

THE CONTRIBUTOR

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

Be heard, shape your NHS

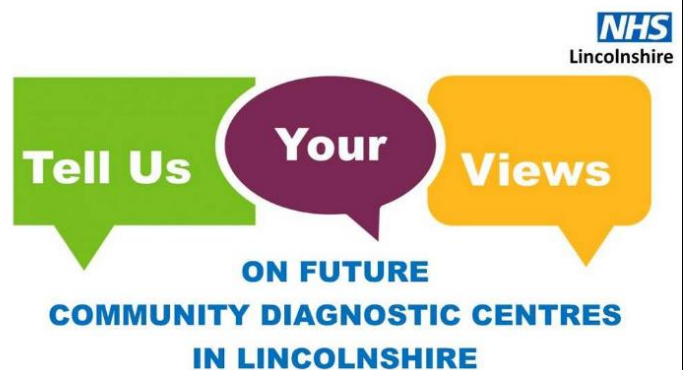
#LincsTogether 

Community Diagnostics Centres

There is still time for you to have your say on our Community Diagnostic Centres by completing the online survey before 18th February!

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

https://nhslincolnshire.qualtrics.com/jfe/form/SV_cUCr1UxvIXSfrP8



Citizens Panel – Calling all Men!

We are looking to hear the views of more men by asking you to sign up to our Citizens Panel! A Citizens' Panel is a sample of residents who have volunteered to take part in regular research and questionnaires.

In Lincolnshire, the Citizens' Panel is an exciting development for the NHS that will help us gather feedback from a sample of our population and give local residents the opportunity to share their opinions and views on health and care services within the county. The information we receive will help to ensure that services are designed and delivered to take into account what matters most to our residents.

Signing up is simple! All you need to do is [complete this short registration form](#).

Cancer Awareness Day

Get checked out!

Following [World Cancer Day](#) on Friday 4th February it is an appropriate time to remind you to take up screening opportunities when invited.

NHS cancer screening programmes can help to diagnose cancer or risk of cancer before you have any symptoms and improve the likelihood of successful treatment.

The three national programmes in England are:

- [Cervical screening](#)
- [Breast screening](#)
- [Bowel screening](#)

Please make sure you take up your screening invitation.

Preparation for Parenting – Free group session

FREE baby boxes are now available for families to collect from participating Children's Centres, after you attend the antenatal session 'Preparation for Parenting' on Zoom.



Book your place now, using the following link. Wednesday 23rd February 1pm -2.30pm
https://us02web.zoom.us/meeting/register/tZ0scOChqz0qHtdB6XDY6yeUA0-u_hv3wBU7

Wednesday 23rd March 1pm – 2.30pm

<https://us02web.zoom.us/meeting/register/tZwpduGgrTsvHNxHZys6ABnXLajv-GLOR-X1>

Antenatal Education 'Preparation for Parenting'

FREE virtual group session provided by Children's Health Team and Early Years Alliance via 'Zoom'.



Topics covered:

- Baby equipment and safety
- Bonding and attachment
- Baby's brain development
- Getting ready for hospital
- Parental wellbeing
- Understanding baby's cues
- Bathing and Safe Sleeping
- Children's Centres

To register please use link below or speak to a member of staff at your local children's centre who can email the link direct to you.

Wednesday 23rd February

1pm – 2.30pm



https://us02web.zoom.us/meeting/register/tZ0scOChqz0qHtdB6XDY6yeUA0-u_hv3wBU7

Wednesday 23rd March

1pm-2.30pm



<https://us02web.zoom.us/meeting/register/tZwpduGgrTsvHNxHZys6ABnXLajv-GLOR-X1>

For any problems registering, please contact beststart@eyalliance.org.uk



Feeling lonely is something that all of us can experience at any point and it can have a huge impact on our wellbeing. It's important to remember that these feelings can pass and that there are lots of ways we can help each other too.

Please click on the link below to visit the loneliness page on the Every Mind Matters website, for support and advice on ways people can reach out to someone else, as well as finding support that may help them feel less lonely too.

To hear more or get involved in the campaign, please email campaigns@dcms.gov.uk

[Loneliness - Every Mind Matters - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Age UK Outreach Bus - February



Carers First

This February we're pleased to announce that Carers First will be joining Age UK Lindsey's 'Keep Connected' Outreach Project Bus at numerous locations providing information and advice throughout the area.

It is estimated there are 79,000 people in Lincolnshire providing care for a relative or friend. We believe every one of those people deserves the support necessary to thrive in their role. Check out the calendar below to find out when we'll be near you.

Thursday 17th February 12-2pm Spilsby New Life Centre, PE23 5DU

Tuesday 22nd February 10am-1pm Market Rasen Market

Covid 'pop up' clinics

Dates available in Boston and Lincoln up to 12th March. Please see leaflets below for further information.

Getting your COVID-19 vaccination is now very simple

And no appointment needed

Just go to Fenside Community Centre, Taverner Rd. PE21 8NL - on:

Monday 7th February, from 13:00 to 19:00, or:

From 12:00 to 19:00 on these dates:

February, 14th, 19th, 21st & 28th

March, 5th, 7th & 12th



SCAN ME

First, second & booster doses are available for everyone who is eligible, including 12-15 yr olds, as long as a parent or guardian is present to consent.

Scan QR code for more locations and times.

Сканирайте QR кода, за да видите още места и часове за ваксинация

Scanati codul QR pentru informatii suplimentare privind altele centre de vaccinare si ore disponibile

Getting your COVID-19 vaccination is now very simple

And no appointment needed

Just go to Bridge Church, Portland St, Lincoln, LN5 7NN - on:

Monday 7th & 14th February, from 10:00 to 18:00, or:

From 10:00 to 16:00 on these Saturdays:

February, 5th, 12th, 19th & 26th
March, 5th & 12th



SCAN ME

First, second & booster doses are available for everyone who is eligible, including 12-15 yr old, as long as a parent or guardian is present to consent

Scan the QR code for more vaccination locations and times

NHS Lincolnshire

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 five months (152 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

[Unpaid/informal carers urged to get boosted - Lincolnshire CCG](#)

[Interim Chair of the Lincolnshire Integrated Care Board announced - Lincolnshire CCG](#)

[Patient visiting being reintroduced in Lincolnshire's hospitals - United Lincolnshire Hospitals \(ulh.nhs.uk\)](#)

[£3.2m investment to bring robotic surgery to Lincolnshire - United Lincolnshire Hospitals \(ulh.nhs.uk\)](#)

[Lincolnshire patients thank new COVID service for saving their lives - United Lincolnshire Hospitals \(ulh.nhs.uk\)](#)

[Work to enable the transformation of Pilgrim Emergency Department is set to begin - United Lincolnshire Hospitals \(ulh.nhs.uk\)](#)

[Community Mental Health Survey 2022 :: Lincolnshire Partnership NHS Trust \(lpft.nhs.uk\)](#)

[Lincolnshire residents urged to take part in PANORAMIC study to help find effective early treatments for COVID-19 :: Lincolnshire Partnership NHS Trust \(lpft.nhs.uk\)](#)

[Call for people with lived experience of mental illness to support doctor's training :: Lincolnshire Partnership NHS Trust \(lpft.nhs.uk\)](#)

[A new physiotherapy website offers support for Lincolnshire patients struggling with muscle and joint conditions :: Lincolnshire Community Health Services NHS Trust](#)

[Did you know we host the Lincolnshire Post-COVID Rehabilitation Service? :: Lincolnshire Community Health Services NHS Trust](#)

[Lincolnshire community nurse awarded Queen's nurse title :: Lincolnshire Community Health Services NHS Trust](#)

Stay connected – follow us on social media!



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[@NHSLincsCCG](https://twitter.com/NHSLincsCCG)



www.lincolnshireccg.nhs.uk