healthwatch
Bedford Borough
e-bulletin
News update from Healthwatch Bedford Borough

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Listening Survey
We want to hear from Bedford Borough residents on what you think we should be focusing on during 2025/26.

On 1st February each year, Healthwatch Bedford Borough publishes a Priority Listening Survey. This survey helps to inform our key strategic priority areas of focus for the year ahead and ensures that local residents and key stakeholders are fully involved in decision-making.

Read more ›

Volunteer for Healthwatch Bedford Borough
Our volunteers are at the heart of what we do.

Our volunteers are out in the community everyday listening to people to find out if health and care is working for them.

Whether you want to gain valuable work experience, help improve care in your community or learn new skills, there are lots of ways you can join us to make a real difference.

Our volunteers support us in many different ways. From speaking to local people to find out what they think about health and care, to using these views to influence those who run services, volunteers play an important role at Healthwatch.

- **Youth Ambassador**
- **Community Engagement and Outreach Volunteer**
- **Enter & View Authorised Representative**
- **Independent Strategic Advisory Board (ISAB) Member**

Apply now ›

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MAKE YOUR VOICE HEARD
TAKE OUR
Listening Survey

www.healthwatchbedfordborough.co.uk

DIGNITY ACTION MONTH FEBRUARY
February
Dignity Action Month

Spread kindness, respect and compassion - promote Dignity, with 3 Little Deeds
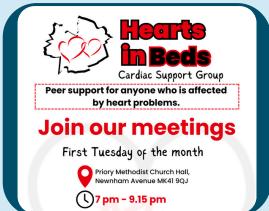
1. Greet everyone with a smile
We all know how important a smile can be in making us feel valued and acknowledged. It's a little deed but can have an enormous impact.

2. Say thank you
Again saying thank you to someone is a little deed that can make such a difference to their feelings of value

3. Stop and listen
Take time out to really listen to someone. You may be busy but your little deed is to make them feel valued and special.

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Hearts in Beds
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 9QJ

🕐 **7 pm - 9.15 pm**

Heart Month
Back for a moment campaign

February is Heart Month - a great time to get a free blood pressure check if you're over 40 ❤️💪

4.2 million adults in England don't know they have high blood pressure, but if you know you have it, it's easily treatable.
Find a local pharmacy offering the checks:

Find now ›