

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

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](#)

The Macular Society

The Macular Society is a national charity, supported people who are affected by loss of their central vision. We are determined to beat the fear and isolation of macular disease with world-class research, and the best advice and support.

Our key services include:

Face-to-face and virtual support groups – meeting regularly for information, sharing of personal experiences, hints and tips and for social support

Advice and information service – advice, information and guidance to anyone with central vision loss, including family friends and carers

Telephone befriending

Telephone treatment buddies – Providing information and reassurance to people who are newly diagnosed or experiencing treatment for the first time

Telephone counselling – one-to-one, confidential support from a trained counsellor

Skills for seeing – one-to-one training and information to help people make the most of their vision to do the things they love

Connect by tech – one-to-one support to help others make the most of technology to aid daily living

Mentoring – offering support through sharing of personal experiences in many areas of life including employment, parenting and everyday life.

Working age and young people - The service supports working age, young people and parents of children with macular disease, providing bespoke and individual advice and information relating to the above three groups.

For more information and to access any of the services and support we provide, please call our Advice and Information Service on 0300 30 30 111 or send an email to

help@macularsociety.org

Partner Activities and Events

SOLAS (Spilsby, Old Leake, Alford and Stickney) Community Connections Event –

Wednesday 27th April 10-4pm, Franklin Hall Spilsby - Spilsby & District Wellbeing Hub alongside the East locality NHS Neighbourhood Team invite you to our Community Connections Event. Sharing and Celebrating teams and services working for the community within the SOLAS region. For more information about the event please contact

helen.kennedy9@nhs.net

The Macular Society Groups:

Lincoln and District - Meets on the third Friday of each month from 11am until 1pm. St Clements Court, Chapel Lane, Lincoln, LN1 3AD

Contact Paul Holden, telephone 07769 494 087, email paul.holden@macularsociety.org

Boston - Meets on the third Monday of each month, except December, from 1.30pm until 3.30pm, Zion Methodist Church, Brothertoft Road, Boston, PE21 8HD

Contact Leonard Sharpe, telephone 01205 359 513

Spalding - Meets on the second Tuesday of each month from 1.30pm until 3.30pm United Reformed Church, Pinchbeck Road, Spalding, PE11 1QF

Contact Leonard Sharpe, telephone 01205 359 513

Sleaford and Grantham - Meets on the first Friday of April, June, August, October and December from 10am until 12pm

Sleaford Town Hall, Quayside House, Navigation Wharf, Sleaford, NG34 7TW

Contact Sylvia Lawes, telephone 01529 410 686

Next meeting will take place on Friday 6 May at the same time. This is to replace the June meeting, which will be cancelled because of the bank holiday weekend.

Sutton-on-Sea and Mablethorpe - Meets on the last Wednesday of each month, except December from 10.30am until 12pm, Sutton on Sea Methodist Church, Alford Road, Sutton on Sea, LN12 2HN

Contact Paul Holden, telephone 07769 494 087, email paul.holden@macularsociety.org

Macular Society volunteer vacancies

Our support groups provide information, support and friendships to those living with macular disease and their family and friends. They rely on amazing volunteers who help to coordinate the running of the group. It is thanks to them that we are able to reach people in your area living with macular disease and provide them with life changing support.

We are looking for volunteers who can give approximately three hours each month to support our groups:

We need friendly and reliable volunteers who are passionate about helping others. You don't need to have a macular condition nor sight loss; empathy and an understanding of its impact will help you provide the best support.

If you would be interested and could help to fill this vital role, we would love to hear from you.

Contact: Paul Holden, telephone 07769 494 087 or email paul.holden@macularsociety.org

Gainsborough Trinity Foundation Presents;

Coffee Connect – Mondays 1-3pm – Are you feeling lonely or isolated? Pop along to our informal Coffee Connect sessions.

Open Access – Thursdays 12-2pm – Need help and support? Come along to our safe community space where you can access support with any issues you are currently facing, we will help to support and signpost you to suitable existing provision.

Craft and Chat – Fridays 1—12pm – Feeling creative? Come along to our weekly informal drop-in craft sessions. Bring your own crafts or have a go at something new with our range of arts and craft materials.

World Book Night – 25th April 1-3pm – Promoting reading for Wellbeing. No booking required.

MEN UNITED Walk, Talk, Kick About - Wednesdays 10-12. Male mental health and suicide prevention session. Have a kickabout and then relax, have a cuppa and a chat. For further details please contact damon@gainsboroughtrinityfoundation.com

Events will take place at Roses Sports Ground, North Warren Road Gainsborough, DN21 2TU. For more information about the Gainsborough Trinity Foundation events please contact enquiries@gainsboroughtrinityfoundation.com or call 07788 185743

LRSN Mad May Marathon – Walk, Jog, Run, Swim or Cycle 26.2 miles in May for LRSN. Registration now open, for more details visit - [Mad May Marathon - LRSN - Lincolnshire Rural Support Network](#)

Winthorpe Community Centre Death Café – Starting Saturday 23rd April, 10am-2pm at Winthorpe Community Centre, Roman Bank, Skegness, PE25 1QP. Drink Coffee, Eat Cake and Talk Death, Dying and Grief. For more information please contact - Jodi Bradbury Winthorpe Community Coordinator – 07738 997000

UNIQUE Kids Coaching and Counselling Consultancy – Call out for urgently needed high-quality donations for our children and young peoples mental health and well-being

project. Donations required are good quality clean clothes, toys and books! For more information please contact – unique@counsellor.com or whatsapp 07551 391000 or visit [Unique Coaching & Counselling Consultancy | Facebook](#)

Covid 'pop up' clinics

For an up to date list of 'pop up' vaccination clinics in Lincolnshire 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

[Specialist breast pain clinic offers a new way to access healthcare services for hundreds of people across Lincolnshire - United Lincolnshire Hospitals \(ulh.nhs.uk\)](#)

[Did you know we have a Parkinson's Service? Column by CEO Maz Fosh :: Lincolnshire Community Health Services NHS Trust](#)

Stay connected – follow us on social media!



[@NHSLincsCCG](#)



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



www.lincolnshireccg.nhs.uk