

# 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

### **Help shape the future of Lincolnshire's Mental Health Rehabilitation Services!**

Lincolnshire Partnership NHS Foundation Trust (LPFT) is inviting service users, patients, carers, partners and the general public to attend engagement sessions taking place in various locations around the county to discuss Lincolnshire's mental health rehabilitation services.

The events will provide people with an update on current services, as well as an opportunity for attendees to have conversations to share views, experiences and ideas to help LPFT provide and develop the best mental health rehabilitation support for people now and in the future.

We have organised an online event taking place on Monday 28th February, 2.00pm to 3.30pm via MS Teams and three face to face events taking place in March:-

- Tuesday 22nd March, 10am-12pm – Alive Church in Lincoln
- Wednesday 23rd March, 10am-12pm – Boston United Football Club, Wyberton, Boston
- Thursday 24th March, 10am-12pm – Jubilee Church Life Church in Grantham

For more information or to book onto an event please contact Sarah Cox via [lpft.involvement@nhs.net](mailto:lpft.involvement@nhs.net) or call 07773 206341.

## Are you interested in adult mental health inpatient care in Lincolnshire?

### **Mental Health Units (Use of Force) Act 2018**

We want to work with you to review Lincolnshire Partnership NHS Foundation Trust (LPFT) policy.

From 31 March 2022, new statutory obligations aimed at preventing inappropriate use of force will apply to organisations running inpatient mental health units, including NHS Trusts and independent sector organisations that provide NHS-funded care.

With this start date now fast-approaching, LPFT needs to satisfy itself that it will meet all the new requirements.

The Trust has an existing policy section called "Identification, Treatment and Management of People with Challenging Behaviour, Violence and Aggression" which sits in the Clinical Care Policy and requires a full review – this has been delayed while waiting for the publication of this new Act.

There are numerous specific requirements in the Guidance about what use of force policies should include, such as details of the types of force/specific techniques staff may use for different patient groups and details of how patients/families/carers/advocates will be involved in care planning that sets out preventative strategies to the use of force.

If you are interested in helping us to review this policy, we are planning two focus groups and would welcome your views on:

**Thursday 24th February 2:00pm-3 :30pm and Wednesday 9th March 2:00pm-3:30pm**

Both meetings will be online via MS Teams.

To book a place or find out more please contact Kate Sutherland via

[Lpft.involvement@nhs.net](mailto:Lpft.involvement@nhs.net)

## NHS Lincolnshire Citizens Panel – hearing from local communities

We are keen to hear from people who are from our **BAME** and **Eastern European** communities 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.

For more information please visit - [NHS Lincolnshire Citizens' Panel - Lincolnshire CCG](#)

## The Help Us Help You – Cervical Screening Campaign

Two women die every day from cervical cancer, yet it is one of the most preventable cancers. Around 2,700 women in England are diagnosed with cervical cancer each year and it is the second most common cancer amongst women under 35.

For more information about Cervical Screening please visit [www.nhs.uk/cervicalscreening](http://www.nhs.uk/cervicalscreening)

## Partner Activities and Events

### 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 links:

Wednesday 23rd February 1pm -2.30pm

[https://us02web.zoom.us/meeting/register/tZ0scOChqz0qHtdB6XDY6yeUA0-u\\_hv3wBU7](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 more information, please contact your local Childrens Centre.

If you are having issues registering for the classes online email [beststart@eyalliance.org.uk](mailto:beststart@eyalliance.org.uk)

### **Alford Hub –**

Services include - Free Prescription delivery for the vulnerable to Alford and a six mile radius, Virtual Daily Toddler Session, Virtual Twice Weekly Coffee & Chat Sessions, Social Prescribing, Advice and Support, Telephone Helpline, Virtual Community Centre, Virtual Community Notice Board, Crisis Response, Free Online Newspaper - The Alford-[Chronicle.co.uk](http://Chronicle.co.uk), Local business support, Local community group support, Practical support for all vulnerabilities, Face to Face and Telephone Befriending, Hospital Discharge Support and much more.

For further information please visit - [Home \(alfordhub.co.uk\)](http://Home(alfordhub.co.uk)) or [Alford Hub | Facebook](#)

### **Louth Wellbeing Hub**

Who we are and what we do -

Peer Support Role Cindy - Working from personal experience to support others to regain control over their own health. Fancy a chat with someone who's not going to judge, tell you what to do or tell everyone what you've said? Meet in a setting comfortable for you—go for a coffee or walk and talk. It can be just an hour or a regular appointment. Support given 1:1, face to face, phone, text and email.

Community Connectors Role Elise and Sue - Listening to individuals and community groups to find out what is important and what is missing in order to best provide for those who use local services. Working with other agencies to promote health and wellbeing whilst increasing independence

We also work in partnership with CarersFirst and host a Banter Breakfast and a bereavement support buffet lunch. We work with the Spilsby Wellbeing hub and the Brotherhood Project

**Whats on** - MONDAY - LGBTQ+ Group at Spout Yard Gallery, TUESDAY - Safe Place Cafe  
WEDNESDAY - Shine Drop in Support Group, THURSDAY - Safe Place Café, Bereavement Group, SATURDAY - Daddies, Laddies and Lassies

For more information please visit - [Trinity Centre – Team Parish of Louth](#)

### **Mablethorpe Wellbeing Hub**

The wellbeing hub is situated in the café area of Mablethorpe college to offer community-based support, guidance and courses around mental wellbeing.

For further information please visit – [Mablethorpe Learning Centre - Posts | Facebook](#)

Tel. 01507 473325 Email. [donna@cliplearning.com](mailto:donna@cliplearning.com) or [barbara@cliplearning.com](mailto:barbara@cliplearning.com)

### **Spilsby and District Wellbeing Hub**

Services include – Drop-in sessions, access to peer support workers, wellbeing projects, Access to Bro Pro UK (Mens Mental Health), Access to Eve (Womens Mental Health), Community Engagement Events, Signposting to key mental health services, Access to social prescribing, support with GP and other appointments, Connecting with rural villages and bring our projects to you.

For more information please visit - [New Life Spilsby - Home | Facebook](#) or

### **Carers First – Chatter Cake Events!**

Chatter Cake is an exciting new programme put together for women of East Lindsey 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. We will help our beneficiaries to build their own support networks with people who share similar interests and understand some of the challenges they face.

- 8th March 1pm Afternoon Tea – Skegness
- 28th March 11:30am Willow Weaving Workshop - Louth
- 7th April 10am-12pm Tea & Tech Event - Horncastle
- 19th April 10am Great Lincs Bake Off - Louth,
- 19<sup>th</sup> April 7:30pm 20th Virtual Bingo
- 11th May 1pm Afternoon Tea - Alvingham
- 26th May 12pm Jewellery Making Workshop - Cleethorpes

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

For more information please contact –

Email. [Hannah.key@carersfirst.org.uk](mailto:Hannah.key@carersfirst.org.uk) or Tel. 07391 418586.

## **Could your organisation be the next Community Information Point (CIP)?**

Calling all Charities & Community Groups in Louth, Skegness & Mablethorpe!

Could your organisation be the next Community Information point (CIP)?

Help provide people with friendly and impartial support, information and referral details for things like health services, wellbeing and social care support, local charities and help people understand where to go for benefits advice, or assistance with debts or money management.

Learn more by contacting [lynettepryke@lincolnshirecvs.org.uk](mailto:lynettepryke@lincolnshirecvs.org.uk)

## **Covid 'pop up' clinics**

Dates available in Boston and Lincoln up to 12<sup>th</sup> March –

**Fenside Community Centre, Taverner Road, Boston, PE21 8NL**

21<sup>st</sup> and 28<sup>th</sup> February, 12-7pm

5<sup>th</sup>, 7<sup>th</sup> and 12<sup>th</sup> March, 12-7pm

**Bridge Church, Portland Street, Lincoln, LN5 7NN**

26<sup>th</sup> February, 10am-4pm

5<sup>th</sup> and 12<sup>th</sup> March, 10am-4pm

For further information and alternative clinics 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 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](http://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**

[Lincolnshire Wheelchair Service missed appointments - Lincolnshire CCG](#)

[How to stay well when you're on holiday - Lincolnshire CCG](#)

[New website supporting Lincolnshire parents and families :: Lincolnshire Community Health Services NHS Trust](#)

[CQC report \(ulh.nhs.uk\)](http://ulh.nhs.uk)

[New degree apprenticeship route to qualification sees first successful graduate - United Lincolnshire Hospitals \(ulh.nhs.uk\)](http://ulh.nhs.uk)

[New support for people in mental health crisis :: Lincolnshire Partnership NHS Trust \(lpft.nhs.uk\)](http://lpft.nhs.uk)

[New NHS campaign launches to support survivors of sexual assault and abuse :: Lincolnshire Partnership NHS Trust \(lpft.nhs.uk\)](http://lpft.nhs.uk)

[Help shape the future of Lincolnshire's mental health rehabilitation services :: Lincolnshire Partnership NHS Trust \(lpft.nhs.uk\)](http://lpft.nhs.uk)

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