



*Boultham Park
Medical Practice
Winter Edition 2023*





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Editorial

Welcome to this Winter 2023 edition of the Boultham Park Medical Practice newsletter which contains lots of useful information. You are welcome to take a copy home with you, however, an electronic copy is also available on the Boultham Park Medical Centre webpage for you to download.

We wish all our patients, their families and carers a very happy and healthy Christmas.

While Christmas is a time of cheer and a time for families and excited children, we are aware that not everyone feels the same. It can be a lonely time and sadly many people struggle through the festive period. If you, or someone you know, struggles, and needs mental health support then please read the following which can signpost you to the services that can help all ages.

[Need urgent help? :: Lincolnshire Partnership NHS Trust \(lpft.nhs.uk\)](https://www.lpft.nhs.uk)

Message from Chair of Boultham Park Medical Practice

We would also like to take this opportunity to ask for volunteers to join the PPG. We are always looking for new members. The purpose of the PPG is to promote co-operation between the Boultham Park Medical Practice (BPMP) Patients', the Partners and Practice Staff, plus the Lincolnshire Integrated Care Board (ICB) to the benefit of all parties

If you are interested, then please email

boulthamppg@gmail.com

Merry Christmas!

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Also – look out for our PPG Facebook page which contains useful information.



Prescriptions over the Christmas Period



Christmas is coming – so please plan ahead and make sure that you order your repeat prescriptions in good time. We need at least 2 working days to process your prescription requests. However, these are now created electronically and sent directly to your nominated pharmacy. Please also remember that we cannot accept the third party ordering prescriptions. **In preparation for the Holidays, we are now accepting early medication requests as of 1st December. Please be aware that early issues of medications will be based on the patient's circumstances**

As well as the surgery being closed for specific periods over the Christmas, so will the local pharmacies. So please give some thought to ensure you order your medications so that you are able to collect them from your nominated pharmacy.



Practice Opening Times over Christmas Period

We will be open over the Christmas and New Year periods as follows:

Friday	22nd December	Open as normal
Saturday	23rd December	Closed
Sunday	24th December (Christmas Eve)	Closed
Monday	25th December (Christmas Day)	Closed
Tuesday	26th December (Boxing Day)	Closed
Wednesday	27th December	Open as normal
Thursday	28th December	Open as normal
Friday	29th December	Open as normal
Saturday	30th December	Closed
Sunday	31st December (New Year's Eve)	Closed
Monday =	1st January (New Year's Day)	Closed
Tuesday	2nd January and onwards	Open as normal.

When the surgery is closed, please only use the hospital accident and emergency department for genuine accidents and emergencies ensuring you observe national guidance which is being updated regularly by Public Health England. Coughs, colds and minor ailments **are not** normally emergencies and should not ordinarily be taken to A&E. The **NHS 111** service provides advice and guidance and can direct you to appropriate services when we are closed. Local pharmacies can also provide advice and over the counter medicines.



Pharmacy Opening Times over Christmas Period

Christmas Day 25th December (Monday)

Pharmacy Name	Address 1	Address 2	City/Town	Postcode	Christmas Day 2023
BOOTS	Unit 1, The Carlton Centre	Outer Circle Road	Lincoln	LN2 4WA	15:00-17:00
BOOTS	Beacon Park Health Centre	Churchill Avenue	Skegness	PE25 2RN	14:00-16:00
BOOTS	11-14 Hall Place		Spalding	PE11 1SA	10:00-12:00
BOOTS	St Johns Vicarage	62 London Road	Grantham	NG31 6HR	14:00-16:00
Clover House pharmacy	Clover House	Boston Road	Sleaford	NG34 7HD	10:00-12:00
Hawthorn Pharmacy	Hawthorn Health Centre	Scotton Road	Gainsborough	DN21 3SB	10:00-12:00
Lincoln Co-op Chemists	90 Jasmin Road	Birchwood	Lincoln	LN6 0QQ	13:00-15:00
Lincoln Co-op Chemists	Newland Health Centre	34 Newland	Lincoln	LN1 1XP	10:00-12:00
Newmarket Pharmacy	155 Newmarket		Louth	LN11 9EH	14:00-16:00
Parkside Pharmacy	Tawney Street		Boston	PE21 6PA	14:00-16:00
Stamford Pharmacy	6 St Mary's Hill		Stamford	PE9 2DP	14:00-16:00
Pharmacy Wise	23 High Street		Mablethorpe	LN12 2EY	10:00-12:00



Boxing Day 26th December (Tuesday)

Pharmacy Name	Address 1	Address 2	City/Town	Postcode	Boxing Day 2023
Asda Pharmacy	Newark Road	North Hykeham	Lincoln	LN6 8JY	10:00-16:00
Asda Pharmacy	Sleaford Road		Boston	PE21 8EQ	10:00-16:00
Asda Pharmacy	Union Street		Grantham	NG31 6NZ	10:00-16:00
BOOTS	11 High Street	Sutton-on-Sea	Mablethorpe	LN12 2EY	10:00-12:00
BOOTS	66/67 High Street		Stamford	PE9 2AW	10:00-16:00
Grantham Pharmacy	17 High Street		Grantham	NG31 6PN	10:00-12:00
Knight Street Pharmacy	22 Knight Street	Pinchbeck	Spalding	PE11 3RB	14:00-16:00
Lincoln Co-op Chemists	High Street	Ruskington	Sleaford	NG34 9DY	14:00-16:00
Lincoln Co-op Chemists	Vanessa Drive		Gainsborough	DN21 2UQ	14:00-16:00
Lloyds Pharmacy	South Square		Boston	PE21 6JU	14:00-16:00
Newmarket Pharmacy	155 Newmarket		Louth	LN11 9EH	12:00-13:00
SIT FPW (Chemists)	High Street	Ingoldmells	Skegness	PE25 1NS	14:00-16:00
Superdrug Pharmacy	Units 1 & 2 The Pantiles	Isaac Newton Centre	Grantham	NG31 6EQ	08:30- 17:30
Lincoln Co-op Chemists	107 High Street	Saxilby	Lincoln	LN1 2HG	14:00-16:00





New Year Day 1st January 2024 (Monday)

Pharmacy Name	Address 1	Address 2	City/Town	Postcode	New Years Day
Asda Pharmacy	Newark Road	North Hykeham	Lincoln	LN6 8JY	10:00-16:00
Asda Pharmacy	Sleaford Road		Boston	PE21 8EQ	10:00-16:00
Asda Pharmacy	Union Street		Grantham	NG31 6NZ	10:00-16:00
Beacon Pharmacy	Skegness Road	Ingoldmells	Skegness	PE25 1JL	14:00-16:00
Lincoln Co-op Chemists	226 Rookery Lane		Lincoln	LN6 7PH	10:00-12:00
Lincoln Co-op Chemists	15 Market Street		Gainsborough	DN21 2BL	14:00-16:00
Lincoln Co-op Chemists	52 Eastgate		Louth	LN11 9PG	12:00-13:00
Lloyds Pharmacy	Boston West Business Park	Sleaford Road	Boston	PE21 8EG	14:00-16:00
Lloyds Pharmacy	171 New Beacon Road		Grantham	NG31 9LJ	10:00-12:00
Marisco Pharmacy	Stanley Avenue		Mablethorpe	LN12 1DP	10:00-12:00
Nene Pharmacy Ltd	184 Bridge Road	Sutton Bridge	Spalding	PE12 9SF	14:00-16:00
Tesco Pharmacy	In-Store Tesco	65 Northgate	Sleaford	NG34 7BB	14:00-16:00
Well Pharmacy	Sheep Market Surgery	Ryhall Road	Stamford	PE9 1YA	10:00-12:00
Boots	Unit1, The Carlton Centre	Outer Circle Road	Lincoln	LN2 4WA	10:30-16:30



MEASLES

Measles is circulating in the UK.

Measles is extremely infectious. It can cause a serious illness and can be fatal.



Symptoms of Measles

- High fever
- Sore red, watery eyes
- Coughing
- A runny nose
- Aching and feeling generally unwell
- A blotchy red brown rash, which usually appears after the first symptoms

Protecting yourself from Measles

To protect yourself and those around you from measles:

- Make sure your children get their two MMR vaccines on time - the first at 12 months of age and the second at 3 years, 4 months
- If you or your children missed these vaccines, it's not too late – ask for the free vaccine from your GP if you or your children are not up to date

If you think you have measles

If you have symptoms of measles:

- Stay at home and phone your GP or NHS 111
- **Do not attend GP surgeries or A&E departments without informing them that you think you have measles before you visit** – you could spread the illness to others.



For further information about measles please visit the following webpage:

<https://www.nhs.uk/conditions/measles/>

Additional information is also available from visiting the following webpage:

<https://www.gov.uk/government/publications/mmr-for-all-general-leaflet>

Flu Season

With the flu season ahead of us, most people who want to have it now have had their seasonal flu vaccination giving the important protection that will help reduce the symptoms and effects. If you have still not had you flu vaccination and would like to get this protection, we still have some vaccines available.



It is particularly important for those with chronic disease conditions such as Diabetes, COPD, Asthma (if you have had an emergency hospital admission or are on regular steroid inhalers) or other chronic disease conditions listed at:

<https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

Please contact us at the Boutham Park Medical Centre As Soon As Possible to get booked in for the vaccination

How to Avoid spreading the Flu

Flu is very infectious and easily spread to other people. You're more likely to give it to others in the first five days.

Flu is spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours.

To reduce the risk of spreading flu:

- Wash your hands often with warm water and soap
- Cover your mouth and nose with a tissue when you cough or sneeze (if you do not have a tissue, use the bend of your elbow, not into your hand)
- Bin used tissues as quickly as possible
- Try to stay at home and avoid contact with other people if you have a high temperature or you do not feel well enough to do your normal activities.



NHS APP

Do you want to see the record of your appointments with the doctors and nurses, see the letters to/from hospital specialists and your test results without having to wait on the telephone?

Then why not register for the NHS App?

Our telephones are often tied up with extended calls when patients call asking for details contained in medical records. Why not save your time by accessing this information at a time the suits you and which saves you (and others) from waiting on the phone?

About the NHS APP

The NHS App allows you to access a range of NHS services. You can download the NHS App on your phone or tablet. You can also access the same services in a web browser by [logging in through the NHS website](#).

You must be aged 13 or over to use the NHS App. You also need to be registered with a GP surgery in England or the Isle of Man. Find out more about [who can use the NHS App](#).

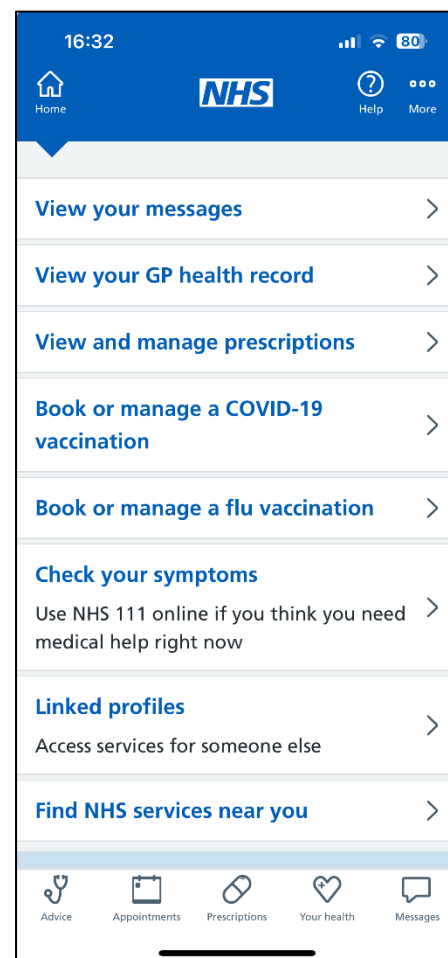
What you can do with the NHS App

You need to [prove who you are](#) to get full access to the NHS App. With full access you can:

- Order repeat prescriptions and nominate a pharmacy where you would like to collect them - [Requesting repeat prescriptions - NHS Digital](#)
- Book and manage appointments
- View your GP health record to see information like your allergies and medicines
- Book and manage coronavirus (COVID-19) vaccinations
- Get your NHS COVID Pass (there are also [other ways to get your COVID Pass](#))
- Register your organ donation decision
- Choose how the NHS uses your data
- View your NHS number ([find out what your NHS number is](#))
- Use NHS 111 online to answer questions and get instant advice or medical help near you

Before proving who you are, you can use the NHS App to search trusted NHS information and advice on hundreds of conditions and treatments or find NHS services near you.

*** Please note that the picture example has had personal details hidden which would normally be displayed at the top of the screen.**



STAFF NEWS

New Partners

Dr Marc Dodgson (*Dr Marc Dodgson MBChB BSc MRCGP*)

I am one of the new partners at Boultham Park Medical Practice. I undertook graduate-entry medical training at the University of Birmingham after completing a Biochemistry degree at the University of Warwick. After some time working as a doctor in a variety of roles, I settled in Lincolnshire where I completed my GP training.

I am a member of the Lincolnshire Local Medical Committee. In addition to this, I help deliver medical education to the medical students and I am planning to, once again, involve Boultham Park Medical Practice in research.

Ms Yuen Toh (*Ms Say Yuen Toh MRPharmS PGDip IP MFRPSI*)

I completed Master of Pharmacy training in the University of Nottingham, Postgraduate and Independent Prescribing with Keele University. I currently hold a few roles:

- Boultham Park Partner
- Joint Clinical Director for Apex PCN where I focus on population health management and working collaboratively within different organisations in Lincolnshire
- Senior Pharmacist where I lead a team of 12 Pharmacists and Pharmacy Technicians across 4 surgeries
- Co-chair of the Connected Culture Leadership and Network that focuses on EDI (Equality, Diversity and Inclusion).

I occasionally teach in universities, IMG (International Medical Graduates) and other postgraduate courses.

As a pharmacist partner in general practice, I am focusing on ensuring prescribing safety and maintaining clinical governance. I specialise in chronic pain and addictive medications management, and I work closely with the clinical team to review and optimise patients' medication regimens, reduce risks of falls and have expertise in different areas such as dementia, heart failure, depression, anxiety and many more with the aim of improving patient outcomes and enhancing the quality of care provided. Additionally, I see patients with acute as well as chronic problems, assessing their needs, and provide appropriate interventions. I contribute to the overall effectiveness and safety of the healthcare services within the general practice setting.

If you don't find me doing any of the above, I'm usually painting, playing piano or going upside down, practising my handstand.



A DAY IN THE LIFE OF....

Jess (Nurse Associate Apprentice).

My name is Jessica and I have worked at Boutham Park Medical Practice for the past five years. With experience working in reception and as a healthcare assistant, I am now extremely happy to be starting my career as a Nursing Associate, something that has always been a passion of mine. A lot of people recognise me from my bubbly nature, positive attitude and my kindness towards others which I feel are important characteristics to hold as a Nursing Associate.

I began the Nursing Associate Apprenticeship in September 2023 and so far, the course has been greatly informative and enjoyable. After two years, I will be qualified as a registered healthcare professional and will provide high quality, holistic, person-centred care whilst supporting the registered nurses as they continue to assess, plan and evaluate care.

The Nursing Associate Role was launched in 2017 and so far, has been very successful as more and more Nursing Associates are becoming registered every year, bridging the gap between a Healthcare Assistant and a Registered Nurse and ultimately, supporting Registered Nurses so that they have the capacity focus more on complex care.

As this role is relatively new, it is important to identify just what it means to bridge the gap between a Healthcare Assistant and a Registered Nurse and what patients can expect of me as a Nursing Associate going forward.

A typical start to the day for me as a Nursing Associate (after that very important cup of coffee), is to first check all my emails and tasks from my colleagues in case there has been any changes that I need to be made aware of. Afterwards, I spend time with various members of the Practice and use their leadership and direction to further develop my skills. This is generally a practice nurse, a respiratory nurse, a diabetic nurse and sometimes a GP. I learn a lot from observing my fellow employees in their roles and I am constantly improving how I can become a skilled and confident registered professional like my peers. I can be seen in some clinics quietly observing, making notes or sometimes, I will be supervised by a clinician on how to deliver care myself. Observing baby immunisations, smear tests and wound dressings are just a few of the appointments you might find me sitting in on, of course with the patient's consent. After I have observed a clinician delivering care to a patient, or carried out this care myself, it is then time to reflect on what I have learnt. During this reflective time, I like to document how I feel during appointments, how I've made the patient feel, if anything could have been dealt with better and finally, identify an action plan to ensure I am always building on my skills.

After spending time observing others and being supervised, it is then time for me to continue seeing patients, this time in my own clinic where I will continue to perform tasks that are more familiar to me from days when I worked as a Healthcare Assistant. These can be things such as taking a patient's blood sample, monitoring a patient's blood pressure and performing ECGs. The difference, however, is that I will be taking it one step further by exploring the reasons behind why this care is being delivered. Through my studies and lectures I attend at University, I will be learning more about a person's anatomy and physiology, what factors contribute to a healthy lifestyle and what support is available to those that require it. This knowledge will help me progress as I continue to



carry out diabetic foot checks, assess and dress a patient's wound and ultimately, have the knowledge needed to promote a healthy lifestyle to ensure patients have a good physical and mental well-being.

Though it can be a juggle between studying at university and working full time, I am so excited to be in this role and be able to provide support to all who I meet. My enthusiasm and compassion for caring for others is a quality that I pride myself on and I am excited to develop my knowledge and skills to become a competent registered nursing associate.

Dr Coffey – retirement from clinical work

Thoughts on stepping back.....

After just short of 31 years at Boutham Park Medical Practice, I have stepped back from direct patient care and will now be catching up on the important backroom stuff that is not easy to do when busy doing the day job. I still think I am young, but the grey hairs and stiff knees tell me otherwise. It has been a pleasure and a privilege to work here and to see the practice develop and cement its place in the local community.

There has been immense change in the practice and the NHS since I started at Boutham Park. We had five-minute appointments, paper notes, prescription pads and there was no facility for blood tests. Now we are fully paperless and are fortunate to work in a building that was extensively renovated and extended in 1999. The joy of my job has always been helping our patients, supporting and guiding them through illness. It is such an honour to be part of our patient's lives (and deaths) and to see babies in mother's tummies grow into adults and parents themselves.

We now do more and more to prevent and screen for illness which itself creates more work as we find and treat increasing numbers of seemingly well people and tell them they have high blood pressure, raised cholesterol or pre-diabetes.

I have been involved with GP Training in Lincolnshire since 1997 and was proud to see the practice become a respected Training Practice which now supports medical, pharmacy and nursing students. We have had many excellent young doctors train here and many a student who found General Practice to be a worthy career choice. My thanks to all the patients who supported their teaching; it was often commented I was rarely alone in my room!

Whilst rewarding, the job is also frustrating and never more so than now. The demand for appointments is ever-increasing and standard appointments are too short for the complexities of modern life, illness and ageing. Illness also has a habit of not reading the textbooks!

I feel we give a high standard of care to those we see but I fully appreciate not everyone can get an appointment. I have no simple answer but simply ask that these issues are discussed openly and honestly by politicians and in the media. There is a debate to be had about access to appointments versus continuity of care. It is the latter we all value and which reaps reward in terms of the relationships between clinicians and patients. This is a cause worth fighting for but will need significant investment in primary care going forward. My job is about people, and I have loved the characters I have met as both patients and colleagues. I thank you all for my time here as a clinician and I do hope I have made a difference.

One You Lincolnshire



Are you likely to indulge a little too much this Christmas?

You can enjoy Christmas without it spoiling you. Help to stay fit and health is available, and **One You Lincolnshire** is there for you.

EAT WELL, LOSE WEIGHT - [Eat Well, Lose Weight | Healthy Lifestyle Service | One You Lincolnshire](#)



We're all unique! We have something to suit everyone, with a wide range of options all designed to help you eat more healthily and lose weight.



HOW WE HELP
 Tailored support from our team.
 Weekly group sessions or a digital app to track progress.
 Bespoke resources to help you reach your goals.
 Online gym membership - yoga, HIIT, armchair aerobics and more.

DRINK LESS - [Drink Less | Healthy Lifestyle Service | One You Lincolnshire](#)

If you're thinking of cutting down, we'll help you reduce your alcohol intake or abstain for good.



HOW WE HELP
 Bespoke 1-to-1 support from our experienced team of Health Coaches.
 Your first appointment will determine your goals and future sessions.
 Resources picked to support you and your journey.
 Up to 6 telephone sessions over a 12 week period.
 A referral to our other pathways if required.



New Service at the Surgery



Long acting reversible contraception.

We are pleased to announce that, after a number of years without the service in-house, we have now recommenced providing the fitting of contraceptive coils and contraceptive implants again.

We are aware that the waiting list for these services has grown locally and therefore we have decided we will once again provide this service in-house for patients registered at Boutham Park Medical Practice. This service will be provided by Dr Basu (female). Clinics for this will run primarily on Tuesday evenings



Understanding Menopause

Your essential guide to navigating menopause successfully

Everything you need to know in one handy booklet, available to download from menopausesupport.co.uk

- ♥ What is menopause
- ♥ Menopause symptoms
- ♥ Menopause support symptom checker
- ♥ Genitourinary symptom checker
- ♥ Periods
- ♥ Managing menopause
- ♥ Treatment options
- ♥ Long-term health
- ♥ Contraception
- ♥ Menopause after cancer treatment
- ♥ Menopause myths
- ♥ Talking to others about menopause
- ♥ Resources
- ♥ And more...



To download your own pdf copy, please go to menopausesupport.co.uk and click on the resources tab or scan the QR code





Lincolnshire Domestic Abuse Specialist Service

We are here for you!

If you or your family are in immediate danger, call the police on 999. Otherwise please contact the Police on the non-emergency telephone number 101.

Our Support Hub is a central point of contact for **general enquiries** and for those wanting to access **Lincolnshire Domestic Abuse Specialist Service**.

We have a dedicated team of specialist domestic abuse staff on hand to deal with your enquiry.



Call us now on 01522 510041

We are open Monday-Friday 9am -5pm

If you need urgent support or advice outside of these hours

Call the National 24 hour Domestic Abuse Helpline



National Domestic Abuse Helpline

0808 2000 247

You can call REFUGE, for free and in confidence, 24-hours a day.

YOU ARE NOT ALONE

How can we help?

- Contact the Support Hub for a free **confidential chat about your situation**. We are here to listen. We won't judge or tell you what to do. We can offer you advice and guidance on a range of situations and we can also signpost you to relevant services in the local area.
- Contact us to make a **self-referral** into Lincolnshire domestic abuse specialist service. **Call Us on 01522 510041** or Email: info@ldass.org.uk or chat to us using the link below.
- Access our **online referral form** by [clicking here](#). Once you have completed the online referral form, you will be given the option to receive an email copy of the information you submit. **Please only do this if it is safe for you to do so.** Remember that any website you visit might be visible in your browser history.
- Staff are on hand to provide information, advice and guidance to individuals experiencing domestic abuse as well as family, friends, and the community.

For **refuge support** contact the helpline number, selecting option 2 for EDAN Lincs Refuge Service or [click here](#) or further information.

Are you a professional looking for advice and support? Contact the support Hub



Connect to Support



Connect to Support Lincolnshire is an online information and advice library, community directory and marketplace for adults in Lincolnshire. The website is intended for adults who want to find out about local groups, activities and services within the community.

Connect to Support Lincolnshire will provide people with a range of options on how care, support, health and community services can be accessed. Alongside the website, it will offer remote support by telephone, email, and web chat.

The site provides an online directory of providers and services, alongside information and advice content pages.

The website can be accessed at: <https://lincolnshire.connecttosupport.org/>

Mental Health

Staying Safe Website

The Staying Safe website is a potentially life-saving resource developed by 4 Mental Health with invaluable input from people who have survived suicidal thoughts and those personally affected by suicide through bereavement. StayingSafe.net offers compassion, kindness and easy ways to help keep people safer from thoughts of harm and suicide, seek support and discover hope of recovery through powerful videos from people with personal experience.

The website provides vital 'Safety Plan' guidance tools with easy to print / online templates and guidance video tutorials purposefully designed to help people through the process of writing their own Safety Plan. A Safety Plan helps to build hope, identify actions and strategies to resist suicidal thoughts and develop positive ways to cope with stress and emotional distress. Everyone is encouraged to PREPARE for possible difficult times ahead BEFORE they happen, by completing a Safety Plan.

During times of deep distress, Safety Plans become a vital and valuable reminder of:

- What people can do for themselves to get through difficult times
- Practical ways they can make their situation safer
- Who to contact for support
- Where to go or who to contact in an emergency

It is **4 Mental Health's** hope that anyone currently in extreme distress can share our hope that recovery is possible with the right support and that one day keeping a Safety Plan will be common-place and regarded an extension of wellbeing and self-care.



Do you struggle to access public transport?

The DialaRide service provides accessible and affordable transport to our local community. Users of the service can be anyone who has a difficulty accessing public transport. It dedicates itself to improving the quality of life and promoting the social inclusion and independence of those individuals that are disadvantaged through age and/or disability. We can transport all types of mobility equipment.

If you live within a 10-mile radius of Lincoln City centre, you can register to use our service. Once registered you can request to be taken anywhere in mainland UK. Annual registration fees apply.

We can transport you for your **medical appointments, shopping, or social trips.**

For further information about our DialaRide service and our other services including our Voluntary Car Scheme and Shopmobility call 01522 544 983.

Information and booking lines are open between 9 and 4 every Monday to Friday.

Alternatively, you could visit our website at www.lincolndialaride.co.uk or call in to see us at the office inside Lincoln Central Carpark.



Christmas Quiz Questions

1. What are the names of Father Christmas' eight reindeers (excluding Rudolph!)?
2. Which country first started the tradition of putting up a Christmas tree?
3. How many ghosts show up in *A Christmas Carol*?
4. What did the three wise men bring to baby Jesus?
5. What Hollywood actor played six different roles in *The Polar Express*?
6. According to the Christmas classic 'It's a Wonderful Life', what happens every time a bell rings?
7. Which character declares "Merry Christmas, one and all!" in Charles Dickens' *A Christmas Carol*?
8. Which fairytale was the first gingerbread house inspired by?
9. What did my true love send to me on the 8th day of Christmas?
10. What are the chances of a white Christmas in the England and Wales?



Christmas Quiz Answers

1. Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donder and Blitzen 8 Points
2. Germany 1 Point
3. Four — the spirits of Christmas Past, Present and Future, and Jacob Marley 4 Points
4. Gold, Frankincense and Myrrh 3 Points
5. 1982 1 Point
6. Tom Hanks 1 Point
7. Tiny Tim 1 Point
8. Hansel and Gretal 2 Points
9. Maids a Milking 1 Point
10. Just 1 in 10 for England and Wales 1 Point

Total

23 Points





FIGHTING FIT WILL:

Support people with Cancer from point of diagnosis onwards, to reduce recurrence and enable them to live a fulfilled life after treatment or surgery.



FIGHTING FIT

Cancer Care Programme

WE'VE GOT YOU!

Fighting Fit is designed to help you to maintain or increase physical activity levels at a pace that suits you and support you in the fight against cancer and long-term health conditions. We will help you build your strength, motivation and physical ambitions, It's not all about the body. This is a group session, where you can connect with people with shared experiences.

BUILD BACK BALANCE, POSTURE & FLEXIBILITY



Sessions are led by a Level 4 qualified coach in Cancer and Exercise Rehabilitation
After referral, we will be in touch to arrange a 1-2-1 chat to go through the next steps and discuss your individual needs



Email: health@lincolncityfoundation.co.uk
Phone Number: 07305 108167
Website: lincolncityfoundation.com/fightingfit

