



From the Board

The HWLincs Board would like to share thanks to our staff, volunteers, trustees, members and stakeholders for their hard work and support this year and look forward to an equally rewarding and active 2023.

Christmas and New Year Closing

From everyone at HWLincs we are wishing our trustees, members, staff, volunteers and all our partners, public and colleagues a happy Christmas and safe and peaceful New Year.

The office will be closed from Friday 23rd December reopening on 3rd January 2023. However, if you want to leave a message you can via our phones or by email on enquiries@hwlincs.co.uk (for the charity) or info@healthwatchlincolnshire.co.uk (for Healthwatch specific enquiries).

Don't let a language barrier stop you from sharing your seasons greeting with someone this year - wish the world a "Merry Christmas". Watch PAB's video here, as they share season's greetings in a number of different languages. -

<https://www.youtube.com/watch?v=3a7JPywqun8>



We're celebrating 10 years

As we enter 2023, both HWLincs and Healthwatch enter their 10-year anniversary year. Throughout the year, we will be celebrating our successes and raising the profile of the work we have done, current work and ways for people and organisations to get involved with us.

We are in the throes of planning our activities and spreading the word, so if you know of, or are holding any community or business focussed events, please let us know, enquiries@hwlincs.co.uk



Christmas Get Together

On the 19th of December we welcomed the opportunity to catch up with colleagues, board, members and volunteers at our seasonal get together, it was so nice to have a bit of normality to what has, for so many been a challenging year.

We had magic from Dean and a quiz from Oonagh so it was a few hours of enjoying just being with others, thank you to Sarah for organising the nibbles. We will be sharing a little more about Dean in the New Year's January edition of HWLincs News so watch this space.



A Reminder : HWLincs is now one of the good causes listed with the South and East Lincolnshire Community Lottery

How to lottery works

South and East Lincolnshire Community Lottery is a weekly lottery that raises money for good causes in South and East Lincolnshire. All good causes supported by the lottery will benefit South and East Lincolnshire and its residents.

Tickets for the lottery cost just £1 a week. Each ticket has a **1 in 50** chance to win a prize each week, with a top prize of £25,000! That's a better chance of winning than the National Lottery or the Health Lottery.

Each ticket has six numbers and each number is between 0 and 9. There will be a draw every Saturday night when a six-digit winning combination will be picked. Prizes will be given to players with tickets that match the first or last 2 to 6 numbers from the winning combination. Match all six and you win the jackpot!

How will HWLincs benefit

As 60% of all ticket sales go to good causes, HWLincs decided to register as one of the good causes that might benefit. Any funds raised by HWLincs through this new lottery will go towards developing new outreach support for our Healthwatch Information Signposting Service, by providing advice and information for locally families, individuals and communities across South and East Lincolnshire.

Please help us raise the much-needed funds to set up this new addition to our service by registering via the following link:

<https://www.selcplottery.co.uk/support/hwlincs>

Thank you for your support and we wish you good luck

Volunteering

Simon and the team wish all our volunteers, past and present a peaceful Christmas and look forward to welcoming our current volunteers back in the New Year.

Can you find Santa's Elf? Apparently, the record is 1 minute 46 seconds



News in Miles



The Commonwealth Challenge

Hello walkers, runners, cyclists and beyond – Here's our December Commonwealth Challenge update.

HW Lincs
COMMONWEALTH CHALLENGE

Another big chunk chipped off the total this month, thanks to people staying active despite the cold and others making their own journeys around the world.

This time we've seen New Zealand, Australia and now we're across the South Pacific and staring at the Gulf of Venezuela, en route to Guyana. Given how far we've come, the 29,000km left to go should be a breeze. **MERRY CHRISTMAS!**

45 torch stops

111,485 km travelled

6 activities
walking
swimming
running
cycling
flying
sailing

THIS MONTH'S JOURNEY

A NICE ROUND OF GULF: OUR POSTCARD FROM THE GULF OF VENEZEULA

OUR JOURNEY IN FULL

Our Contracts



Main contacts: Dean Odell, Oonagh Quinn and Julie Evans

info@healthwatchlincolnshire.co.uk
www.healthwatchlincolnshire.co.uk

Healthwatch

Cost-of-living: Quick Poll Survey

The cost-of-living survey will be launching in January and will be supported by a cost-of-living support pack. This pack will contain information, for example, on foodbanks in the area, hygiene banks, financial support, community hubs and warm spaces. Watch this space for our launch in January.

Enter and View

Next year we will begin a series of Enter and View activities Healthwatch has the legal power to visit health and social care services and see them in action. This power to “Enter and View” services allow us to identify what is working well and where improvements could be made.

These will include:

- Mystery shopper, Enter and View activity across our Lincolnshire hospitals and A&E departments.
- Supporting LPFT at 2 inpatient wards
- Working with LCC & CQC to visit Lincolnshire Care homes
- Working with LCC focusing on designing a survey exploring food and nutrition in a residential care home for those with learning disabilities.

If you would like to take part and become an Enter and View volunteer contact our Volunteer Officer Simon Parker simon@hwlincs.co.uk or Healthwatch Involvement Officer Oonagh Quinn oonagh@healthwatchlincolnshire.co.uk

10th Year Anniversary

2023 is going to be an exciting year for HWLinCs and Healthwatch Lincolnshire as we will be celebrating our 10th Anniversary year. That’s 10 years enabling over one million Lincolnshire people to share their experiences of their health and care services, along with providing a listening ear, information, advice and guidance.

We have lots of anniversary plans which includes meeting new people by getting out into our many communities, as well as an anniversary event.

We want to hear from you, share your highlights of working with Healthwatch and HWLinCs over the last 10 years, we would love to hear them!

So, if you are planning an event or would like to share your highlights, please contact Dean Odell by email dean@healthwatchlincolnshire.co.uk.

Healthwatch Steering Group

We are currently looking to recruit three new volunteer members onto our Healthwatch Steering Group, which oversees the operation of the Healthwatch Lincolnshire contract, and provides guidance to Healthwatch Lincolnshire, to ensure successful delivery of its work programmes. If you are interested in this role please get in touch with Healthwatch Contract manager Dean Odell, dean@healthwatchlincolnshire.co.uk

Other HWLinCs Contracts



As some of our existing contracts have come to an end, we are now focussed on what’s next. Working with local and national colleagues to continue our successful 2022 by being involved in work which focuses on the aims and objectives of HWLinCs, that being an organisation which can provide engagement and insight to improve services and experiences of our local and indeed nation populations in terms of wellbeing.

Most recently we have concluded our MSK work, feedback has been fantastic on this work and we were pleased to hear from our NHS colleagues who said, “Thank you for the second report. It will be circulated widely across our stakeholders. The areas highlighted have been noted and it is something we will be working on going forwards.

It's been lovely working with you and HWLincs for 'making it happen'."

Our CRF into care home workforce has now concluded with the final report now with Lincolnshire County Council, this will be shared with national government and if there are any groups that wish to see or have a short presentation on the findings, please let Tom or Colin know, tom@hwlincs.co.uk

The evaluation document of how we carried out the work is being finalised and will be ready in early 2023.

Currently being delivered :

- Healthwatch Lincolnshire
- Coffee and Company
- Healthwatch Cambridge and Peterborough Peer (stakeholder) Review

Coffee and Company is launching into it's second organisation and is pleased to share that work with the employer and employees looks like it will be a interesting and beneficial venture for all. Coffee and Company will be sharing some of their good news stories in the new year. If you know of, or if you are an employer down in the south of Lincolnshire and want to know more, please get in touch with colin@hwlincs.co.uk.



HWLincs is working with **Healthwatch Cambridgeshire and Peterborough CIC** to design a stakeholder survey. The survey will explore awareness and perceptions of the two Healthwatch and will be rolled out in the new year.

Boston Town empowering healthy community's grant. We are delighted to announce we have been successful in being awarded a small amount of funding to start our 2SPEAKUP pilot project in the Boston area. This project will focus on a specific locality within Boston in the new year to improve opportunities for local people... watch this space

We currently have proposals for further contracts in with Luton City Council, Healthwatch England, Care Quality Commission to name but a few. Others in the planning are the Ukraine Refugee Fund and Derbyshire District council.

Main contact information

Any HWLincs contracts, membership or general enquiries:

www.hwlincs.co.uk

enquiries@hwlincs.co.uk

01205 820892

Any Healthwatch Lincolnshire specific communications or enquiries:

www.healthwatchlincolnshire.co.uk

info@healthwatchlincolnshire.co.uk

01205 820892

If you want to know more about any of the information in this newsletter, please get in touch with the team using one of the above.

Thank you to the staff that have contributed their 'news' to this week's edition. If any Trustee or Volunteer would like to contribute to future editions, please send your updates to enquiries@hwlincs.co.uk

★ SEE ★
YOU
— IN —
2023

