



## PPG Newsletter Summer 2021

### **A message to all leighton buzzard patients from the patient participation group network**

Like the rest of the country, the 3 LB practices are experiencing a significant increase in requests for face to face appointments. Since January, all three surgeries have managed their workload remotely where possible (telephone and online consultations) in order to preserve social distancing measures. As lockdown measures are lifted, there is an increased need for face to face appointments which has left the surgery teams extremely stretched especially as they have continued to provide clinical and support staff to the vaccination centre at the Rugby Club since the New Year.

Sadly, there are increasing reports of personal abuse being levelled at both individual staff and practice teams which, when they continue to do their utmost to provide as near a normal service as possible after such a prolonged period, is very unhelpful and cannot be tolerated.

The Patient Participation Group Network seek to assure you on behalf of all 3 surgeries that they are genuinely doing their utmost to accommodate patients' needs and your support, patience and understanding would be very much appreciated and valued.

### **COVID-19 (Coronavirus)**

The LRS Surgery, as part of the Leighton Buzzard Primary Care Network (PCN), worked very closely with the PCN to help establish and run a COVID-19 vaccination centre at the Leighton Buzzard Rugby Club.

The PPG wish to thank LRS staff and those from the other surgeries who have contributed to making a success of the Vaccination Centre.

Vaccinations will be carried out at the local hub in Wing when the Rugby Club Centre closes in mid-June.

Many patients have already been vaccinated. However, it is better to be safe than sorry. Please remember the Hands, Face and Space guidelines.

Further information can be found by clicking the following link:

<https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>

### **LRS Nursing Team Celebrate Funding from the Queen's Nursing Institute and launch Flex Connect & Share!**

March 17 this year saw the launch of "Flex, Connect & Share", providing virtual coffee mornings, funded and supported by The Queen's Nursing Institute and led by the nursing team within the surgery. The coffee morning aims to connect people using Zoom, from home, and is ideal for anyone who is struggling to get out and about or wants to meet others. The sessions take place every Wednesday from 11.30 to 12.30.

The morning kicks off with a 20 min armchair-based exercise session led by instructors from Move Better Fitness Academy, which aims to improve posture, balance and muscle tone for all. This is followed by a fun filled quiz which has covered anything from identifying local landmarks and logos to knowing why the grass at Wimbledon was shortened in length!

Speakers have also been invited from health, the police service and the fire service to give short inspiring talks.

If you know anyone who would benefit from these sessions or you would like to get involved either by supporting people to access the meeting from their own homes or by joining the meeting, please do get in touch with Alex Mc Garvey, Lead Nurse, via email [alex.mcgarvey@nhs.net](mailto:alex.mcgarvey@nhs.net) or by contacting the surgery.

### Preventative treatments for children

It is highly recommended that you take up the offer if you receive an invitation for any preventative treatment.



To be fully protected you need two doses of the MMR vaccine. Your child will need their first dose of the vaccine at 1 year of age with the second being given at 3 years and four months.

If older children have missed their second dose, don't panic! They can be vaccinated and protected. Get in touch with your GP to find out if your family are up to date with the MMR vaccine. Find out when older children should have the vaccine by clicking on the following link:

<https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/>

### Missed your Vaccination

If you have missed your child's vaccination then don't panic, you can contact your GP to arrange a new appointment during the Covid pandemic.

A catch-up vaccine is also available.

Vaccines are safe and save lives, the MMR vaccine is the most effective way to prevent your child from contracting measles. The

vaccine can have mild side effects such as a mild fever, or a little bit of pain, but they will not last long and can be easily managed at home. If you are worried about the [side effects](#) or safety of the vaccine, give your GP a call, they can give you the facts. The NHS also has a [web page](#) with all you need to know about the vaccine, any side effects and why it's vital that your children are protected.

### Health and wellbeing fair

The PPG is proposing to hold another Health and Wellbeing Fair on Saturday the 18<sup>th</sup> of September at Grovebury Road. Further details will be published nearer to the day.

### Drop in coffee mornings

The PPG is trying to arrange drop-in coffee mornings at The Lighthouse in the Elms off Stoke Road.

<https://www.elft.nhs.uk/service/453/The-Lighthouse>

The aim is that if you are you feeling lonely, down or have a family member or friend who is a carer, then come along and meet the LRS PPG members at their coffee morning. In a friendly, relaxed atmosphere you can chat to others who may be going through similar experiences, make new friends or just enjoy the company.

The final date and times will be posted on the LRS Facebook page as well as local social media. <https://www.facebook.com/Leighton-Road-Surgery-113747666756251/>.

### Feedback on the Newsletter

We would like to hear your feedback on the newsletter. Do you find it useful or informative? Is there something you would like us to cover in future? If so,

Email us with your comments or a request to receive the Newsletter by Email to [lrspatientrep@nhs.net](mailto:lrspatientrep@nhs.net) or leave a note for the PPG at reception.