

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 

Lincoln GP Merger

The 6-week engagement exercise on the proposed merger between Newark Road Surgery and Portland Medical Practice has now ended.

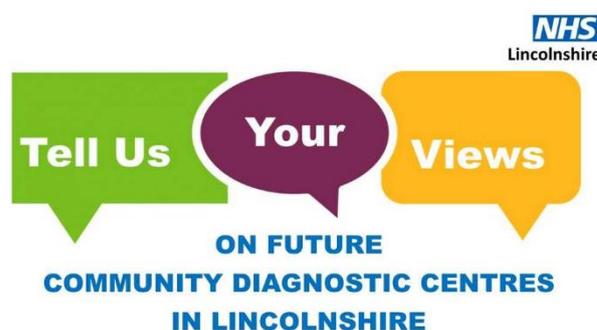
Thank you to all of those who completed the questionnaire and attended the online events. Your feedback is valuable and important in shaping the future of these services.

Community Diagnostic Centres

Have your say on our Community Diagnostic Centres by completing the online survey!

Over the past five years, demand for diagnostic services in England has risen at a greater rate than increases in its capacity. Diagnostics is recognised as a priority in the NHS Long-Term Plan and is crucial in delivery of cancer, cardiovascular disease and stroke treatments.

The COVID-19 pandemic has made these challenges even worse, resulting in substantial increases to waiting lists and waiting times for some diagnostic services. In addition, our need to reduce risk of infection and social distancing means that we haven't been able to see as many patients and for some, it takes longer for them to move through the service. In Lincolnshire, our Community Diagnostic Centres will be crucial to ease these pressures and continue to diagnose patients quicker. CDCs will provide a broad range of elective diagnostic services located away from the main acute hospitals, providing easier and quicker access to tests and greater convenience to patients, as well as relieving pressure on the



main hospitals by reducing outpatient referrals and attendances. Patients will be able to continue to access diagnostic services at the hospitals if preferred or at the CDC sites.

For further information about the proposal and to complete the questionnaire please click on the following link –

[Complete the survey here!](#)

Every Mind Matters

The NHS is here to help. Feelings of anxiety and depression can affect us all. If you need help with your mental health, you can refer yourself, or your GP can refer you. Let us help you get your feet back on the ground. Go to nhs.uk/help

[#HelpUsHelpYou](#)



Are you interested in co-production?

Would you like to be involved in shaping the environment of our new Adult Acute Inpatient unit in Boston?

Lincolnshire Partnership Foundation Trust (LPFT) are looking to work with people who have experience of being on an inpatient ward or are the carer/family member who has visited a mental health inpatient ward.

We would like to invite you to become a member of our Building Together Focus Group looking at the environment and decoration of our new building which will have single en-suite bedroom facilities.

This is an exciting opportunity to be involved in from the ground up and to work with us to help shape the future of inpatient provision in Lincolnshire.

If you would be interested in joining this group or would like further information on the project, please contact us on lpft.involvement@nhs.net

We hold our meetings fortnightly on a Tuesday from 10am to 12pm via MS Teams.

The Lincolnshire Recovery College

We are excited to be able to share with you our new Spring term 2022 prospectus and timetable.

At the Lincolnshire Recovery College, we provide an educational approach towards mental health, recovery and wellbeing, we recognise the importance of lived experience in inspiring hope and offering practical tips to help people live well.

- All our courses are co-designed and co-delivered by 'experts by experience' and experts by expertise.
- Our courses remain on-line and are delivered via MS Teams, they are between 60-90 minutes in duration.
- We cover a wide range of topics on mental health and wellbeing and we're open to ANYONE aged 16+ (this includes YOU!)
- We offer a 'Find out more' session for anyone who would like to learn more about the college – this can be booked via our email address lpft.recovery.college@nhs.net

Best wishes,
The Lincolnshire Recovery College Team

Online application form

<https://www.lpft.nhs.uk/our-services/adults/recovery-college/recovery-college-registration-form>

Visit our webpage

www.lpft.nhs.uk/recovery-college

Lincs Ladies Walking Football Festival



LINCS LADIES WALKING FOOTBALL FESTIVAL

Always wanted to play the beautiful game but things got in the way? Want extra fitness whilst having fun?

Whatever your age, ability, experience, fitness level, come to join our group of Lincolnshire Ladies playing **walking football**

Where: Priory Pembroke, Cherry Willingham

When: Saturday 29th January, 9-12

What: An informal, turn up and play, **FREE OF CHARGE** festival for individuals, groups or anybody wanting to give it a go. A chance to play fun games or just come along and watch! For more information contact Steph.Powell@lincolnshirefa.com

Good Mood Café Launch!

Good Mood Café

Connect with like-minded people in your community. Meet new people, share interests, skills and boost your mood!



Every Monday @ 10am at Long Sutton Co-op Café

No booking needed and free to attend
email: goodlife@cpslmind.org.uk

Good Mood Café

Connect with like-minded people in your community. Meet new people, share interests, skills and boost your mood!



Every Tuesday @ 10am Pippa's Pantry, Sutton Bridge

mind CPSL

email: goodlife@cpslmind.org.uk

Men DO Events and Activity Programme February and March

Men Do Events and Activity Programme

February 2022

Chinese New Year Celebration Thursday 3rd 7pm
China Rose, 34 High Street, Mablethorpe, LN12 1AD

Tai Pan, 138 Eastgate, Louth, LN11 9AA

Virtual Bingo Thursday 10th 7:30pm – Zoom

Light-hearted online bingo, with real prizes to be won. Women welcome to this event.

Bowls Or Bowling

Tuesday 22nd 12pm – Skegness Empire Bowl & Bar, Grand Parade, PE25 2UG. Two games of ten pin bowling, followed by a drink in the bar.

Thursday 24th 11:45am – Louth Indoor Bowls, Birch Rd, Louth, LN11 8DU. Have a try at bowls with tuition from the pros. Followed by food in the cafe.

March 2022

National Coal Mining Museum Thursday 3rd 11am – 3:15pm

180 years of coal mining history set out in acres of woodland. The visit includes a tour 140m underground. There is opportunity to then have lunch in the on-site café.

Transport included for this event, collecting from Skegness, Mablethorpe and Louth, starting 7:30am. To make this trip available to all, we have included +1's which is open to women.

Pub Games Night

Friday 11th 7pm at The Louth, High Street, Mablethorpe, LN12 1AF

Wednesday 16th 7pm at The Woolpack Inn, Louth, LN11 0DA

Classics like dominoes, cards, connect four and Jenga. Light bites provided.

Easter Brunch Wednesday 30th 10:30am at Farmer Browns Ice Cream Parlour, Woodrow Farm, Huttoft, Alford, LN13 9RL

An easter themed brunch in a relaxed atmosphere.

Masons Banter Breakfasts

We have been fortunate to receive funding from The Freemasons which has enabled us to provide a regular free breakfast for men at local cafes on the 1st Tuesday of every month, 9am-11am. This can be used as an opportunity to get out and meet new people, or even just take an hour to yourself whilst enjoying a fry up.

There is no need to book these breakfasts, just get in touch to request your membership card which must be shown whilst ordering your food.

Spilsby – The Cornhill Café – 5 Cornhill, PE23 5JP

Mablethorpe – The Louth – High Street, LN12 1AF

Louth – The Trinity Centre – Eastgate, Louth, LN11 8DJ

Horncastle – The Bridge – 17 Bridge St, Horncastle, LN9 5HZ

Alford – Farmer Browns – Woodrow Farm, Huttoft, Alford, LN13 9RL

Wainfleet – Filling Station, 40 High St, Wainfleet All Saints, PE24 4BN

Skegness – Morrisons Store Café – Wainfleet Rd, PE25 3NZ

MEN DO

Carers
First



MORE

The Men Do Project is **only for Men**. If you are over 50 and live in East Lindsey, why not give it a go. It is all about giving you the chance to get out, meet others and have fun doing something in which you are interested. All the activities and events are completely **FREE**, though spaces may be limited and must be booked in advance. **To book your place on any activity or event or for more information call Carers First Hub on 0300 303 1555, Hannah on 07391 418586 or email: hannah.key@CarersFIRST.org.uk**

**Carers
First**

YourVoice@healthwatch: Dental Services in Lincolnshire January 2022

Healthwatch Lincolnshire continually hears from patients who are struggling to access dental services across the county.

If you want to know what is being done to provide better access and services, then be sure to join us in January for a BRAND-NEW virtual edition of our ever popular [YourVoice@Healthwatch](#) event, focusing on dental care.

PLUS, we are excited to announce that YourVoice@healthwatch has had a makeover. That's right, in January 2022 we are doing things a bit differently. We will be sharing interviews, quick polls and information advice in the lead up to the Event which means we have some exciting weeks ahead!

Our LIVE Panel Event will return giving you the opportunity to ask the questions that you have concerning dental care across our county on **Wednesday 26th January** from 10.00am to 11.00am in a special live Panel Event.

If you'd like to submit a question for our panel, click on the link below to complete the form and register your interest for the event. We will send you the links to the virtual live Panel Event. You can also follow all the updates and interview feeds on our website and social media pages.

See you there!

Website: [YourVoice@healthwatch: Dental Services in Lincolnshire January 2022 | Healthwatch Lincolnshire](#)

Facebook: <https://www.facebook.com/healthwatchlincolnshire/>

Dedicated walk-in COVID vaccination sessions for pregnant women and needle-phobic people

Pregnant women and people who are needle-phobic will be able to take advantage of dedicated walk-in covid vaccination sessions this week and next at the county's two Mass Vaccination Centres at PRSA, Boston, and at the Lincolnshire Showground.

These dedicated sessions are to provide the opportunity for pregnant women to have a discussion with a midwife about the covid vaccination, and to provide a quiet environment should they want to get vaccinated. Similarly, with the walk-in sessions for people who are needle-phobic, the purpose is to provide the opportunity to attend for vaccination during a quieter time at PRSA and at the Lincolnshire Showground, when there's also less time pressure around the length of each appointment.

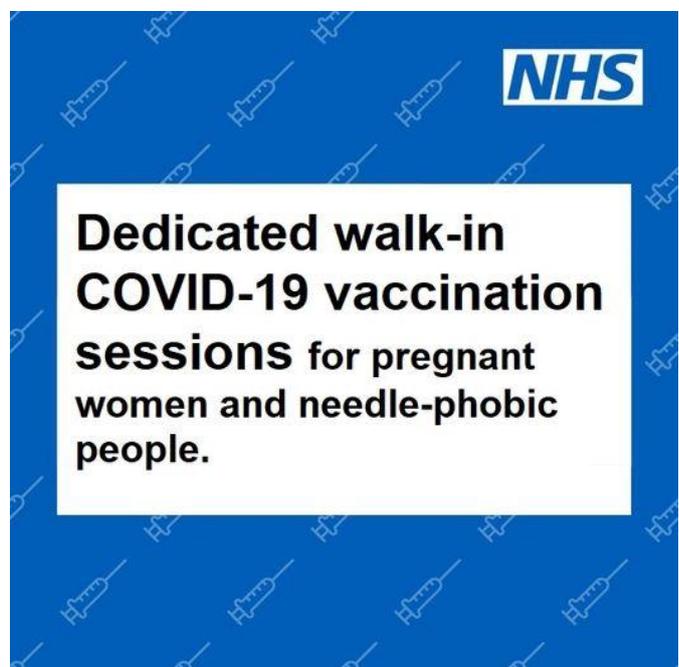
The sessions, which will be run on a walk-in basis (no appointment necessary), will run as follows:

Pregnancy walk-in sessions:

- 📍 Lincolnshire Showground
 - 26th January 10am-1pm
 - 27th January 9am-1pm
- 📍 Princess Royal Sports Arena, Boston
 - 24th January 9am-1pm
 - 26th January 9am-1pm

Needle-phobic walk-in sessions:

- 📍 Lincolnshire Showground
 - 25th January 9am-1pm
 - 27th January 9am-1pm
- 📍 Princess Royal Sports Arena, Boston
 - 25th January 9am-1pm
 - 27th January 9am-1pm



Over 50s urged to get boosted

Having now given more than 459,000 covid booster vaccinations, the NHS in Lincolnshire continues to appeal to anyone who is not yet boosted or has not had their first and/or second doses, to come forwards urgently, particularly those under the age of 50.

Nationally 1.3 million people remain eligible for a booster vaccination but have not yet had it, with one million of them being under the age of 50. In Lincolnshire, just over 100,000 people who are eligible for a booster are yet to have it, with 61,437 of these being under 50 years old.

"We know, both from our national colleagues and also anecdotally based on local knowledge, that age remains the biggest factor for those yet to be vaccinated, followed by deprivation," explains Rebecca Neno, Director of Covid and Influenza Vaccination Programmes, NHS Lincolnshire CCG.

"Having already boosted a significant proportion of those eligible in Lincolnshire, we are naturally still doing everything we can to encourage anyone who is yet to come forwards to be vaccinated to do so as soon as possible.

"As we've said previously, we think a lot of people see the national media headlines talking about the Omicron variant being milder for some than what has gone before, however, this is only the case for people who have either been vaccinated or who have had covid previously.

"The stark reality is that nationally 61% of those in ICU have had no vaccination and of the remaining patients 90% have not had a booster. Perhaps younger people – and I am thinking of anyone under 50 - think covid won't get them or affect them badly, but that's not guaranteed."

Sadly the increases in people being hospitalised by covid, across the country and in Lincolnshire, is being driven mostly by unvaccinated, or at least not fully vaccinated, younger people.

"Getting boosted and having your first and/or second doses if you haven't already, is the best way to give yourself maximum protection from covid, whether you are 25 or 75. Being boosted is key, particularly against Omicron, and we know the booster dose is continuing to give high levels of protection against severe disease and hospitalisation," comments Rebecca.

"It's never too late to get vaccinated and our vaccination teams across the county are still here for you, so please come forwards now if you have not yet been boosted or haven't had your first and/or second doses.

"You can book an appointment online via the [National Booking System](#) or by calling 119 for a vaccination site close to you, or you can have your vaccination on a walk-in basis/without an appointment at either of our two Mass Vaccination Centres at PRSA, Boston and at the Lincolnshire Showground," adds Rebecca.

Walk in COVID vaccination sessions this week

Monday 24th January at **Bridge Church**, Portland St, Lincoln LN5 7NN, between 10am and 6pm, including boosters and first and second doses for anyone eligible (see below) including 12-15 year-olds provided a parent/guardian is present to consent.

Monday 24th January at **Fenside Community Centre**, Taverner Road, Boston PE21 8NL, between 1pm and 7pm, including boosters and first and second doses for anyone eligible (see below) including 12-15 year-olds provided a parent/guardian is present to consent.

Tuesday 25th January at **Bridge Church**, Portland St. Lincoln LN5 7NN, between 10am and 6pm, including boosters and first and second doses for anyone eligible (see below) including 12-15 year-olds provided a parent/guardian is present to consent.

Tuesday 25th January at **Fenside Community Centre**, Taverner Road, Boston PE21 8NL, between 1pm and 7pm, including boosters and first and second doses for anyone eligible (see below) including 12-15 year-olds provided a parent/guardian is present to consent.

Wednesday 26th January at **Fenside Community Centre**, Taverner Road, Boston PE21 8NL, between 1pm and 7pm, including boosters and first and second doses for anyone eligible (see below) including 12-15 year-olds provided a parent/guardian is present to consent.

Thursday 27th January at the **Wainfleet Coronation Hall**, High Street PE24 4BS, between 10am and 7pm, including boosters and first and second doses for anyone eligible (see below) including 12-15 year-olds provided a parent/guardian is present to consent.

Thursday 27th January at the **Engine Shed**, Lincoln, between 10am and 7pm, including boosters and first and second doses for anyone eligible (see below) including 12-15 year-olds provided a parent/guardian is present to consent.

Friday 28th January at **Boston College**, Skirbeck Road, Boston PE21 6JF, between 10am and 7pm, including boosters and first and second doses for anyone eligible (see below) including 12-15 year-olds provided a parent/guardian is present to consent.

Friday 28th January at **Bishop Grosseteste University**, Longdales Road, Lincoln LN1 3DY, between 10am and 7pm, including boosters and first and second doses for anyone eligible (see below) including 12-15 year-olds provided a parent/guardian is present to consent.

Saturday 29th January at **Boston Local Community Centre**, Mitre Lane PE21 6EB (behind the old Marks and Spencer), between 10am and 6pm, including boosters and first and second doses for anyone eligible (see below) including 12-15 year-olds provided a parent/guardian is present to consent.

Saturday 29th January at **Lincoln City FC**, LNER Stadium, LN5 8LD, between 12pm and 3pm (in the Fan Village), including boosters and first and second doses for anyone eligible (see below) including 12-15 year-olds provided a parent/guardian is present to consent.

Sunday 30th January at **Lincoln City FC**, LNER Stadium, LN5 8LD, between 10am and 4pm (Stacey West car park), including boosters and first and second doses for anyone eligible (see below) including 12-15 year-olds provided a parent/guardian is present to consent.

Sunday 30th January at the **Boston Local Community Centre**, Mitre Lane PE21 6EB (behind the old Marks and Spencer), between 10am and 4pm, including boosters and first and second doses for anyone eligible (see below) including 12-15 year-olds provided a parent/guardian is present to consent.

The pop-up sessions above allow anyone eligible to get vaccinated without an appointment, whether that be a booster (16 and over) or for first and second doses (available to anyone aged 16 and over, as well as 12-15 year-olds provided a parent/guardian is present to consent).

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 from three months (91 days) after your second dose. 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

Get involved with surrounding CCGs

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 with surrounding CCGs – Lincolnshire CCG](#)

Hot off the press!

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

[Military personnel supporting Lincolnshire hospitals with patient care - United Lincolnshire Hospitals \(ulh.nhs.uk\)](#)

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www.lincolnshireccg.nhs.uk

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