

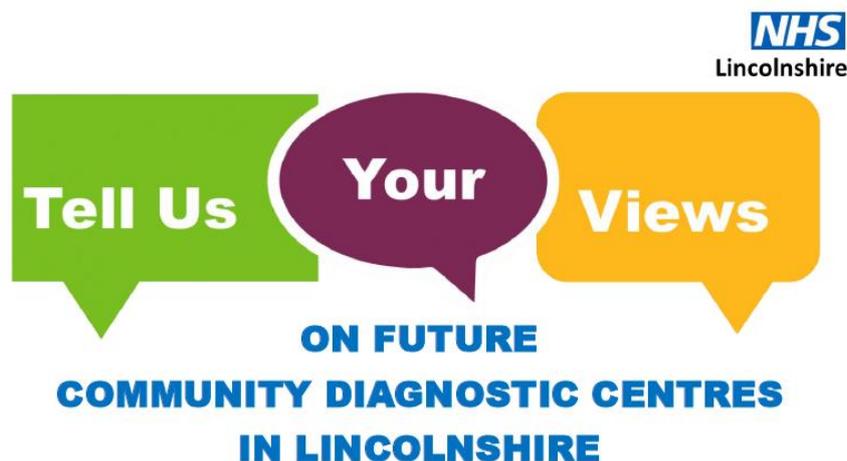
THE CONTRIBUTOR

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



Feedback on Community Diagnostic Centre 2 (CDC)

The NHS in Lincolnshire is currently working on the delivery of Community Diagnostic Centres (CDCs) across Lincolnshire. We are committed to engaging as widely as possible and in particular ensuring that members of the public are aware of future plans for the development of community diagnostic centres (CDC) in Lincolnshire and given the opportunity to help shape these.

We have previously engaged on what is important to the public in delivering diagnostic services and this feedback informed the development of our first CDC in Grantham which has recently opened and started treating patients. **We are now asking for your views on our next phase of CDCs.**

Please tell us your views by [completing this survey](#)

Community Diagnostic Centres Patient Experience Survey

Have you recently attended a diagnostic appointment in Lincolnshire?

We are currently exploring how future diagnostic services could be delivered across Lincolnshire and are seeking your views and experiences. In particular we want to gather feedback on your experiences of the service you received and what changes you would like to see in the future. Please complete this survey and share your experiences with us.

[Complete the survey](#)

If you would like either of these surveys in an alternative format, or would like help in completing the forms, please email the Engagement Team at lccg.involveus@nhs.net

Dying Matters Awareness Week 2-6 May

Dying Matters Awareness Week, 2-6 May, is our chance to get our community talking about dying and grief. We want everyone to be #InAGoodPlace when they die – whatever that means for them. Right now, we know that people are dying without the support they need. And we know that it's by talking, and by sharing stories, that we can remove the taboo and stigma that surround these topics. We can also better understand what's happening in our communities so that political and healthcare leaders know what is needed to make end of life care accessible to everyone.

Dying Matters Awareness Week is our chance to get talking, to share stories, and to call for end of life care for all. We are delighted to be working with partners across the county in health, care and community to support Dying Matters Awareness Week - join us at our events in Bourne and Holbeach to find out how we can support you to plan for your future #INAGOODPLACE

Wednesday 4th May 10:00-15:00

Bourne Corn Exchange, 3 Abbey Road, Bourne, PE10 9EF

Thursday 5th May 10:00-15:00

Holbeach Community Hub, Boston Road, Holbeach PE12 7LR

Mental Health Awareness Week 9-15 May

The impact and experience of the past 24 months has been different for everyone, as have our reactions, but there's no doubt it's been a difficult time for us all. That's why it's so important to look after our mental health and wellbeing; now more than ever.

The [Every Mind Matters](#) website is continuously updated to support the public's mental health, and includes a [COVID-19 hub](#) which offers tips and support on how to deal with change, cope with money worries and job uncertainty. It also includes practical tips and videos from experts on dealing with [stress](#) and [anxiety](#), boosting your [mood](#), [sleeping better](#) and what you can do to help others – including advice for [parents](#) and for [children and young people](#).

Lincs Recovery College online course 'Cancer – How are you feeling?'

Would you like the opportunity to explore the range of emotions that you may experience as someone living with cancer and have the chance to learn from others who have had similar experiences?

Join us for a new #LincsRecoveryCollege online course 'Cancer – How are you feeling?'. This session has been designed collaboratively with people who have experienced cancer and are part of the Lincolnshire Macmillan Cancer Co-production Group, alongside healthcare professionals from the Lincolnshire Macmillan Information Support Service.

This course aims to help you to:

- Be aware of your emotions and find ways to help yourself.
- Explore and discover tools and techniques to look after your feelings.
- Be an active participant in your cancer experience by learning to assert yourself to ask questions with confidence.
- Understand where you can access the support which is available.

Visit www.lpft.nhs.uk/recovery-college to read more and register today.

Partner Activities and Events

Activities at Sutton St James Baptist Church, Spalding, PE12 0EE

Chrissy's Craft - Every Wednesday between 10am - 12 noon @ Renew SSJ, Chrissy and local crafter Claire Dobson will be sharing a topical craft for everyone to try. For more information contact Chrissy phone: 07522 445409

Pop in and enjoy a cuppa and a chat – Every weekday 10am-12pm (except bank holidays) Colouring or other crafts as available, make new friends over a game of chess, draughts or scrabble or just enjoy the peace in our quiet area. For more information contact Sue phone: 07501 123183

Men's Breakfasts - Something for the men! Come and enjoy a full English breakfast @ 8.30am - for fellas of any age. Saturday 21st May & Saturday 18th June. No set charge but donations greatly appreciated. To book please contact Sue phone: 07501 123183 or email: sue@ssjbc.org.uk

Night Light Café – Wednesdays and Thursdays 6pm-10pm. Every week at St Mary's Church, Long Sutton, PE12 9JE. Providing a local, safe space and listening ear for anyone experiencing mental health crisis. For more information email: Nicholas.moon@cpslmind.org.uk

Inter-Generational Lens – Can learning photography help a new group of older & younger people in Long Sutton and Sutton Bridge see themselves in a new way? Free weekly sessions led by professional photographer | local exhibition of your work | no experience needed. 7th April – 12th May 6.30pm-8.30pm. Email: intergenlens@gmail.com

Lincolnshire Secondary Breast cancer support group starting June 2022 – A county wide support group for anyone affected by a secondary breast cancer diagnosis. To register your interest or for more details please speak to a member of your care team or email: annie.theed@ulh.nhs.uk

New Programme of Events – Chatter Cake

Chatter Cake is an exciting new programme put together for women of East Lindsey who care for others, with a goal of helping to boost confidence, improve resilience and create a sense of belonging.

June

Afternoon Tea - Wednesday 8th 1pm The Coffee House, Beresford Avenue, Skegness, PE25 3JD Tea, cake and a good old chat. What could be better?

Lincolnshire Show - Thursday 23rd One of the most successful agricultural shows in the country, running for over 100 years. Promoting food, farming and the countryside. Transport provided from central locations, as follows: 7:15am Mablethorpe Seacroft Rd Bus Station, 7:55am Skegness Richmond Coach Park, 8:30am Louth Bus Station. We will leave the show approx. 4pm and return to the above drop offs.

July

Pottery Painting - Thursday 12th 10:30am – 1:30pm Fiddley Diddle the Little Shop Of Lovely Things, Bluebell Cottage, Saltfleet Road, Mablethorpe, LN12 1PG

Ladies Day - Saturday 16th Market Rasen Racecourse Get your glad rags on, we're going to the races! Dress code, think wedding attire. Denim is allowed if smart and dark in colour, with no tears. Transport provided from Mablethorpe 9:15am, Skegness 9:50am and Louth 10:30am. Coach will return to pick us up at 4:45pm.

August

Lincoln Cathedral Flower Festival - Thursday 4th Stunning displays will blossom in every area of the magnificent Lincoln Cathedral, bringing it to life in a unique and inspiring way. The displays will cover poetry, theatre, film, and fashion, alongside history, exploration, invention, and more. There will be something for everyone, from the Mayflower Pilgrims' journey to the New World to the moon landing and even Harry Potter! Transport will be provided from Skegness, Mablethorpe and Louth. Times to be confirmed.

Top of the Shop Zoom Bingo - Thursday 25th 7pm Eyes down, it's bingo time! Real prizes to be won. Zoom link will be sent to all who book onto this event

For more information or to book a place on any of our events, please contact Hannah.key@carersfirst.org.uk or call on 07391 418586.

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

[End of an era as Mass Vaccination Centre shuts its doors - Lincolnshire CCG](#)

[Don't let hay fever get you down – see a pharmacist for advice - Lincolnshire CCG](#)

[The Power of Parents - Lincolnshire CCG](#)

[Making the most of the outdoors? Be prepared for bumps and scrapes! - Lincolnshire CCG](#)

[Your guide to health services when away from home - Lincolnshire CCG](#)

[Could you take part in local NHS research? - Lincolnshire CCG](#)

[NHS raises awareness of allergies - Lincolnshire CCG](#)

[NHS Lincolnshire CCG support European Immunisation Week - Lincolnshire CCG](#)

[People urged to come forwards for their covid vaccination and not wait - Lincolnshire CCG](#)

[Take the test when offered - Supporting Bowel Cancer Awareness Month - Lincolnshire CCG](#)

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

[Gemma is trekking for change - United Lincolnshire Hospitals \(ulh.nhs.uk\)](#)

Stay connected – follow us on social media!



[@NHSLincsCCG](#)



[@NHSLincsCCG](#)



www.lincolnshireccg.nhs.uk