



LRS Patient Participation Group

Summer Newsletter 2025



Your PPG Needs You

Are you interested in joining?

Leighton Road Surgery Patient Participation Group?

Who are we? We are an independent group of surgery users who care about the way our surgery works and the service it can provide. We meet every 6 weeks with the Practice Manager.

What do we do? We work with the Practice in order to identify priorities for our patients and contribute to proposals for any improvements or changes within the Practice. We also put forward patient views and ideas on changes at both local and national level.

LRS PPG is a member of the Leighton Buzzard Patient Participation Network which meets regularly. 2 of our members are represented on the Network, along with patient representatives from Bassett Road Surgery and Salisbury House Surgery.

What can you do? Why don't you come and join us? Any patient registered at the surgery will be eligible to apply for membership.

If you are interested, please contact us at

LRSPPG09@gmail.com

Couch to 5K

Starting something new like running can feel overwhelming, but that is completely normal. Many people feel this way at first. Could Couch to 5K help you.

Couch to 5K is a simple, free running plan for absolute beginners. It is perfect if you want to get moving but do not know where to start.

The plan has you running 3 times a week, with rest days in between and a fresh schedule to follow each week.

Full information by clicking on the following link.

<https://www.nhs.uk/better-health/get-active/get-running-with-couch-to-5k/>

Useful information for our older patients

To retain health and fitness we are told it is important to keep moving, learning, being creative, interested and in touch with other people, so that we remain and feel useful.

For more information, please click on the below link:

<https://leightonroadsurgery.nhs.uk/wp-content/uploads/2025/05/INFO-FOR-OLDER-PEOPLE-BOOKLET-2022.pdf>

Missed Appointments

The level of missed appointments is still too high. Missed appointments also have an impact on patients who are needing appointments.

Please help the surgery by responding to any text reminders by attending as notified or cancelling if your appointment is not needed.

383 patients did not turn up for appointments during March and April.

Sepsis

What is sepsis?

Sepsis is a life-threatening reaction to an infection.

It happens when your immune system overreacts to an infection and starts to damage your body's own tissues and organs.

You cannot catch sepsis from another person.

Please click the following link for further information

<https://www.nhs.uk/conditions/sepsis/>

Digital Switch Over

Landlines in the UK are going digital. The existing analogue technology (the PSTN - Public Switched Telephone Network) which has supported phone and broadband services for decades is being retired and switched off.

Together with Government, Ofcom, telecoms providers, charity partners and key industry groups, are working hard to ensure that everyone knows about the change, how they will be impacted and what they need to do as a result.

<https://www.gov.uk/guidance/uk-transition-from-analogue-to-digital-landlines>

Giving blood

Everyday thousands of people's lives are saved or improved thanks to the generosity of donors. But sadly, there are still lots of patients the NHS can't treat because the Blood Transfusion Service doesn't have enough supplies. There's an urgent need for donations.

Blood is always in high demand. Most people aged 17 – 65 can donate.

Giving blood saves lives. The blood you give is a lifeline in an emergency and for people who need long-term treatments. Many people would not be alive today if donors had not generously given their blood.

The NHS needs over 6,000 blood donations every day to treat patients in need across England, which is why there's always a need for people to give blood. Each year the NHS needs approximately 200,000 new donors, as some donors can no longer give blood. There has been a significant drop in men donating blood.

For more information about giving blood, visit the [Home - NHS Blood Donation](#)

Feedback on the Newsletter

We are a patient group, and we do not have access to patient records and are unable to advise on individual situations. All patient related issues are forwarded to the Surgery

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 to LRSPG09@gmail.com

The Surgery sends out a link to the Newsletter via text. You can download a copy from <https://leightonroadsurgery.nhs.uk/surgery-information/patient-group/>