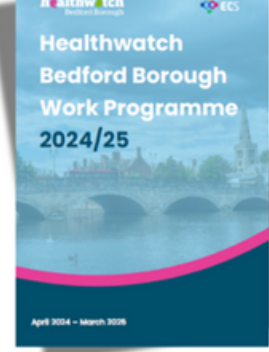


Autumn Round Up

An update from Healthwatch Bedford Borough

Welcome to the latest news from Healthwatch Bedford Borough.



Healthwatch Bedford Borough gives critical challenge to highlight where improvements can be made, be the voice of the public, show the impact our work can make and work hard to listen to people throughout the Borough.

Our [Work Programme 2024/25](#) highlights our strategic priorities and work plan for the forthcoming year.

Get in touch

Did you know you can now WhatsApp Healthwatch Bedford Borough!



WhatsApp
01234 638 678

You can contact the team via WhatsApp on 01234 638678. Send a text or voice note and we will get back to you!



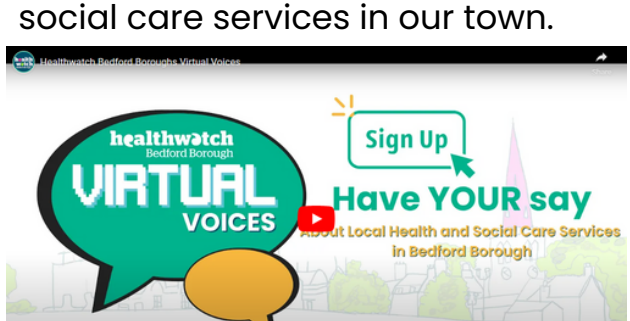
Need a BSL interpreter?

If you want to talk to Healthwatch Bedford Borough but require a BSL Interpreter, contact us through the [SignLive directory](#).

[Download App](#)

Virtual Voices

[Virtual Voices](#) is a forum where you can have YOUR say and WIN prizes! Led by Healthwatch Bedford Borough, Virtual Voices provides local residents with a unique opportunity to offer their opinions and provide constructive feedback on health and social care services in our town.



[Watch the video](#) for more information and how your voice can help make a difference.

[Join Virtual Voices](#)

[Have your say](#)

Secure Data Environment (SDE) Focus Groups



In July 2024 we held a focus group for Health Innovation East [East of England Secure Data Environment](#).

9 participants attended, offering their feedback and valued opinions on the use of Secure Data Environments and how it should be used for research.

REN DIABETES Information Event



Our REN diabetes research & information event took place on September 10th, 2024 at Sri Guru Ravidass Sabha. This event was extremely well-attended with almost 100 attendees. A large proportion of attendees were from the South Asian diaspora.

Healthwatch Bedford Borough had 18 exhibitors providing information stands.

Oral Health



To support the Bedfordshire [Oral Health Improvement Team](#), HBB have created a bespoke informational website page that provides tips and information on oral health and hygiene for families, particularly those with children aged 0 to 5.

[General Page](#)
[Family Page](#)
[Children's Page](#)

We created two fictional characters to help spread the message of 'Tooth' & 'Paste' and have made 2 educational videos, one with [tips](#) and one with [oral health information](#).

As part of this campaign, we have produced 400 wipe-clean tooth cleaning charts with tips for cleaning teeth. These will be promoted during outreach activity, in particular at toddler groups, Children's Centres and other outreach events to ensure that HBB have met our key strategic aim in relation to oral health.

If you have an event, or would like HBB to attend your group [Click here](#)



HBB supported [Organ Donation Week](#) in September 2024 by creating a bespoke animation to be used across social media highlighting the week's aims.

Please see our [YouTube channel](#) for more information.

Denny Phase I



HBB were commissioned by the BLMK ICB to conduct a deep dive of current language service provision in relation to translation and interpretation services used across Bedford Borough in acute, community and primary care settings.

14 phase I Denny visits have been taken place across 7 primary care settings and 7 acute and community settings.

Reports

The latest reports from Healthwatch Bedford Borough can be accessed here:



[Pharmacy First Report](#)

[E&V St John's Hospice](#)

[E&V Azalea House](#)

[Annual Report: The value of listening.](#)

Get involved

Volunteer with Healthwatch Bedford Borough

Opportunities for everyone

There are lots of different ways you can get involved as a Healthwatch volunteer: from speaking to people about their experiences of health and social care to using your skills to support Healthwatch Bedford Borough.

Enter & View Authorised Representative

Young Healthwatch

Be the voice of your community! Join Healthwatch Bedford Borough and volunteer to help improve local health and social care services. As a volunteer, you will have the opportunity to make a real difference by sharing your experiences and feedback with NHS leaders and other decision-makers. You will also receive training and support to help you carry out your role effectively. Sign up today and become a part of our network of volunteers who are dedicated to improving the health and wellbeing of our community.

[Find out more](#)

Stakeholder Information



Bedford Borough Parent Carer Forum's [annual survey](#) is now open! The survey is for parent carers and young people aged 0 to 25 with Special Educational Needs and/or disabilities (SEND), whether or not they have a formal diagnosis.

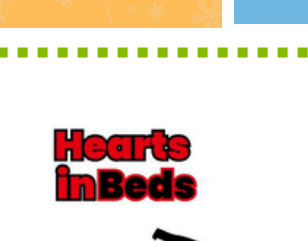
Do you have family members, friends, or know other carers in Bedford Borough with a SEND child? BBPCF invite you to encourage them to become a member of BBPCF at www.bbpcf.co.uk! Together, we can make even more of a difference.

[Become a BBPCF Member](#)

Winter Health Messages



Hearts in Beds Cardiac Support Group are looking for new members. If you, or a member of your family, have been diagnosed with cardiovascular disease and would like to meet like-minded patients, see image for all up to date meeting information.



Cardiac Support Group

Peer support for anyone who is affected by heart problems.

Join our meetings

First Tuesday of the month

Priory Methodist Church Hall, Newnham Avenue MK41 9JQ

7 pm - 9.15 pm

Each meeting will start with light exercise "a rehab reminder" followed by a guest speaker/ activity

If you have suffered any type of cardiac condition yourself and your family are welcomed to join our group free of charge.

Paul Keech: 077781 72070
paulmkeech@yahoo.co.uk