

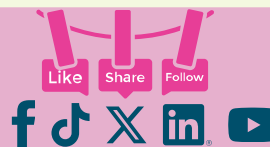


# healthwatch

## Bedford Borough

### April e-bulletin

News update from Healthwatch Bedford Borough



## Priority Listening Survey

**We're delighted to say that our 2025 Priority Listening Survey saw a fantastic 461 local residents take part!**

Healthwatch Bedford Borough would like to thank each and every person that took part. This rich feedback will steer our direction of travel for 2025/26 in respect of our key strategic priority areas.

### Topics that came out on top:

Access to GPs, access to NHS dental provision, access to improved adult mental health provision, social care and in particular hospital discharge to care homes, the need for more preventative health initiatives and communication to patients on waiting lists..

**We will be announcing our priorities for 2025/26 in May's ebulletin.**

**Congratulations to Mrs JP from Brickhill, who won our £50 prize draw!**

## ECS Stakeholder 360 Survey

**Every February, Engaging Communities Solutions (ECS), who hold the Healthwatch Bedford Borough contract, undertake a Stakeholder 360 survey.**

This helps to determine how Healthwatch Bedford Borough have performed over the past year, and listens to key strategic partners have their say on what we should be focusing on over the year ahead.

### Truth

"Healthwatch Bedford Borough are a strong advocate and critical friend for the ICB - we can always review on them to have an honest and frank conversation, which is super useful for us."

### Equity

"Always impressed by the extent to which communication is clear and accessible."

### Impact

"I can mainly comment on the impact on our service and can confirm that we have benefited from new insights which have helped to refine our communications and services."



April is Stress Awareness Month. Stress is not always a bad thing. In some circumstances it can keep us safe. Physical stress reactions can help us respond quickly to threats.

However, sometimes our bodies can go into a stress reaction when it's not appropriate. It can make it difficult for us to think coherently and long term elevated stress levels can impact negatively on our health.

[Read More >](#)

**#LeadWithLove**

## Volunteer with Healthwatch Bedford Borough

**Research has shown a link between volunteering and positive mental health,**

Gloria and the team are looking for volunteers to help us carry out the valuable work we do. There are opportunities for EVERYONE, from Outreach, Youth Ambassadors, Enter & View Authorised Representatives and our Independent Strategic Advisory Board (ISAB)

[Apply Now >](#)



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