



# **THE THORNTON PRACTICE (Including Carleton Branch)**

**WINTER 2022  
NEWSLETTER**





## PRACTICE PRIVACY NOTICE

### **Your data, privacy and the Law. How we use your medical records**

- This practice handles medical records according to the laws on data protection and confidentiality.
- We share medical records with health professionals who are involved in providing you with care and treatment. This is on a need to know basis and event by event.
- With your explicit consent some of your data is automatically copied to the Shared Care Summary Record by NHS Digital on behalf of NHS England
- If necessary for your care, we share your Summary Care Record (with your explicit consent) with local out of hours, urgent or A&E providers, including Same Day Health Centres and Walk-In Centres
- Data about you is used to manage national screening campaigns such as Flu, Cervical cytology and Diabetes prevention.
- De-identified data about you is used to manage the NHS and make payments.
- We share information when the law requires us to do, for instance when we are inspected or reporting certain illnesses or safeguarding vulnerable people.
- Your data is used to check the quality of care provided by the NHS.

For more information see folder / visit [www.thedoctors.co.uk](http://www.thedoctors.co.uk) / ask at reception / e-mail [LSCICB-FW.THORNTONPRACTICE@NHS.NET](mailto:LSCICB-FW.THORNTONPRACTICE@NHS.NET)

# THORNTON PRACTICE CHRISTMAS AND NEW YEAR CLOSURES



## Opening Times over Christmas and New Year 2022

	Thornton Branch	Carleton Branch
Mon 19 <sup>th</sup> Dec	08:00 – 18:30	08:30 – 18:00
Tue 20 <sup>th</sup> Dec	08:00 – 18:30	08:30 – 13:00
Wed 21 <sup>st</sup> Dec	08:00 – 18:30	08:30 – 13:00
Thurs 22 <sup>nd</sup> Dec	08:00 – 18:30	08:30 – 18:00
Fri 23 <sup>rd</sup> Dec	08:00 – 18:30	08:30 – 13:00
Mon 26 <sup>th</sup> Dec	CLOSED	CLOSED
Tue 27 <sup>th</sup> Dec	CLOSED	CLOSED
Wed 28 <sup>th</sup> Dec	08:00 – 18:30	08:30 – 13:00
Thurs 29 <sup>th</sup> Dec	08:00 – 18:30	08:30 – 18:00
Fri 30 <sup>th</sup> Dec	08:00 – 18:30	08:30 – 13:00
Mon 2 <sup>nd</sup> Jan	CLOSED	CLOSED
Tue 3 <sup>rd</sup> Jan	08:00 – 18:30	08:30 – 13:00
Wed 4 <sup>th</sup> Jan	08:00 – 18:30	08:30 – 13:00
Thurs 5 <sup>th</sup> Jan	08:00 – 18:30	08:30 – 18:00
Fri 6 <sup>th</sup> Jan	08:00 – 18:30	08:30 – 13:00

# A Big Thank you and Farewell to Dr Tony Naughton

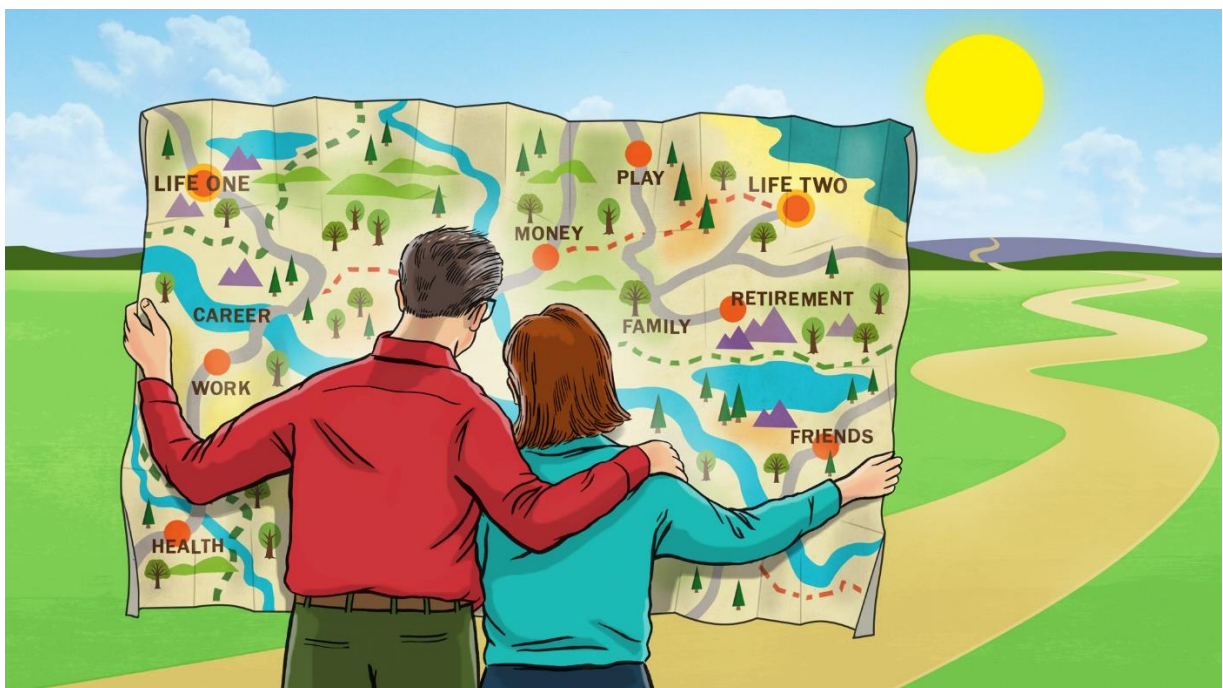
Most of you may already know but earlier this year we said goodbye to Dr Naughton from clinical practice:

It is with great sadness that we inform our Patients and Colleagues that Dr Tony Naughton retired from clinical practice on June 30th 2022.

Throughout his 30 years in general practice he has been an inspiration to us all. A fantastic caring doctor and an amazing leader, both here at the practice and in his numerous other roles, including 7 years as Chief Clinical Officer of Fylde and Wyre CCG.

He has also been very involved in GP training and many local GPs have been supported and mentored by him.

We are very happy to announce, that although Tony won't be seeing patients anymore, we will be retaining the benefit of his wisdom and support in the practice. He will continue with in a role supporting Practice Development and Quality Improvement, including mentoring new GPs.



# EXTENDED ACCESS SERVICES AVAILABLE TO PATIENTS

The NHS are committed to improving access to primary care services. This includes making appointments available at times that are convenient to patients.

Evening and weekend appointments are now available with **GPs, practice nurses and other healthcare professionals** for routine pre-booked services.

If you:

find it difficult to attend an appointment during the working day;



are a busy parent with children

or rely on working carers to take you to appointments;



then this service is here to support you.

**TO BOOK THESE APPOINTMENTS, PLEASE TELEPHONE THE  
SURGERY. (01253 956282)**

## Where to go

**Cleveleys Group Practice**  
Kelso Ave,  
Blackpool,  
Thornton-Cleveleys,  
FY5 3LF

## Appointments

**To book an appointment you must contact your own GP Practice.** An appointment must have been booked in advance of visiting the extended hours service.

Extended hours appointments are for routine general practice issues and not for urgent care. **If urgent care is required, please call NHS111 for advice.**

**Should you need to **cancel** your appointment please contact Cleveleys Group Practice directly on 01253 853992.**



## STAY HEALTHY THIS WINTER



**It may be cold outside, but winter needn't be the unhealthiest time of year for you and your family.**

Here are five ways to make sure that, even when your body is telling you to hibernate, you can keep healthy and fit, no matter what the weather's like.

### Banish winter tiredness

Many people feel tired and sluggish during winter. This is due to the lack of sunlight, which disrupts our sleep and waking cycles.



Try these tips:

- get outdoors in natural daylight as much as possible
- get a good night's sleep – go to bed and wake up at the same time every day
- destress with exercise or meditation – stress has been shown to make you feel tired

### Eat more fruit and veg



When it's cold and dark outside, it can be tempting to fill up on unhealthy comfort food. However, it's important to ensure you still have a healthy diet and include five portions of fruit and veg a day. If you find yourself craving a sugary treat, try a juicy clementine or satsuma instead.

Winter vegetables such as carrots, parsnips, swede and turnips can be roasted, mashed or made into soup for a comforting winter meal for the whole family. Explore varieties of fruit and veg that you may not normally eat.



## Hearty vegetable soup

Packed with tomatoes, celery, carrots and beans, this soup offers a great way to include more vegetables in your diet and help achieve your 5 A Day. It's suitable for vegetarians, too.

▣ Serves: 6

Time: 45 minutes

### Ingredients

- ½ tbsp vegetable oil
- 1 medium onion, sliced
- 2 small carrots, sliced
- 3 celery sticks, sliced
- 400g tin of chopped tomatoes
- 80g green beans
- 1½ tbsp tomato purée
- 1 leek, sliced
- 80g frozen peas
- 50g dried wholewheat pasta
- 1 litre boiling water
- pepper to taste
- 1½ tsp dried herbs

### Method

1. Heat the oil in a large pan, add the onions, carrots, leeks and celery, and fry until sizzling. Lower the heat, cover and cook gently for 5 minutes, stirring occasionally if needed.
2. Add the tin of tomatoes, water, tomato purée, green beans and frozen peas. Raise the heat to maximum. Bring to the boil and add the pasta, herbs and pepper.
3. Lower the heat and simmer for 15 minutes or until the pasta's cooked, stirring frequently to make sure the pasta doesn't stick.

## Drink more milk

You are more likely to get a cold in winter, so make sure your immune system is in tip-top condition.

Milk and dairy products such as cheese, yoghurt and fromage frais are great sources of:

- Protein
- vitamins A and B12
- calcium, which helps keep our bones strong



Choose semi-skimmed, 1% or skimmed milk or soya/almond alpro milk rather than full-fat



## Try new activities for the whole family

Don't use the cold winter months as an excuse to stay in and lounge around.

Instead, get out with the whole family to try out a new activity – maybe ice skating, or taking a bracing winter walk on the beach or through the park.

Regular exercise helps control your weight, boost your immune system, and is a good way to break the tension that can build if the family is constantly cooped up inside the house.



## Have a hearty breakfast

Winter is the perfect season for porridge. Eating a warm bowlful on a cold morning isn't just a delicious way to start your day, it also helps boost your intake of starchy foods and fibre.



These foods give you energy and help you feel fuller for longer, stopping the temptation to snack mid-morning. Oats also contain lots of vital vitamins and minerals.

Make your porridge with semi-skimmed, 1% or skimmed milk, or water, and don't add sugar or salt. Add a sliced banana, berries or other fruit for extra flavour and to help you hit your 5 A Day target.

### 'Apple pie' porridge



Serves: 1 adult

Preparation time: 10 minutes

Cooking time: 5 minutes

Calories per portion: 315kcal  
(1,318kJ)

## Ingredients

50g porridge oats  
200ml semi-skimmed milk  
1 medium dessert apple, diced  
Pinch of cinnamon

This is a warm, comforting porridge spiced up with the classic flavours of a homemade apple pie.

Throw all the ingredients into a saucepan. Heat and stir until boiling, then lower the heat and simmer gently for 5 minutes, stirring often. Spoon the porridge into a serving bowl and add a sprinkle of cinnamon.

## STAY HEALTHY THIS WINTER



Get help this winter with your energy bills.

There are ofgem rules in place that mean your suppliers must work with you to pay your bills, contact your supplier directly either by phone or visit their website.

You can get support from the British Gas Trust even if you are not their customer.

[www.britishgasenergytrust.org.uk](http://www.britishgasenergytrust.org.uk)

Citizens Advice can also offer support, check out their website for more information.

## Get help with the cost of living

If you don't have enough money to live on, you might be able to get help to afford essentials like bills and food. This includes the Household Support Fund and cost of living payments.

You should check if you can claim benefits - you might be able to do this even if you have a job.

The government will send you a 'cost of living payment' if you:

- get certain benefits - for example, Universal Credit, PIP or Attendance Allowance
- are over State Pension age and get Winter Fuel Payments

You can get as many cost of living payments as you're eligible for. For example, if you get Pension Credit, Attendance Allowance and Winter Fuel Payments, you'll get 3 cost of living payments. You won't have to pay tax on them and they won't count as income when calculating your benefits.

Visit the citizens advice website for more information: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)



Winter conditions can be seriously bad for our health, especially for people aged 65 or older, and people with long-term conditions such as COPD, bronchitis, emphysema, asthma, diabetes or heart or kidney disease.

Being cold can raise the risk of increased blood pressure, heart attacks and strokes. The cold and damp weather, ice, snow and high winds can all aggravate any existing health problems and make us more vulnerable to respiratory winter illnesses.

**Feeling unwell? Don't wait – get advice from your nearest pharmacist**



At the first sign of a winter illness, even if it's just a cough or cold, get advice from your pharmacist, before it gets more serious. **Act quickly.** The sooner you get advice from a pharmacist the better. Pharmacists are fully qualified to advise you on the best course of action. This can be the best and quickest way to help you recover and get back to normal.

If you can't get to a pharmacist yourself, ask someone to go for you or call your local pharmacy for advice.



## Make sure you get your flu jab!

The flu virus strikes in winter and it can be far more serious than you think.

Flu can lead to serious complications such as bronchitis and pneumonia, and it can be deadly.

That's why the flu jab is free if you're aged 50 or over, or if you have a long-term health condition.

If you have young children or grandchildren they may also be eligible for a free flu vaccination. And if you are the main carer of an older or disabled person you may also be eligible for the free flu jab. Just speak to your GP or pharmacist for more information.



Also, don't forget that if you're aged 65 or over, you are eligible for the pneumococcal vaccine, which will help protect you from pneumococcal diseases such as pneumonia. This is a one off vaccine for most patients so you don't require to have a top up every year. Ask your GP for more information.

## PATIENTS WHO MISS APPOINTMENTS (DNAs)

There are huge cost implications for the Practice associated with patients who do not attend their appointments. The number of patients who failed to attend for appointments during the period **August 2022 to October 2022** are as follows:

AUGUST 2022	SEPTEMBER 2022	OCTOBER 2022
94 Face to Face. 56 Missed telephone calls	99 Face to Face. 54 Missed telephone calls.	98 Face to Face. 54 Missed telephone calls.
<b>TOTAL – 150</b>	<b>TOTAL – 153</b>	<b>TOTAL – 152</b>

**GRAND TOTAL OF MISSED APPOINTMENTS = 455**

If you cannot attend for an appointment, please help the Practice by cancelling. This will also help other patients by allowing your cancelled appointment to be used for someone else.

GP APPOINTMENT?  
CAN'T MAKE IT?  
DON'T NEED IT?  
**CANCEL IT!**



## PATIENT PARTICIPATION GROUP NEWS

Thornton Practice Patient Participation Group was formed in June 2015 when the GP contract required each Practice to have a patient group. The purpose of the group was to be the voice of the patient, not a laminated notice, but an actively involved group who would ensure that patient concerns, compliments and suggestions were fed back to the GPs and Practice Manager. With these aims in mind the PPG was born.

### **As a Practice we couldn't be prouder to have such patient champions!**

Would you like to be part of the Team? All you need is to be able to commit a couple of hours when needed and be a patient of Thornton Practice. You must also remember we are not a personal complaint forum.

### **Interested?**

Ring the Practice after lunch when less busy and leave your details and someone will be in touch or drop your details at the desk and you will be contacted.



### **What have we been doing over the last 12 months?**

We have volunteered at the Flu and Covid vaccine roll out and are still doing so both in the surgery and the Little Theatre. The boosters are still being rolled but this does not stop us achieving some wonderful things for our patients.

Patient pressure along with support from our MP helped us to restore the Breast Screening hub back to Fleetwood and Poulton. You can now see the hub back on the Teanlowe which was widely appreciated in our Cleveleys Community, Poulton and Over Wyre.



We have also tackled the wastage of medical aids, which has been highlighted by so many of you. Now we ask patients to return items to The Hospice Furniture Shop on Dock Street Fleetwood where items can be recycled and then given back out to patients who may need an aid. Details are on our useful contacts page in this booklet.

We have also had celebrations and commiserations. The PPG celebrated the Jubilee in party mode and planted a Rowan in the Park alongside a wheelchair



access bench for all our local Community. Funding for this was from prize money the PPG were awarded when they were judged to be the most outstanding in the UK. We also celebrated the Queen's Jubilee in style with a party in in the Park. Commiserations were felt when our two lovely doctors retired. We had parties for both Dr Ford and her husband Dr Naughton and they will be missed greatly by all of us.





We also were able to present a cheque for £400 to Brian House from proceeds of a Self Care Calendar which was a result of work we did with the children from Royles Brook Primary School. More recently in support of Breast Cancer we held an Afternoon Tea at Fleetwood Golf Club which we were allowed to use free of charge as

space was too limited in the Practice. It was a huge success and raised £400 for Breast Cancer Research. It was described by one lady as every bit as good as the Ritz!



As you will see we are constantly including up to date Self Care, screening details and other health information drives.. Particularly popular was the Mini Checker Bus. This was a regular sight in the area and carried out health reviews and ear syringing. As the take up was so good in our neighbourhood more slots were put on. We really did our best to inform as many people as we were able.

We are desperate to get back in the surgery where we can help all those without digital access to have a paper copy of all the latest health and Practice info which is in our much-loved newsletter and contains all the necessary landlines and something to keep in a handy place at home for reference.





**We hope to see you very soon. Remember we are Your Voice!**















## HEALTH AWARENESS DATES FOR YOUR DIARY

<p>1 – 30 November 2022</p> 	<p>Movember Men's Health Awareness Month</p>	<p>Each year, Movember is responsible for thousands of moustaches on men's faces in the UK and around the world. The aim of Movember is to raise vital funds and awareness for men's health, specifically prostate cancer.</p>
<p>1 – 30 November 2022</p> 	<p>Lung Cancer Awareness Month</p>	<p>The aim of the Lung Cancer Awareness campaign is to raise awareness to encourage people displaying the common symptoms of lung cancer, such as a persistent cough, breathlessness or unexplained weight-loss, to visit their GP. During the month, many people throughout the country and the world come together for the lung cancer community.</p>
<p>1 – 30 November 2022</p> 	<p>Stress Awareness Month</p>	<p>International Stress Awareness aims to develop greater understanding of stress and offer individuals and organisations access to proven coping strategies and sources of help. See our webpages for more information about stress in the workplace.</p>
<p>14 November 2022</p> 	<p>World Diabetes Day</p>	<p>World Diabetes Day falls every year on 14 November and is a day when millions of people around the world come together to raise awareness of diabetes, and what it's really like to live with the condition. It's a global campaign led by the International Diabetes Federation (IDF) with activity taking place around the world.</p>

<p>15 – 19 November 2022</p> 	<p>Anti-Bullying Week</p>	<p>This Anti-Bullying Week the theme is "Respect". Take a look at our webpages for more information about tackling bullying, and read our case study to see how London Ambulance Service have tackled bullying and harassment.</p>
<p>11 – 16 November 2022</p> 	<p>Alcohol Awareness Week</p>	<p>It is estimated that the cost of alcohol on society is in excess of £21 billion. The aim of Alcohol Awareness Week is to get people to think about alcohol – how it affects us as individuals, families, communities and society as a whole. See our infographic for more information on alcohol awareness.</p>
<p>25 Nov - 10 Dec 2022</p> 	<p>16 Days of Action Against Gender- Based Violence</p>	<p>The 16 Days of Activism against Gender-Based Violence Campaign is a time to galvanize action to end violence against women and girls around the world.</p>

<p>1 December 2022</p> 	<p>World Aids Day</p>	<p>World AIDS Day is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV and to commemorate people who have died.</p>
<p>1 – 7 December 2022</p>	<p>Anger Awareness Week</p>	<p>National Anger Awareness Week encourages individuals, schools and the workplace to recognise the causes and symptoms of anger and provides information on counselling services and coping strategies aimed at defusing difficult situations and challenging behaviour.</p>

<p>1 – 31 January 2023</p> 	<p>Dry January</p>	<p>Dry January challenges you to go alcohol free for 31 days and aims to raise awareness of the effects of alcohol. Click on the link to download workplace resources and also see our infographic for more information on alcohol awareness.</p>
--	--------------------	---

<p>2 February 2023</p> 	<p>Time To Talk Day</p>	<p>It's easy to think there's no right place to talk about mental health. But the more we talk about it, the better life is for all of us. Too many people with mental health problems are made to feel isolated, worthless and ashamed. Time to Talk Day is a chance for all of us to be more open about mental health – to talk, to listen, to change lives. Wherever you are – at home, at work or up the top of a mountain! – have your conversation about mental health this Time to Talk Day.</p>
<p>4 February 2023</p> 	<p>World Cancer Day</p>	<p>World Cancer Day is the ideal opportunity to spread the word and raise awareness of cancer in people's minds and the world media. This global event takes place every year on 4 February and aims to save millions of preventable deaths each year by encouraging individuals to take action.</p>
<p>28 Feb - 6 Mar 2023</p> 	<p>Eating Disorders Awareness week</p>	<p>Eating Disorders Awareness week is an international awareness event, fighting the myths and misunderstandings that surround eating disorders. Awareness is raised to spotlight the impact eating disorders can have on an individual and highlight what individuals, colleagues and employers can do to support someone's recovery.</p>

# Pre-diagnosis support - a guide for parents and carers

**If your child is autistic, getting a diagnosis, and a better understanding of their needs, can be a very positive thing. Screening tests are available but should not be seen as an alternative to proper assessment and diagnosis.**

This guide explains how to get your child referred for an autism diagnosis.

We know this can be a really worrying time but we are here to help. Find out more about what help and support is available. We can also point you towards local sources of help and support.

To read more about the following subjects surrounding autism please visit [Parents and carers \(autism.org.uk\)](https://www.autism.org.uk)

Social communication and social interaction challenges



Repetitive and restrictive behaviour



Over- or under-sensitivity to light, sound, taste or touch



Highly focused interests or hobbies



Extreme anxiety



Meltdowns and shutdowns



## Helpline Telephone Numbers:

Medical Aids Hospice Furniture Shop 01253 878995

If requiring an aid ring before to see what is available.

Breast screening 01524 583050

Minds Matter 01253 955943

For mental health support.

Social services (Hub) 0300 123 6720

If you require a home assessment for mobility aids. (Shower chair, grab rails etc)

Women's Aid 01253 752014

Inspire 01253 877633

For alcohol and drug support.

NUPAS 0333 004 6666

Bereavement support 0800 258 5669

Samaritans 08457 909 090

Sexual Health Clinic 0300 1234 154

Youth Therapy 0800 121 7762

Mental health support for 11-25 year olds

MacMillan 01253 955710

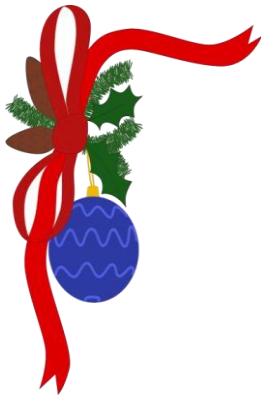
CAHMS 01253 957166

N-Compass 03450 138 208

Marie Curie 0800 090 2309

Citizens Advice 0300 330 1166

## How to Stay Safe at Christmas



Christmas is a special time for celebration and should not end in tragedy because of the extra hazards that are present at this time of year.

### Fairy Lights

- Check the fuses are the right type (see the box for the maximum size of fuse you should use).
- If bulbs blow, replace them.
- Don't leave fairy lights on when you go out or when you go to sleep.
- Don't let the bulbs touch anything that can burn easily, like paper. Don't overload sockets.

### Decorations

- Decorations made of light tissue paper or cardboard burn easily. □ Don't attach them to lights or heaters. □ Don't put them immediately above or around the fireplace.
- Keep them away from candles.

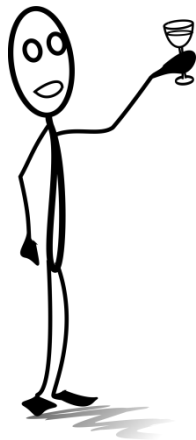


### Christmas Trees

Special fire safety precautions need to be taken when keeping a live tree in the house. A burning tree can rapidly fill a room with fire and deadly gases.



## Be Aware of Over-Indulging!!



### Hangovers

Hangovers vary from person to person, but usually involve a headache, nausea, tiredness and dehydration.

Dehydration is one of the main causes of your hangover symptoms. A hangover can leave you struggling to concentrate, feeling irritable and sensitive to light – not a good combination if you were planning to make the most of the day and not spend it in bed.

### What causes a hangover?

The main cause is ethanol – the alcohol in your drinks. It's a toxic chemical that works in the body as a diuretic, which means it makes you pee more and you can become dehydrated as a result. Dehydration is one of the main causes of your hangover symptoms.

### What can you do to prevent another hangover?

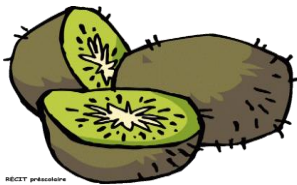
- Keep track of what you're drinking and stay within the government's guidelines.
- Avoid alcohol on an empty stomach. Food helps slow down the rate your body absorbs alcohol.

- Try not to get into rounds. They make it harder to control how much you drink.
- Drink plenty of water or soft drinks in between alcoholic drinks to avoid dehydration.
- Your body takes about one hour to process each unit of alcohol. Consider stopping drinking well before the end of the evening, so the process can begin before you go to bed.
- Drink plenty of water before hitting the sack and keep more by the bed.

### How can you treat the symptoms of a hangover?



As well as water, drink fresh juice to give yourself a vitamin boost. If you really need it, take a painkiller and an antacid to settle your stomach. Try a rehydration treatment sachet – they replace lost minerals and salt.



Eat something – bananas and kiwis are a good source of potassium (a mineral you lose when you drink because of the diuretic effect of alcohol).



Avoid hair of the dog – it only delays the problem. Take a break from alcohol.



# CCG AND LOCAL NHS NEWS

NHS 111 Online



NHS 111 Online has been launched. It is a digital service that provides access to urgent care services for people who prefer to use their computer, mobile phone or other digital device.

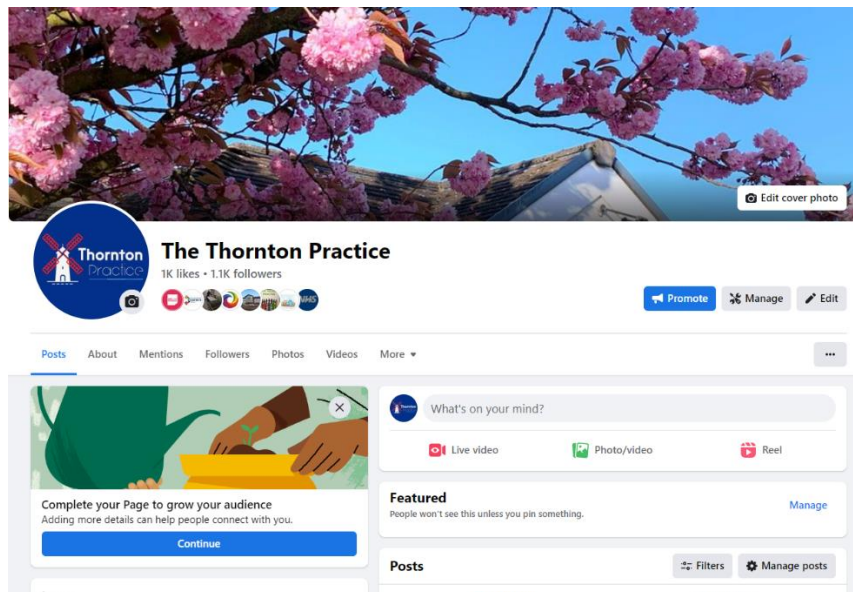


Find us on  
**Facebook**



Search for The Thornton Practice  
We share important updates and practice information on here.

Like and share our page. Thank you for all your support.



## WHO'S WHO

Here's a little reminder of Who's Who at the Practice:

### **General Practitioners (GPs):**

Dr Felicity Guest (f)

Dr Judith Chaloner (f)

Dr Michael Power (m)

Dr Peter Kell (m)

Dr Carsten Ezard (m)

Dr Sandeep Kumar (m)



### **Trainee GPs:**

Dr Faran Akbar (m)

Dr Olumide Adebambo (m)

Dr Mashood Ahmed (m)

### **ANP:**

Victoria Longworth (f)

### **Pharmacist:**

Sanjay Tanna

### **Nurses:**

Dawn, Jane, Emma, Michalina, Margaret

### **Health Care Assistants:**

Bethany, Rebekah, Laura

Meet  
THE TEAM



## **Admin staff**

Practice Business Partner: Amy

Practice Operations Manager: Catherine

Nurse Manager: Zoe

Carleton Branch Supervisor: Jackie

Patient Services Manager: James

HR Manager: Michelle

PCN Liaison and Engagement Manager: Emily

Business Analyst: Louise

Reception: Sandra, Stacey, Lyndsey, Susan

Patient Advisors: Elaine, Zoe, Lisa, Sue, Rachel, Andrea

Prescription Team: Jodie, Helen, Danielle

Secretaries: Trish, Kate

Coding Team: Louise, Lynne, Olivia, Susan



# Torentum PCN

The Torentum Primary Care Network is a collaboration of 3 GP Practice's, The Cleveleys Group Practice, The Crescent Surgery and The Thornton Practice, serving a population of 33,500 patients.

Our network is small enough to provide the personal care valued by our patients, but large enough to have impact through the collaboration between the practices and others in the local health (community and primary care) and social care system.

## What services do we offer?

**Care Co-ordinators:** Our Care Co-ordination Team works with patients across all 3 GP practices, helping people at key points in their life; for example providing support following a bereavement, guiding people to the correct service when they want to manage their weight or providing support and access to services following a cancer diagnosis. They also support our local care home residents, working closely with the Care Home Managers and GPs to ensure each resident has the care they need. Our Care Co-ordination Team can also provide support for those needing more support over the winter months and those caring for others. You will also see lots of their patient information on the practices' Facebook accounts, aimed at giving you details of activities available in the local area and health information, e.g. spotting early warning signs in your health.



### Trainee Associate Psychological Practitioner:



#### WHAT CAN I DO?

My focus is on mental health prevention and promotion.

My role is to help reduce stigma around mental health, to prevent deterioration of those experiencing mild mental health difficulties and to help build confidence and resiliency.

I offer 4x45 minute 1:1 sessions and a follow up session (4-6 weeks later).

These sessions will include low-intensity psychological interventions, emotional support and general wellbeing advice.

I can do these sessions face to face, over the phone or on video call.

**Social Prescribers:** Social Prescribing involves Link Workers sharing their time with you, focussing on 'what matters to you'. We connect people to community groups or statutory services for practical and emotional support. Your Social Prescriber is there to listen to you and put your needs at the forefront of every decision you make. We could link you or introduce you to a community group, a new activity or a local club. We may help you find legal advice, debt counselling, housing support or the right person to help you find a job or volunteering opportunity.

[Jo Carson](#)



[Nia Cuddihee](#)



[Sam Arnold](#)



[Sarah Norton-Jones](#)



**Craft and Chat**

Try your hand at a variety of arts and crafts at these fun and friendly creative sessions!

Come along and meet our friendly art session leader as they guide you through a range of arts and crafts. From knitting and card making to mosaic and decoupage, there's many different things to try.

Easy and accessible, this relaxed social activity is dementia friendly. Refreshments available.

**FREE**

**Starting 15 September**

10am - 12 noon  
**Every Thursday**  
 Thornton Library, Victoria Road  
 East, Thornton Cleveleys, FY5 3SZ

**CHRISTMAS WREATH MAKING**

POP UP WORKSHOP

ECO-FRIENDLY  
 All Supplies Provided

WARM MINCE PIE AND GLASS OF MULLED WINE  
 £30.00 per person

HELD IN A BEAUTIFUL TENT WITH OPEN FIRE AND SPARKLY LIGHTS  
 Mains Lane, Poulton-le-Fylde

TO BOOK YOUR PLACE  
 Contact Rachel  
 07917332609

PRIVATE HIRE ALSO AVAILABLE



The PCN also have mental health workers and pharmacists that support the practice. For more information visit their Website: [www.torentumpcn.nhs.uk](http://www.torentumpcn.nhs.uk)

The Thornton Practice, Thornton Medical Centre, Church Road,  
Thornton-Cleveleys, FY5 2TZ

### THORNTON BRANCH OPENING TIMES

**Mon:** 8.00am-6.30pm

**Tue:** 8.00am-6.30pm

**Wed:** 8.00am-6.30pm

**Thu:** 8.00am-6.30pm

**Fri:** 8.00am-6.30pm

**Sat:** closed

**Sun:** closed

### CARLETON BRANCH OPENING TIMES

**Mon:** 8:30 – 6:00pm

**Tue:** 8:30 – 13:00pm

**Wed:** 8:30 – 13:00pm

**Thu:** 8:30 – 6:00pm

**Fri:** 8:30 – 13:00pm

**Sat:** closed

**Sun:** closed

#### Telephone

01253 95 62 82

#### Fax

01253 95 62 83

#### Email

[fwccg.thorntonpractice@nhs.net](mailto:fwccg.thorntonpractice@nhs.net)

#### Website

[www.thedoctors.co.uk](http://www.thedoctors.co.uk)

