

Top stories in this newsletter



Thyroid Awareness Education Event



Samaritans 'Brew Monday' Mental Health Awareness Day 2019

Top Story - Thyroid Awareness Education Event

On the 23rd January 2019, ACCM UK in partnership with Healthwatch Bedford Borough, co-hosted our first education topic of the 2019 programme. This learning and awareness raising event focused on the topic of thyroid disease.

The keynote speakers for this event were Nimisha Naran, Pharmacist at Lindley's Pharmacy, Queens Park and Dr Sabhash Kanungo, GP at Linden Road Surgery. The event was well attended by a wide spectrum of local communities who listened intently and actively took part in the Q&A's in relation to medicines compliancy, blood screening, management of this long term condition, dietary advice and self care objectives.



Feedback from the event was as follows:

“From today’s event I learned, if you have a problem see your doctor”

“I learned about excellent services available from ACCM UK and Healthwatch”

“The event was well organised and explained subject matter very well”

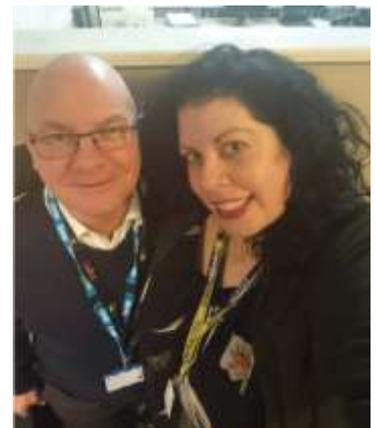
“The event taught me how to handle thyroid medication and when is the best time to take. Brilliant”

Samaritans ‘Brew Monday’ Mental Health Awareness Day 2019

‘Blue Monday’ (the third Monday in January) is known as one of the most difficult days of the year post-Christmas blues and cold dark nights.

Healthwatch Bedford Borough, in partnership with the East of England Ambulance Service Trust (EEAST) joined forces to host a ‘Brew Monday’ awareness event at EEAST’s Emergency Operations Centre (EOC) in Bedford. These national Samaritans events, encourage people to get together and reach out to raise awareness of the importance of positive mental health and wellbeing. The purpose was also to raise essential funding to support the on going work of Bedford Samaritans.

HBB chose EEAST to support this year due to increase in winter demand for 999 calls and the pressure that the service is under. Due to continued exposure to extremely stressful situations, anxiety and depression are very real considerations for frontline personnel.



Healthwatch Bedford Borough (HBB) Board Meeting with Patricia Davies

The Healthwatch Bedford Borough (HBB) Board met recently with Patricia Davies who is the Accountable Officer for Bedfordshire, Luton and Milton Keynes Clinical Commissioning Groups (CCG`s). It is important that with the advent of the new NHS Long Term Plan, HBB has strong working links with the CCG`s, who will be instrumental in the future delivery of the NHS Long Term Plan.

If you have any questions relating to anything you have read in this bulletin or would like to give any feedback ahead of the impending meetings listed, then please contact us at: enquiries@healthwatchbedfordborough.co.uk or by calling the office on 01234 718 018.

“A strong voice for local people”