

# 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

### LIVING WELL WITH CANCER – JOIN THE '5K YOUR WAY' AT BOULTHAM PARK THIS MARCH

Lincoln City Foundation and Lincolnshire NHS are encouraging people to stay active through cancer and take part in the '5K Your Way' on the last Saturday of every month at Boultham Park. The next opportunity to join in is **Saturday 26<sup>th</sup> March at 9am**.

Anyone can take part, including families, carers and friends of those living with a cancer diagnosis, and the 5K can be completed at leisure by either walking or jogging.

"Getting out in the fresh air and being active improves physical and mental wellbeing," said Cath Koutna from the Living with Cancer programme for Lincolnshire NHS.

"We encourage anyone who has a cancer diagnosis or is living beyond, to stay as active as possible," she continued. "The 5K Your Way is a great way to support each other and be part of something which encourages activity at a comfortable pace – the aim is to just get outdoors and enjoy the fresh air, together with people going through similar experiences."



JOIN US THIS SATURDAY

# 5K YOUR WAY

Saturday 26th March at 9am

STAY ACTIVE THROUGH CANCER! TAKE PART IN THE '5K YOUR WAY' ON THE LAST SATURDAY OF EVERY MONTH AT BOULTHAM PARK. FAMILIES, CARERS, FRIENDS WELCOME TOO. JOIN US FOR OUR NEXT EVENT ON SATURDAY 26TH MARCH AT 9AM.

**NHS** Lincolnshire  **Lincoln City** Foundation

The poster features a group of people in blue '5K YOUR WAY' t-shirts standing on a grassy field. A circular inset shows a woman in a blue t-shirt holding a sign that says '5K YOUR WAY' and 'LIVING POINT'. The NHS Lincolnshire and Lincoln City Foundation logos are at the bottom.

For more information visit [5k Your Way. Move Against Cancer](#)

**There is still time to tell us your views on Wheelchair and Equipment services!**



**Lincolnshire Community Equipment Service and Wheelchair Services Service user Engagement**

Have you or someone you care for or support recently used the Community Equipment Service or the Wheelchair Service in Lincolnshire? If so, NHS Lincolnshire CCG and Lincolnshire County Council are seeking your views.

Have you or someone you care for or support recently used the Community Equipment Service or the Wheelchair Service in Lincolnshire? If so, NHS Lincolnshire CCG and Lincolnshire County Council are seeking your views.

To help shape the future of these services we are asking service users, their families, carers and supporters to share their views by taking part in our online survey, via the following link:

[https://nhslincolnshire.qualtrics.com/jfe/form/SV\\_ezI9MpnOTcpXSXc](https://nhslincolnshire.qualtrics.com/jfe/form/SV_ezI9MpnOTcpXSXc)

This survey will be open until midnight on **Sunday, 2 April, 2022.**

We expect to launch a contract procurement process, and would like to involve you, so that your opinions can be considered in the development of the specification. We would like to hear about your health care needs, how these services can support you to stay healthy, and access the right healthcare service when you need them. Ultimately, we need to understand what an excellent service would feel like for you.

In addition, there will be two online Service User Engagement Co-Production Events, which will take place using Microsoft Teams, the details of which – including joining instructions – are below:

- Monday 21 March, 2022, 10:00am-11:30am, [event passed - event recording available to view on our website:](#)

[Lincolnshire Community Equipment Service and Wheelchair Services Co-Production Events on Vimeo](#)

- Monday 28 March, 2022, 10:00-11:30am  
<https://www.eventbrite.com/e/290377034527>

At these events people using or who have an interest in these services will be able to give their views on the current services and share any thoughts or ideas they may have on how the service could be improved and delivered in future.

If you would like to speak to someone about this or book in for one of the events via telephone, rather than online, or you need support to complete the survey please contact Claire Hornsby, Engagement Manager, 07890 047 409 [c.hornsby1@nhs.net](mailto:c.hornsby1@nhs.net)

**Have your say on the future of Nuclear Medicine services!**

**Have your say**

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

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



### **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:
  - [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](mailto:communications@ulh.nhs.uk)

**If you have any queries regarding the consultation, please contact the team on [communications@ulh.nhs.uk](mailto: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.

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

Email [lccg.lincscancer@nhs.net](mailto:lccg.lincscancer@nhs.net)

## **There has never been a better time to join the NHS Lincolnshire Citizens Panel!**

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.

### **What's in it for me?**

- You will be helping to ensure we provide better quality care in a way that matters the most to Lincolnshire residents
- You will have the opportunity to have your views heard by local healthcare decision makers
- You will find out about new plans and ideas for Lincolnshire healthcare.

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

## **Partner Activities and Events**

### **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.

- 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.

## Covid 'pop up' clinics

**Wednesday 23<sup>rd</sup> March** at **Moorland Community Centre**, Moorland Avenue, Lincoln LN6 7NH, between 10am and 5pm, including boosters and first and second doses for anyone eligible including 12-15 year-olds provided a parent/guardian is present to consent.

**Thursday 24<sup>th</sup> March** at **Holbeach United Services Club**, 50 Church Street, Holbeach PE12 7LL, between 10am and 5pm, including boosters and first and second doses for anyone eligible including 12-15 year-olds provided a parent/guardian is present to consent.

**Friday 25<sup>th</sup> March** at **Stanhope Hall**, Horncastle LN9 6NF, between 10am and 5pm, including boosters and first and second doses for anyone eligible including 12-15 year-olds provided a parent/guardian is present to consent.

**Sunday 27<sup>th</sup> March** at **Darby and Joan Hall**, South Street, Bourne PE10 9LY, between 10am and 4pm, including boosters and first and second doses for anyone eligible including 12-15 year-olds provided a parent/guardian is present to consent.

For more information on where you can get your vaccination and an update regarding Spring Boosters please visit our website: <https://lincolnshireccg.nhs.uk/grab-a-jab/>

**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**

[Helping people with Post-COVID syndrome :: Lincolnshire Community Health Services NHS Trust](#)

[Women's physiotherapy pilot service has expanded to Mablethorpe and Horncastle :: Lincolnshire Community Health Services NHS Trust](#)

[The importance of cervical screening - column by CEO Maz Fosh :: Lincolnshire Community Health Services NHS Trust](#)

[NHS community trust launches recruitment drive for nursing staff :: Lincolnshire Community Health Services NHS Trust](#)

[Help us recognise the dedication of staff and volunteers :: Lincolnshire Partnership NHS Trust \(\[lpft.nhs.uk\]\(http://lpft.nhs.uk\)\)](#)

[Lincolnshire NHS Trust recognised for support for carers :: Lincolnshire Partnership NHS Trust \(\[lpft.nhs.uk\]\(http://lpft.nhs.uk\)\)](#)

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