

Happy 2023 Everyone



Team Work

Voices For All



The meeting was held at Sleaford, and we were joined by Health Watch Lincs, who spoke about the 'Digi Health' app and their support service.



LPFT did some work with the group to gain feedback on their services.



Lincs Police spoke to the group and gave a presentation on 'Safer Strangers'.



Check out the link below for a video on how to use the digi health app.

[Digi-Health - HWLincs](#)

Click on the picture below to see the Mate Crime presentation.

Lincolnshire Police



Mate Crime Tom, Sharon and Andy

Below is a link to the 'Tricky Friends' video

<https://youtu.be/tEx8uFuNZGU>

Staying Safe working Group



We met at the Chambers of Commerce for our December meeting. We were joined by Zara McArdle from the EDI team and Suzanne Davies from Lincolnshire Police who spoke to the group about 'Street Safe' and the Pegasus scheme. Zara has also offered to be a regular member of the Staying Safe working group.



Healthy Lifestyle working group

RITA



There is some new technology equipment they now have in the hospitals in Lincolnshire.

RITA, stands for Reminiscence Interactive Therapy Activities, is a digital therapy system



RITA is a computer screen. People on the wards can watch these screens, they can play games, listen to music, and do many more things.



The hospital staff are beginning to use the screens for people with autism and anxiety. If someone has high anxiety the right music can help relax and be calming.



We have been out visiting day services, sharing copies of the newsletter.


David has been sharing out the annual health check booklets out at day services and asking staff to talk to people about the importance of having their annual health checks.

We have also been sharing the hospital passport booklets and talking to people about the benefits of having one with you when you are admitted into hospital for any reason.

If you would like more information or a copy of the booklets please contact



All About Me



My name is:

I like to be called:

Please add a photograph of yourself here

All About Me
www.allaboutme-lincolnshire.org.uk

This book contains key information about me that will be helpful in any health or social care setting.

Last updated: (date)
DD/MM/YYYY

Please keep this book with me at all times and ensure that I take it home with me.

United Lincolnshire Hospitals NHS Trust

kerry.gibson@voiceability.org

Filming



The Speak Out Leaders have met at Grantham hospital with Sharon Kidd Patient Experience Manager ULHT and Kerry Poberezniuk Learning Disability Nurse ULHT. We are working together interviewing different nurses, anaesthetist, surgeon, and rooms such as surgery, recovery, Xray and other areas.



These short films will be used to promote awareness and hope to assist with lowering anxiety when accessing hospital with the hope of attempting to show inside and what happens in different areas.



Hastings Day Services Gainsborough



Hastings is a happy and friendly place, and we make all new starters feel welcome.

We enjoy trying new activities and going out and about in the local area.



We like to contribute to our local community, and we get involved with local projects and different types of work



Our aim is to enable people to reach their full potential and fulfil their goals and aspirations

What people like to do



Niamh likes spending time with her family and seeing a fire engine. Bianca likes learning new things and singing karaoke



Shaun likes to paint

Rosemary likes going to Hastings to see her friends she also enjoys doing volunteer work and spoke about a course she is doing about this.



She likes going on days out.

Arron loves snakes and enjoys singing. He also helps test the fire drill each week

Neil loves going out on conservation and planting trees in mercer woods. The group got a certificate for their work.....



Jasmine told us she thought it would be good to go to more coffee mornings around Lincolnshire and social events. New places to meet new people



Lewis says its good to be sociable. Seeing friends, getting our... makes me smile.



Jake let us know that he likes to be a romantic and enjoys helping everyone. Everything makes him smile.

They have a project at Richmond park that many like to be part of.



The group all said that they would love their own mini bus so that they could get out more.

They create their own newsletter.

Many people said it would be good if they had somewhere they could meet with friends in an evening. They said there was nothing to do in Gainsborough.



If they could change anything about Hastings they would like to make it bigger and add another room



Thank you for sharing it was lovely to meet everyone at Hastings day services.

Hastings Newsletter Summer

June/July/August/September 2022

Lincolnshire
COUNTY COUNCIL
Working for a better future

Conservation

Recently we had Gainsborough in Bloom visit us at our polytunnel in Richmond Park and they also came to see the conservation work which we are involved with at Mercer Wood.

At Primrose Street we have been making big planters to house different flowers.

We also litter pick and tidy up near a wildflower spot near Corringham Road.

FAREWELL:

Tracy – Day opportunities

Mandy - Day opportunities

