

# THE CONTRIBUTOR

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

Be heard, shape your NHS

#LincsTogether 

## This week's hot topic



### Flippin' Pain Community Outreach Tour | 12th-17th September 2021

This September, Flippin' Pain will embark on a world first Community Outreach Tour, right here in Lincolnshire. Renowned Pain Champions made up of pain scientists, healthcare professionals and patient advocates and keen cyclists, will be hopping on their bikes to take part in a peloton tour covering the length and breadth of the county. They will deliver the messages of the campaign to the people that need them most, via an array of free to attend public events.

Joining the riders will be our exciting pop up experience laboratory on wheels, the Brain Bus. An immersive, interactive and attention grabbing spectacle inviting people to experience first hand some of the mind blowing lesser known phenomena of pain science. The tour will stop off at a multiple locations across the county, inviting people from all walks of life including medical professionals and those with persistent pain and their family and peers, to engage with the campaign. By collaborating with local authorities, health and care organisations and charity partners, Flippin' Pain will achieve significant reach and deliver impactful change within the Lincolnshire community.

Detail of all events including how to book a place via [flippinpain.co.uk/news-events](http://flippinpain.co.uk/news-events)

## Suicide Prevention and Happier Living for Men

### A BETTER WAY Suicide Prevention and Happier Living for Men in Lincolnshire Campaign launches support directory, one-to-one sessions and more

A database of emotional support options for men in Lincolnshire has been launched. A Better Way, by Lincolnshire charity HWLincs, offers one-to-one support, support options by contact method and happier living tools.

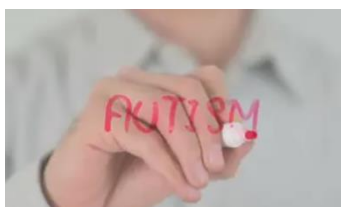
The website (<http://abetterway.site>) splits support groups into the preferred method of contact, from phone to text and webchats. This gives visitors instant access to the service that suits them best.

Other quick information available includes: 'How men can best approach their GP with emotional issues' in addition to 'Unhelpful habits to spot in themselves and in others'.

The campaign also aims to combat loneliness by providing details of self-help groups that meet across Lincolnshire.

**To find out how to speak to someone about their mental health or get help for your own, visit <http://abetterway.site>**

## Have your say



### Help improve support for autistic people and their carers in Lincolnshire

The Lincolnshire Autism Partnership Board is asking autistic people, their families and carers for their views on how to ensure the county is a place that respects all autistic people and offers them the right support at the right time.

The feedback will be used to shape Lincolnshire's new five-year All Age Autism Strategy and action plan, ensuring it addresses the concerns that are most important to autistic people and their families.

**Find more details on when the workshop are being held and how to book at place visit [here](#)**



### Tell us your views on future services at The Sidings Medical Practice

We are starting a process to determine who the provider for the GP Practice will be from July 2022.

We will be holding two patient engagement **events to give patients an opportunity to shape services that are provided as part of the new contract.**

**You are invited to attend the following patient engagement events:**

- **Saturday, 11 September 2021**, 8:30am – 12:00pm at the Boston Marketplace, PE21 6EJ – Stall (near the NatWest bank) - We will also have staff from the Boston health visiting team, a Polish and a Romanian translator, a GP and CCG staff on hand to discuss Covid -19 vaccination, health screening, childhood immunisations, dental care and healthy eating.
- **Thursday, 16 September 2021**, 6:30pm – 8.00pm at The Sidings Medical Practice , 14 Sleaford Rd, Boston PE21 8EG

**[Complete our online survey here](#)**

## Be involved

## Seeking involvement in Recovery College NEW course design

The Lincolnshire Recovery College is currently expanding their range of courses, and are looking for people who'd like to contribute to the course design.

In response to requests from their students, they are about to design a NEW course about **Loneliness** - *what it is, how common it is, how it may affect us and how we can start to address it.*

If you've experienced loneliness and have learnt ways to manage it or are interested in this topic and would like to share ideas about what may be helpful to include on such a course, they'd love to hear from you.

Simply email: [lpft.recovery.college@nhs.net](mailto:lpft.recovery.college@nhs.net), and they'll be in touch.

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### **Don't miss out!! We are still recruiting members for our Citizen Panel**

To register, or for further information, please click on the image below



## Attend



### **Boston Primary Care Network and the Boston Neighbourhood Team - Community Event and Jobs Fayre 2021**

Come and meet community service providers from within the Boston neighbourhood. See what services are available and how they can help you.

**When: Thursday 23<sup>rd</sup> September, 2-7pm**

**Where: Fydell House, South Street, Boston, PE21 6HU**

***\*There will be many jobs advertised on the day and translator services available\****

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### **NHS Lincolnshire CCG – Annual Public Meeting 2021**

Please join us for our 2021 Annual Public Meeting, where we will present the Lincolnshire CCG Annual Report and Accounts 2020/21 and discuss the work undertaken by the CCG over the previous year and highlight key priorities for the future.

The annual public meeting will be held as a live event on Microsoft Teams. [For details on how to join, visit the NHS Lincolnshire CCG website](#)



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## Lincolnshire Partnership NHS Foundation Trust (LPFT) – Annual Public Meeting

Lincolnshire Partnership NHS Foundation Trust (LPFT) would like to invite you to attend this year's Annual Public and Members Meeting.

The event will take place on **Wednesday 29 September, 10am to 11.30am**

As per last year we will again be hosting our Annual Public and Members Meeting virtually on Microsoft Teams and there is no need to pre-book.

Simply join on the day using the following link: <https://bit.ly/LPFT-APM2021>

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## Sessions still available - Preparation for Parenting – FREE Virtual antenatal education

To register please click on the relevant links below:

- Session 1 and 2: **8<sup>th</sup> September and 22<sup>nd</sup> September 1.30pm -2.30pm** [Click here to access](#)
- Session 1 and 2: **6<sup>th</sup> October and 20<sup>th</sup> October 1.30pm – 2.30pm** [click here to access](#)

## Hot off the press

Keep up to date with the latest news and what's happening across Lincolnshire NHS

[£250,000 investment in new state-of-the-art imaging technology at Johnson Community Hospital](#)

[Lincolnshire NHS Apprentice Centre rated Good by Ofsted](#)

[Johnson Community Hospital are hosting a 'Halloween Spooktacular'](#)

[Grab a job at one of our walk-in sites](#)

[Supporting our veterans in response to the major events in Afghanistan](#)

## Stay connected – follow us on social media!



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[www.lincolnshireccg.nhs.uk](http://www.lincolnshireccg.nhs.uk)