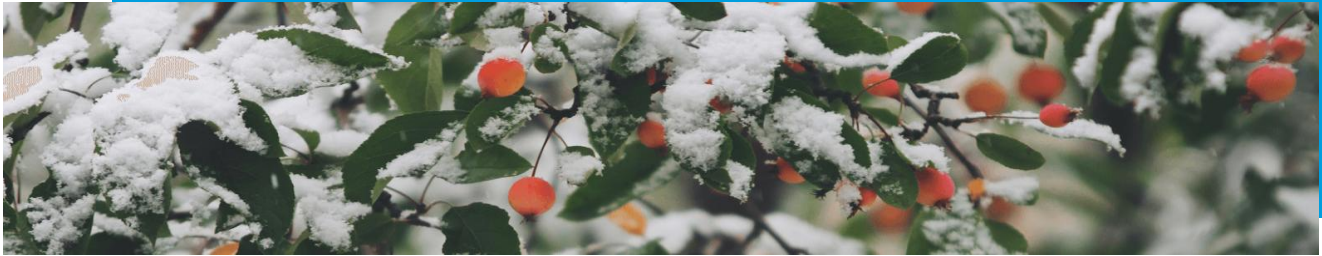


LRS Patient Participation Group

Winter Newsletter 2025



Welcome to the Leighton Road Surgery Patient Participation Group Winter newsletter.

Modality is our new service provider

Modality is a GP-led national partnership caring for around half a million patients across England. They are built on a model of strong local leadership within practices, supported by wider clinical, operational and digital expertise across the organisation.

Their ethos is to:

- deliver safe, high-quality, accessible care
- strengthen resilience within general practice
- support wellbeing and workload balance for clinicians and staff
- work closely with patients, communities and PPG members
- invest in innovation and improved ways of working

Each practice retains its identity, local focus and relationships, but benefits from the support, expertise and stability of a large GP partnership. For Leighton Road Surgery, this means that Modality can build stronger infrastructure, reinforce clinical teams, and ensure long-term sustainability for patient services.

Pharmacy First Services

You can now access the following services at a pharmacy first, without going to your surgery. Which includes;

- Urinary tract infections
- Sore throat Infections
- Infected Bites
- Shingles
- Impetigo
- Sinusitis and
- Ear Infections in Children

Blood Pressure Checks –

Reduce your risk of heart and circulatory diseases by visiting your pharmacy for a BP Check.

Contraception Services –

Get your next supply of the contraceptive Pill directly from your pharmacist without a prescription.

Old Persons Booklet

The following is an updated link to the latest version of the Old Persons Booklet.

[BOOKLET-OLDER-PEOPLE-2024.pdf](#)

We hope that the information included in this booklet will help you 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.

Reclaim Life

At our last meeting we were joined by a representative from **‘Reclaim Life’** introducing the service that their charity offers.

‘Reclaim Life’ are therapeutic life coaches who focus on helping people to identify unmet emotional needs and empower them to meet those needs by activating their own natural resources in new ways. To do this they use a variety of proven techniques aimed at changing emotional responses and problem solving. Whatever the cause you don’t have to suffer from;

- Depression
- Anxiety and stress
- Panic attacks
- Anger problems
- Post traumatic stress
- Phobias
- Low self-esteem
- Relationship problems
- Addictions
- Obsessions
- Poor concentration
- Self-harm
- Poor sleep

‘Reclaim Life’ can offer 5 FREE one-to-one sessions, face to face or via zoom or the phone, to help you take back control of your own life by giving you the tools for self-healing. They are a registered charity and are funded by the kind donations and continuing fundraising. You can call or pop into the centre.

Reclaim Life Centre is located at:	6-8 Bridge Street, Leighton Buzzard
Opening times:	Monday – Friday 10am to 1pm
Tel:	01525 375740
Email:	<u>info@reclaimlife.net</u>
Website:	<u>www.reclaimlife.net</u>

HELP SAVE LIVES



ROTARY CAN HELP YOU START YOUR OWN NEIGHBOURHOOD DEFIBRILLATOR GROUP

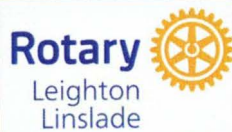
Please Read This Important Information

Every minute counts when someone suffers a cardiac arrest. Around 80% of these happen at home, and currently only 1 in 10 people survive. But if CPR and a defibrillator are used within the first 3–5 minutes, survival chances rise dramatically. Our goal is to empower local neighbourhoods with the knowledge and confidence to act — and to save lives.

Why not come to one of our free 'Discovery Presentations' to find out how you can set up a neighbourhood group, have a local defibrillator and help save a family member or a neighbour's life!

Leighton Linslade Rotary Club – 'People of Action'.

Helped and supported by:



**Free Presentation
covering typical
purchase and
maintenance
costs/procedures**

**An introduction
to Defib suppliers**

**Free CPR and
Defib training for
your new group**

**Help with your
fundraising**

**FIND OUT MORE
AND REGISTER FOR ONE OF
OUR FREE DISCOVERY
PRESENTATIONS**

See our website [www.
leightonlinsladerotary.com/defibs](http://www.leightonlinsladerotary.com/defibs)



Surgery Opening times Christmas & New Year

Leighton Road Surgery

Monday 22 nd Dec	8am – 6pm
Tuesday 23 rd Dec	8am – 6pm
Weds 24 th Dec	8am – 6pm
Christmas Day	closed
Boxing Day	closed
Monday 29 th	8am – 6pm
Tuesday 30 th	8am – 6pm
Weds 31 st Dec	8am – 6pm
New Years Day	closed
Friday 2 nd Jan 26	8am – 6pm

Saturday & Sunday Closed

Grovebury Road

Monday 22 nd Dec	8am – 6.30pm
Tuesday 23 rd Dec	8am – 6.30pm
Weds 24 th Dec	8am – 6.30pm
Christmas Day	closed
Boxing Day	closed
Monday 29 th	8am – 6.30pm
Tuesday 30 th	8am – 6.30pm
Weds 31 st Dec	8am – 6.30pm
New Years Day	closed
Friday 2 nd Jan 26	8am – 6.30pm

Saturday & Sunday Closed

LRS Patient Participation Group & Feedback

Our group works in collaboration with Modality, our Lead Doctor and Practice Manager to ensure the smooth running of the services at Leighton Road Surgery.

We are here to be your voice at our meetings, as we want our patients to be happy with the services that they are receiving.

Please continue to give us feedback on the services at the LRS. Thank you to those who have already given feedback, we discuss them all.

We hope that you have found our newsletter informative and helpful, again please let us know what you think, as we would be interested to hear of any topics you would like us to cover in future newsletters. Please email your comments to lrsppg09@gmail.com

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

Wishing you all a Merry Christmas and Happy New Year!

From the LRS Patients Participation Group