



LRS Patient Participation Group

Summer Newsletter 2023



EConsult

eConsult is a way to contact your own NHS GP Practice online, for free, anywhere, and anytime you have access to the internet, quickly and safely. eConsult is easy to use and will give your doctors all the information they need to triage and make sure every patient gets the care they need.

It will also advise you that with the data you enter, following the structured templates, that your symptoms could be managed by a more appropriate service, so to ensure that you the patient receive the right care in a timely manner.

The Surgery will be issuing a guide on how to use eConsult when the system goes live.

There will also be a video to show patients how to use the platform on the website.

Telephone System Call Back

The surgery offers a call back facility and if you choose this it will keep your place in the queue, and you will be called back when you reach number 1 in the queue. This call back will be on the same number you called from. Please do not call again during the time you are waiting as you will lose your place in the queue.

Breast and Bowel Cancer Screening

It is important that anyone who receives an invitation for either breast or bowel cancer screening that they attend an appointment or use the bowel screening kit that is sent out via Royal Mail. The screening may save your life.

Autism Bedfordshire

WE NEED YOUR HELP!

We need help from:

- autistic adults with/without a learning disability, living with Type 2 diabetes
- adults with a learning disability living with Type 2 diabetes
- their parent/carers.

BE PART OF A NEW PROJECT!

We will be working with the NHS Diabetes Service to develop a series of videos that will help autistic adults to understand how to manage their diabetes.

- You will need to attend group meetings in Bedford with other autistic adults, two healthcare professionals and a videographer.
- The sessions will be facilitated by Autism Bedfordshire.
- The total number at each session will not exceed ten people.
- We need your input to inform what should be included within these videos and other information which is given to patients.

To take part please email annette.reid@autismbeds.org

£10 Amazon voucher for participating

Activities for Disabled People

The following link takes you to the Scope website with advice about days out for disabled people and their families. There are lots of various activities on the website.

<https://www.scope.org.uk/advice-and-support/days-out-tips/>

Walk 1000 Miles in 12 Months

Did you know it takes less than an hour a day's walking to hit 1000 miles in 12 months? Doing so boosts your immunity and cuts your risk of diabetes, heart attack, obesity, stroke, and depression. Try the fun, free & flexible challenge 99.9% of participants recommend it to a friend: it's just 2.74 miles a day. You **don't** need to change your life; you **do** need to stick at it; you **WILL** feel an amazing difference. Walk 1000miles is an honesty-based challenge shared by tens of thousands of participants. You can find out more information by clicking the following link:

<https://www.walk1000miles.co.uk/>

Sleep and Tiredness

There are many reasons why you might feel tired and advice about what you can do to prevent tiredness is provided in the following link.

<https://www.nhs.uk/live-well/sleep-and-tiredness/>

NHS Blood Donation

The NHS needs donors from all communities and ethnic backgrounds to donate blood so it can meet the needs of all patients in England now and in the years to come. Black, Asian and minority ethnic donors are specifically needed right now because:

- some patients who receive frequent blood transfusions need blood to be closely matched to their own.

- a number of blood conditions, like sickle cell disease which is treated through blood transfusions, most commonly affect Black, Asian and minority ethnic people.
- the best match typically comes from blood donors from the same ethnic background.

Blood conditions and blood groups

Thalassemia and sickle cell disease are blood conditions that most commonly affect people within the Black, Asian and minority ethnic communities. The treatment of these conditions is much more successful using blood that is very closely matched to the patients.

More information can be found by clicking the following link.

[Black, Asian and minority ethnic communities - NHS Blood Donation](#)

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.