



LRS Patient Participation Group



Autumn Newsletter 2025

Health Connections (HC)

Health Connections is the [Primary Care Network](#) (PCN) for Leighton Buzzard and support the three member practices, Bassett Road Surgery, Leighton Road Surgery and Salisbury House Surgery. Formally known as The Leighton Buzzard PCN, Health Connections offer various primary care support roles (including blood tests and health checks) to help patients take ownership of their healthcare and connect them to their community.

Health Connections social prescribers carry out community outreach work with the local community and voluntary groups. They utilise the [personalised care model](#) by working with you to help achieve your own goals, at your pace and focusing on what's most important to you.

Self-Referral Services

In the UK, one in five GP appointments is related to wider social needs rather than medical issues. Social prescribers (also called social prescribing link workers) work together with GP practices to ensure that the wider needs of patients are addressed. They connect patients to groups, activities and services in their communities to meet their social, emotional and practical needs that affect their health and wellbeing.

The following are services provided by Health Connections

Social Prescribing - patients can call 01525 300780 (service at PCN)

Smoking Cessation - patients can call 01525 300780 (service at PCN)

Health Coaching - patients can call 01525 300780 (service at PCN)

NHS APP

The NHS is moving towards digital services. The NHS App gives you a simple and secure way to access a range of NHS services. Download the NHS App on your smartphone or tablet via the [Google play](#) or [App store](#). You can also access the same services in a web browser by [logging in through the NHS website](#).

You must be aged 13 or over to use the NHS App. You also need to be registered with a GP surgery in England or the Isle of Man. Find out more about [who can use the NHS App](#).

Weight Loss Injections

There has been a surge in people looking to obtain weight loss injections. However, it is vital that you talk to a healthcare professional who will discuss through the benefits and limitations, including any side effects that you might get. Please be wary of the source of

injections that are offered on the internet. There are hundreds of fake websites offering fake injections and other fake medication. Fake pharmacies can look convincing but remember the saying, buyer beware.

Recycling Facilities

Recycling facilities for medication, blister packs and plastic pill bottles are now available at Leighton Buzzard Health Centre in Bassett Road.

What3Words

In an emergency identifying a caller's exact location is incredibly important. Using What3Words can be useful when there is no easily identifiable landmark, address, or postcode. The app can be downloaded from the Apple app Store and Google Play.

Mindfulness

Mindfulness is the practice of being fully present and aware of your thoughts, feelings, and bodily sensations without judgment. It originates from Buddhist traditions and is often used in therapeutic settings to help manage stress and improve mental well-being.

<https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/?ac=190101>

Protect you and your Family Health

There has been lots of information on the media about the importance about making sure that children have their childhood vaccinations. The vaccinations give protection against serious complications caused by measles.

Please do take up offers of Breast and Bowel Cancer Screening. A few minutes of your time may save your life.

Covid and Flu Jabs

You will receive a text message from either the Surgery to book flu jabs or Health Connections with a link to book the Covid and Flu jabs.



It is especially important to have jabs to reduce impact on NHS services.

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 lrsppg09@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/>