnshire pop-up vaccination clinics

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

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

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 \(ulh.nhs.uk\)](#)

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GET INVOLVED