



## PPG Newsletter Winter 2022

### Surgery Information

The Surgery will be open until 23<sup>rd</sup> December until 6:30pm. However, on 23<sup>rd</sup> December the Surgery will be unable to run a drop-in blood service and will be offering pre-bookable appointments instead.

Christmas and New Year opening times:

- 26<sup>th</sup> December – CLOSED
- 27<sup>th</sup> December – CLOSED
- 28<sup>th</sup> December – Open 8am – 6:30pm
- 29<sup>th</sup> December – Open 8am – 6:30pm
- 30<sup>th</sup> December – Open 8am – 6:30pm
- 2<sup>nd</sup> January - CLOSED

**Please remember to request your medication for over the holiday period, in good time. This will allow for the prescription request to be raised, signed by a GP, and submitted to your nominated pharmacy in good time.**

The maintenance work has now taken place on the two automatic doors at Grovebury Road, and these are now back up and running.

### Banish winter tiredness

Many people feel tired and sluggish during winter. This is due to the lack of sunlight, which disrupts our sleep and waking cycles.

Try these tips:

- get outdoors in natural daylight as much as possible
- get a good night's sleep – go to bed and wake up at the same time every day

- destress with exercise or meditation – stress has been shown to make you feel tired.

### Help the NHS to help you this winter

#### Winter check list

- Check your home medicines cabinet – is everything in date? Restock with essentials including cold remedies, pain killers.
- Look out for any vulnerable friends and neighbours – what could you do to help them? Are there any hazards in their homes? Do their slippers need replacing? The Ambulance Service attend falls to older and vulnerable people all year round
- Wear appropriate shoes when outside especially during icy weather. The NHS typically see an increase to slips and trips during colder spells
- Heat homes to at least 18C (65F). You might prefer your main living room to be slightly warmer
- Keep active when you are indoors. Try not to sit still for more than an hour or so
- Wear several layers of light clothes. They trap warm air better than one bulky layer
- For further information on how to protect yourself and others this winter please visit the NHS Staywell website at
- <https://www.nhs.uk/staywell/#ugXZbirw4X40krXI.97>

## Citizens Online

Leighton-Linslade Town Council has introduced a service called Citizens Online which is designed to deliver the free to use 'Technology Helpline' for residents who are aged 55 years and over.

It is the Council's intention to support this age group develop and improve their knowhow and use of technology. The aim is to reduce digital exclusion and to help them increasingly engage with services and the community in which they live through digital platforms being used.

Do you know someone who is 55 and over and lives in Leighton-Linslade and needs help with digital skills then ask them to call the free digital skills helpline on 0808 196 5883.

Citizens Online can support people to:

- Order Groceries
- Make Doctors' Appointments
- Chat with Loved Ones
- Explore Hobbies Online
- Access Leisure Opportunities
- AND MUCH MORE!

## BLMK Digital Strategy

The use of technology and digital access to services was increased due to the COVID Pandemic and many of the ways people receive treatment or advice have changed and may have been supported by digital or remote services.

BLMK would like to understand how residents feel about digital health and care services, what they think works well and what barriers there may be to residents being able to access services in this way.

BLMK want as many people as possible to share their views and help shape services across Bedfordshire, Luton and Milton Keynes, so please complete the survey at <https://eu.surveymonkey.com/r/BLMKDigital>

The survey runs until **Thursday 12 Jan 2023**.

## Leighton Buzzard Voluntary Patient Transport (LBVPT)

Leighton Buzzard Voluntary Patient Transport (LBVPT) provides transport to local hospitals for the elderly and vulnerable who cannot get to them without assistance and who do not qualify for NHS help.

LBVPT is operated by volunteers and provides a safe, inexpensive, and reliable means of transport to our local hospitals for those in need to attend a clinic appointment. LBVPT goes to our local hospitals and not to dentist, optician, or doctors' appointments.

LBVPT needs volunteers to help make this community scheme a continuing success, you can help by calling 07873 497633 or logging into [www.lbvpt.co.uk](http://www.lbvpt.co.uk) for further information.

An hour or two a week will help LBVPT to help our community

## PPG Newsletter

PPG members put the newsletter together, due to GDPR regulations, we have no access to patient records/email addresses etc and therefore the surgery sends out the texts on our behalf.

A PDF version is available to download onto a computer by logging into the Leighton Road Surgery website ([www.leightonroadsurgery.co.uk](http://www.leightonroadsurgery.co.uk)) and on the left-hand side click 'Patient Participation Group'. There you will find the link to the newsletter.

## 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.