

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

Have
your
say

on the future of
nuclear medicine
services in
Lincolnshire's
Hospitals

The consultation runs from Monday 28
February 2002 to Monday 23 May 2022



Launch of 12-week public consultation on the future of nuclear medicine services

United Lincolnshire Hospitals NHS Trust has launched a 12-week public consultation into the future of its nuclear medicine service.

Nuclear medicine is a specialist imaging technique involving the administration of radioactive substances (called radiopharmaceuticals) in the diagnosis and treatment of disease.

There are over 20 different tests that nuclear medicine can perform and they look at conditions as diverse as Parkinson's disease to delayed gastric emptying. In ULHT hospitals, the most common tests performed are bone scans and heart scans.

The service is currently provided from three hospitals in Lincolnshire - Lincoln County Hospital, Grantham and District Hospital and Pilgrim Hospital, Boston. The service sees around 2,500 patients per year for very specialist tests.

The service has long faced challenges around staffing, aging equipment and sustainability, and therefore it has been deemed unsustainable in its current format.

The consultation is being launched on identified options to reduce the number of hospital sites that the service could be delivered from in future. These options have been developed by hospital clinicians, and shaped by patient representatives.

The options are:

- Option 1: Centralisation of the service at Lincoln
- Option 2: Centralisation of the service at two sites- Lincoln and Pilgrim

The consultation will run until Monday 23 May 2022.

Staff, patients and the public of Lincolnshire are invited to give their views as part of this consultation, ahead of a decision being made about the future of the service later this year.

We would welcome your support to encourage your members, constituents, staff and contacts to participate in this consultation.

To take part, please see the [consultation web page](#).

Feedback can also be provided in the following ways:

- [Fill in our survey](#)
- Come along to one of our virtual consultation events on Microsoft Teams, details below:
 - [Tuesday 8 March- 6.30pm-7.30pm](#)
 - [Monday 28 March- 3pm-4pm](#)
 - [Wednesday 13 April- 6.30pm-7.30pm](#)
 - [Tuesday 3 May- 3pm-4pm](#)
- Invite us to one of your meetings to discuss the service, by emailing communications@ulh.nhs.uk

If you have any queries regarding the consultation, please contact the team on communications@ulh.nhs.uk

Would you like to join our Cancer Expert Reference Group?

What is the Expert Reference Group (ERG)?

An ERG is a group of patients or their carers who have lived experience of cancer care and treatment who by coming together are able to share their insight and experiences with staff from across Lincolnshire cancer services to inform and advise those services.

The aim is to enable you to be involved in discussions about developments, improvements, service evaluations and redesigns relating to cancer care.

We are looking for 20 patients to come together to form this Lincolnshire group and to be involved in discussions and designs around cancer care delivery, developments and improvements.

We want to hear our patients and carer voices, we want you to work with us to let your lived experience help us to be the best we can possibly be, we want to learn from your experiences.

Our ERG members will be ambassadors for our cancer services, helping us to ensure patients, the public and other relevant stakeholders are informed about the workings and strategic direction.

The ERG members will provide a diverse forum for influencing and contributing to discussions and helping services to plan and deliver the best possible care for our community.

For further information please visit - [Would you like to join our Cancer Expert Reference Group? - Lincolnshire CCG](#)

Email. lccg.lincscancer@nhs.net

Every-one would like your views on smart health technology

Every-one is a Lincolnshire based charity working with Lincolnshire CCG and Helicon Health. We want to talk with people with different health conditions, and their families and carers, to see if 'smart' health technology could be useful for people in Lincolnshire. You can find out more about us here: <https://every-one.org.uk/> and <https://heliconhealth.co.uk/>

Examples of 'Smart' health technology are phone apps, or wearable devices – like patches or special watch like devices such as a 'Fitbit'.

These devices can read and monitor your vital signs and provide you and your GP or specialist with day-to-day information about your health condition. They could still call you in for an appointment if it was necessary.

To join us at one of our online conversations for patients and family carers please see links below -

- Thursday 10th March 10:00-11:30 <https://bit.ly/3hIRAvp>
- Friday 11th March 09:00-10:00 <https://bit.ly/3tydnvi>
- Tuesday 15th March 10:00-11:30 <https://bit.ly/3vHjpfL>
- Wednesday 16th March 14:00-15:00 <https://bit.ly/3KopuBL>

To feedback via our questionnaire please click on the following link - <https://bit.ly/3Ke93Yx>

Should you require any further information please contact Colin.Hopkirk@every-one.org.uk

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](#)

National No Smoking Day 9th March 2022

This years No Smoking Day is 9th March 2022. There are plenty of tools and support available to help you live life smokefree. For further information please see the links below.

[National No Smoking Day](#)

www.ash.org.uk

[The NHS Smokefree Pledge – Smokefree Action Coalition](#)

[Local Government Declaration on Tobacco Control – Smokefree Action Coalition](#)

Partner Activities and Events

Lincolnshire Rural Support Network is recruiting....

Health screening is a key part of the service LRSN offers Lincolnshire's rural and farming community, and we are expanding our services. As well as our permanent healthcare clinics at Louth Livestock Market and Spalding Horticultural Auction, this spring sees the launch of our mobile health screening unit, our Health Hut. We'll need two part-time nurses to help us run this new outreach service. If you are a registered, qualified nurse, with experience in undertaking health checks, you could join our team.

For further information please visit - [Come and work for LRSN - LRSN - Lincolnshire Rural Support Network](#)

Fighting Fit – Mablethorpe

Fighting Fit is designed to help you to maintain or increase physical activity levels at a pace that suits you and support you in the fight against cancer and long-term health conditions. We will help you build your strength, motivation and physical ambitions, and be here to put the kettle on and talk things through when you need it.

For further information and to book please visit -

<https://www.lincolncityfoundation.com/fightingfit>

Tel. 07305 108167 Email. health@lincolncityfoundation.co.uk

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 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

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,
- 19th 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 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

Covid 'pop up' clinics

Dates available in Boston and Lincoln up to 12th March –

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

12th March, 12-7pm

Bridge Church, Portland Street, Lincoln, LN5 7NN

12th 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

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

[Boston Borough Council approves multi million pound plans to transform Pilgrim hospital's emergency department - United Lincolnshire Hospitals \(ulh.nhs.uk\)](#)

[Stonewall Gold Award for Lincolnshire Partnership NHS Foundation Trust :: Lincolnshire Partnership NHS Trust \(lpft.nhs.uk\)](#)

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[www.lincolnshireccg.nhs.uk](#)