

## **BLMK MSK Services Invitation to join a Patient Focus Group**

We are currently reviewing the way Musculoskeletal (MSK) services are provided across Bedfordshire, Luton and Milton Keynes (BLMK), both in the community and the hospitals.

MSK conditions are those affecting the bones, muscles and joints such as arthritis, frozen shoulder, fibromyalgia, chronic pain, plantar fasciitis, carpal tunnel syndrome, tennis elbow, slipped disc, sciatica, rheumatoid arthritis, ankylosing spondylitis and many more.

To do this well, we need to know what patients think about the services they've received over the past 5 years and how they can be improved in the future.

### **So, who do we want to take part in this?**

#### **We need patients and carers**

- from Bedfordshire, Luton and Milton Keynes
- who have experienced the MSK services in BLMK in the past 5 years (prior to the Coronavirus Pandemic, during the pandemic and now)
- with any type of MSK condition (short term or long term)
- who want to make a difference and improve services for everybody

**We want to hear about your experience of the services and how you believe they could be improved**

#### **What do we want patients to do?**

- Join focus group discussions with health care professionals or other patients providing feedback and suggestions on service improvements

#### **To take part you will need to**

- Have access to a computer/tablet to take part in online discussions, read documentation and provide feedback electronically
- Be available between October 2021 and March 2022

**If you are interested in finding out more, please contact us at**  
[blmkccg.mskpatients@nhs.net](mailto:blmkccg.mskpatients@nhs.net)  
**or call 01525 624292**

#### **Note:**

- *Meetings will be held via video conferencing until we can ensure it is safe enough to do so in person*
- *There will be regular and ad hoc meetings depending on your availability*
- *Please contact us before **12<sup>th</sup> November 2021** if you are interested in joining a focus group*