



## PPG Newsletter Spring 2021

### PRIMARY CARE NETWORKS

Leighton Buzzard Primary Care Network is made up of the 3 Surgeries in the town working together with a range of local providers, including across primary care, community services, social care and the voluntary sector, to offer more personalised, coordinated health and social care to the local populations.

### 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.

This service has been very well received by patients.

The jab is being rolled out to patients as per Governments guidelines.

However, there are three simple actions we must all do to keep on protecting each other even after having the jab.

Wash hands keep washing your hands regularly. Cover face wear a face covering in enclosed spaces.

Make space stay at least 2 metres apart - or 1 metre with a face covering or other precautions.

Further information can be found by clicking the following link

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

### YOUR OPINION MATTERS

Leighton Road Surgery Patient Participation Group (LRS PPG) would like patients in the working age population to help shape Leighton Road Surgery Services by looking at designing clinics and services to suit their needs.

The Surgery has a number of services available and are finding the uptake of these services such as cervical screening to be on the lower side compared to national average so therefore LRS PPG want to hear from you on how the Surgery can improve these services for you as the patient to access.

The PPG is asking you to send comments on shaping services to [lrspatientrep@nhs.net](mailto:lrspatientrep@nhs.net). The following items relate to preventative treatments available at the Surgery and through the NHS.

### PREVENTATIVE TREATMENTS

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

### CERVICAL SCREENING



The best way to protect yourself from cervical cancer is by attending cervical screening (previously known as a smear test) when invited.

The NHS Cervical Screening Programme invites all women from the age of 25 to 64 to attend cervical screening.

Women aged 25 to 49 are offered screening every 3 years, and those aged 50 to 64 are offered screening every 5 years.

You should be sent a letter confirming when it is time for your screening appointment. Contact the Surgery if you think that you may be overdue.

## NHS HEALTH CHECK



The NHS Health Check is offered to everyone aged 40 to 74 and aims to prevent premature death from diseases such as heart disease, stroke, kidney disease and diabetes.

The health check looks for warning signs of a patient being at higher than average risk of developing the conditions. The health check helps to identify warning signs. Patients can then be given appropriate advice or treatment, if required.

## BOWEL CANCER

Bowel cancer is a general term for cancer that begins in the large bowel. Bowel cancer is one of the most common types of cancer diagnosed in the UK. Most people diagnosed with it are over the age of 60.

People aged 60 to 74 will receive a free NHS test kit in the post.

Further information can be found by clicking the following link

<https://www.nhs.uk/conditions/bowel-cancer/>



## IMPORTANT NEWS from



Healthwatch Central Bedfordshire wants to hear from children and young people under 25 who have something to say about the health and social care services they use – that's everything from your school nurse or GP to your local hospital and support services.

We want to give you a voice so that you can be part of shaping services now and in the future.

Interested in joining the team? Get in touch with Eleanor, our Young Healthwatch Engagement & Volunteer Officer:

[eleanor.ryles@healthwatch-centralbedfordshire.org.uk](mailto:eleanor.ryles@healthwatch-centralbedfordshire.org.uk)  
Tel [0300 303 8554](tel:03003038554)

## 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.