



We started the year on a positive note with our Health and Wellbeing Fair. The Fair focussed on a 'New Year a New You' and was well received and attended by many people.

We soon found out that life in 2020 was about to be taken over and disrupted by Covid-19 (Coronavirus).

Everyone has lived through very difficult times. We must not forget the way people worked together to follow Government guidance. We looked after the elderly and vulnerable by keeping in touch and helping with shopping. Please remember that the elderly and vulnerable still need to have contact in line with Government guidelines and law. A phone call to someone may be their only social contact.

The virus is still very much with us. Please do whatever you can to follow the following guidance.

COVID-19 (Coronavirus)

There are three simple actions we must all do to keep on protecting each other.

Wash hands and 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>

Lighthouse Leighton Buzzard

The Lighthouse is a free community drop-in mental health 'safe space' usually held at Whichello's Wharf.



Face-to-face sessions are on hold during the COVID-19 emergency to help protect staff and service users from the risk of infection.

However, Lighthouse is providing telephone or video support for anyone experiencing anxiety or crisis.

Call the service on 07939 931622 during its hours of business which are as follows:

- Monday – 5.30-9pm
- Tuesday – 5.30-9pm
- Friday – 5.30-9pm

Up to date opening hours can be found using the following link.

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

Lighthouse offers free and impartial help to anyone feeling lonely or isolated, people with worries about practical issues like applying for benefits, those who want support as part of their recovery, or anyone who feels they are close to or experiencing a mental health crisis.

The team of trained volunteers and qualified health professionals provide support, advice and - if needed - signposting to a range of services in Bedfordshire.

LRS Services

It is not always necessary to see the doctor with your problem. LRS Minor Illness Nurses have been specially trained to treat a range of conditions and are able to prescribe medication if needed.

Some have had further training in dealing with Long Term Conditions.

Long Term Conditions

Many patients are diagnosed with long term conditions such as respiratory or cardiac problems or high blood pressure. These conditions can be very well controlled with correct treatments, advice, and information.

The Practice employs a team of Specialist Nurses who offer clinic appointments for the management of these conditions. Our nurses work closely with our doctors. Attendance at a clinic gives you the opportunity to increase your knowledge and understanding of your condition as well as having your symptoms monitored. Most clinics are held weekly and you will be invited to attend.

Full details can be found by clicking on the following

<https://www.leightonroadsurgery.co.uk/practice-information/>

Drop in Blood Clinics

The drop-in blood clinics are held at Grovebury Road Surgery on

Monday to Friday
8 am till 12 noon

Monday to Wednesday
2 pm to 3 pm

Please wrap up warm for blood test and come prepared with umbrella if weather looks unfavourable. Queuing outside prior to being seen is still a required due to Covid-19.

Christmas and New Year Opening Times

Friday 25th December CLOSED
Monday 28th December CLOSED
Tuesday 29th December Normal Hours
Thursday 31st December Normal Hours
Friday 1st January Closed
Monday 4th January Normal Hours
Remember to order repeat prescriptions in plenty of time .

Flu Clinics

Drive-thru clinics were held for vulnerable patients and those in the at-risk group. The PPG helped with traffic flow, checking if patients had their paperwork ready to hand to nurses and asking them to have their arms ready. This was very successful and although there were some negative comments there were many more positive ones.

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 or leave a note for the PPG at reception.