

# THE THORNTON PRACTICE

AUTUMN 2019

NEWSLETTER



The Thornton Practice  
CQC overall rating

Outstanding ☆

7 December 2018





## IT'S TOO BIG TO IGNORE

### IMPORTANT NEWS ABOUT YOUR FLU VACCINE

We have a vaccine reserved just for you this year.

You can book online **NOW** or ring the Practice to book your appointment for one of our clinics on

Saturday 12 October  
and  
Saturday 2 November

Additional Nurses' clinics will be scheduled following these clinic days, which will include clinics at Carleton.

Check our website and Facebook page for more details

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



**This is a fantastic achievement – it was the Awards’ most popular category and the quality of the entries was fantastic. The judges found it very tough to mark so we have done brilliantly to even be shortlisted!**

Thanks must go to the Practice Business Manager for submitting our application.

The Awards will be taking place on **Friday 29<sup>th</sup> November 2019** at the **Park Plaza Westminster Bridge Hotel, London** and members of staff from the Practice will be attending.

Look for news of the event in Winter’s version of our Newsletter out in December.

**Nursing**  
IN PRACTICE

**MANAGEMENT**  
inPractice

**HEALTHCARE**  
**LEADER**

**PULSE**

**THE PHARMACIST**



We would like to introduce the following new member of the Team to you:

- We are delighted to announce that Dr Mike Power has become a permanent member of the Practice's clinical team as a GP Partner. Dr Power has an interest in Dermatology, Respiratory and Cardiology.
- Dr Jemy Agbeja is the Practice's new Registrar. There is an article on the next page which explains the role of a GP Registrar. We are sure you will welcome her to the Team!



- We said goodbye to Dr Gregory in August. We wish him all the very best in his new venture and we are sure all the patients who were lucky enough to see Dr Gregory when he was with us will miss him!!
- We know that some of you have been wondering where Dr Mati is. We are sorry to announce that, due to personal circumstances, for the foreseeable future Mariam is unable to return to work. Dr Mati remains a highly regarded member of the team and we maintain regular contact with her and are supporting her through this difficult time

## GP Registrars Explained

You have probably rung for an appointment at our Practice and been told that you are booked with a GP Registrar. I am going to explain to you what a GP Registrar is.

GP Registrars are fully qualified and registered doctors. They are also sometimes known as Specialist Trainees. They have graduated from medical school and completed a 2-year foundation training (previously known as a house job). They then go on a 3-year GP training programme to become GPs. This training involves 18 months in hospital medicine which may include paediatrics, gynaecology, psychiatry, dermatology and general medicine. They spend another 18 months attached to a training Practice under a qualified supervising GP to further develop their skills in general practice. This is usually divided into a 6 month attachment in one Practice and a 12 month attachment in a different Practice. All GPs must undergo this training before they can become fully qualified GPs and able to practice independently. GP training programmes aim to expose trainees to a variety of health issues and challenges.

The Thornton Practice is a training practice officially approved to train GPs and we are very enthusiastic about training and teaching. The Practice provides an accredited clinical and professional learning environment. The team here is not only committed to excel in your healthcare delivery, but also to train outstanding GPs that can sustain our NHS. GP Registrars are here to help you with your healthcare needs and learn from your health challenges at the same time.

Finally, by agreeing to see a GP Registrar, you are hopefully going to receive the excellent care you expect and also help bring on the next generation of GPs and contribute to the survival of our NHS.



## WHO'S WHO

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

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

Dr Anthony Naughton (m)

Dr Wendy L Ford (f)

Dr Judith Chaloner (f)

Dr Felicity Guest (f)

Dr Mike Power (m)

Dr Peter Kell (m)

Dr Carsten Ezard (m)

Dr Jemy Agbeja (GP Registrar) (f)



### **Advanced Nurse Practitioners (ANPs):**

Victoria Longworth

Rebecca Power

## **Practice Nurses**

Karen Davis – Nurse Manager

Danielle Bartlett

Dawn Taylor

Jane Palmer

Jacqui Bailey



## **Health Advisor**

Margaret Dixon

## **Health Care Assistants**

Jessie Leybourne

Bethany Allen



## **Admin staff**

Reception: Sandra, Nancy, Elaine

Patient Advisors: Lorraine, Emily, Ruby, Sue

Pharmacy/Prescriptions: Denise, Jodie, Helen, Danielle

Secretaries: Trish, Jacqueline, Sian, Bev

Medical Admin: Lynne, Louise, Carolyn, Steve

Practice Management: Amy, Liz

Carleton Branch Manager: Jackie

Patient Services Manager: James

Patient Operations and HR Manager: Michelle

Admin Apprentices: Olivia, Megan



# DOCTORS' AND NURSE PRACTITIONERS' CLINIC DAYS



## Clinic Days

<b>GPs</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
Dr Naughton (m)	AM	AM & PM		AM	
Dr Ford (f)	AM		AM & PM	AM	
Dr Chaloner (f)	AM & PM	AM & PM		AM & PM	
Dr Guest (f)	AM & PM		AM		AM & PM
Dr Kell (m)	AM & PM	AM & PM		AM & PM	AM & PM
Dr Ezard (m)	AM & PM		AM & PM	AM & PM	
Dr Power (m)	AM & PM	AM & PM	AM & PM		AM & PM
<b>Advanced Practitioners</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
Victoria Longworth	AM & PM	AM & PM	AM & PM	AM & PM	AM
Rebecca Power	AM	AM & PM	AM	AM & PM	AM & PM

# CLINICAL SERVICES TAKING PLACE IN THORNTON MEDICAL CENTRE



		Monday	Tuesday	Wednesday
Doctors Room	AM	<b>ADHD – Nurse CAMHS</b> Fortnightly	Prof Gordon <b>(Community Paed Clinic)</b>	<b>Midwife Clinic</b> Thornton Practice
	PM	<b>ADHD – Nurse CAMHS</b> Fortnightly	<b>Midwife Clinic</b> Thornton Practice	<b>Midwife Clinic</b> Village Practice
Hall/Health Education Room	AM		<b>ADAS/Anti Coagulation Clinic</b>	
	PM			
Interview Room	AM			
	PM	<b>Mindsmatter – LCFT</b>	<b>Mindsmatter – LCFT</b>	
Weighing Room	AM	<b>Quit Squad</b>	<b>ADAS/Anti Coagulation Clinic</b>	<b>Mindsmatter – LCFT</b>
	PM	<b>Quit Squad</b>	<b>Orthoptic Clinic</b> Fortnightly	<b>Mindsmatter - LCFT</b>
Podiatry	All Day	<b>Podiatrist Clinic</b>	<b>Podiatrist Clinic</b>	<b>Podiatrist Clinic</b>

		Thursday	Friday
Doctors Room	AM	GTT Clinic <b>Midwife Clinic</b>	
	PM	<b>Midwife Clinic</b> Village Practice	
Hall/Health Education Room	AM	GTT Clinic <b>Midwife Clinic</b>	
	PM		<b>Chat Group</b>
Interview Room	AM		
	PM		<b>Quit Squad</b>
Weighing Room	AM	<b>Mindsmatter – LCFT</b>	<b>Mindsmatter – LCFT</b>
	PM	<b>Mindsmatter - LCFT</b>	<b>Mindsmatter – LCFT</b>
Podiatry	All Day	<b>Podiatrist Clinic</b>	<b>Podiatrist Clinic</b>





## Useful Numbers for Screening Programmes

### Bowel Screening – 0800 707 6060

The NHS BCSP offers screening every 2 years to **all men and women aged 60 to 74**



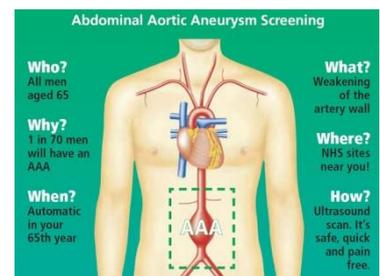
If you are a woman aged between **50 and 70**, you should be invited to a **FREE NHS Breast Screening EVERY THREE YEARS**

### Breast Screening – 01524 583588

Breast screening is currently offered to **women aged 50 to 70** in England. You'll first be invited for screening between your 50th and 53rd birthday.

### Abdominal aortic aneurysm (AAA) Screening – 0191 445 2554

The NHS abdominal aortic aneurysm (AAA) screening programme is available for **all men aged 65 and over** in England.



### Cervical Screening (Jo's Trust) – 0808 802 8000

All women who are registered with a GP are invited for cervical screening:

- **aged 25 to 49** – every 3 years
- **aged 50 to 64** – every 5 years
- **over 65** – only those with recent abnormal tests



# Are you eligible for concessionary parking?

The Trust appreciates that the cost of parking may cause concern for some patients and visitors. In support of this we offer the following concessions at the discretion of the ward manager:

- A parent/guardian or carer of a child who is an inpatient at the hospital will receive a subsidised parking rate of £3.00 per day for the first 2 weeks (tariff rate £6.00) thereafter free parking
- One Relative or Carer of a patient who has been in hospital for 2 weeks will be offered free parking
- Haematology/ Oncology patients who are undergoing regular treatment will receive free parking
- Relatives/Carers of patients who are at end of life are offered free parking

The ward manager or nurse in charge should be contacted and will provide an authorised form to the relative/carer or patient to take to the car parking office for issue of a concessionary permit

**Please note:**

- We also have short stay and drop off spaces across the hospital which give free parking for between 15 minutes and one hour.
- Patients who are receiving benefits may be able to reclaim their travel expenses through the NHS Healthcare Travel Costs Scheme (HTCS). Patients are asked to visit the Ambulance Liaison Desk situated at Outpatients, Women and Children's Unit or at the Macmillan Unit.

**The Silver Line**  
helpline for older people  
0800 4 70 80 90

**“It opened the world  
for me again.”**

*Jack*  
Silver Line helpline caller

[www.thesilverline.org.uk](https://www.thesilverline.org.uk)  
 Charity No. 1147200 (England & Wales), SC044487 (Scotland)

The only national, free and confidential, 24-hour helpline  
 for lonely older people open every single day and night

**0800 4 70 80 90**



## What We Do

The Silver Line operates the only confidential, free helpline for older people across the UK that's open 24 hours a day, seven days a week.

The helpline number is: **0800 4 70 80 90**.

We also offer telephone friendship schemes where we match volunteers with older people based on their interests; facilitated group calls; and help to connect people with local services in their area.

## The Silver Line Helpline

The Silver Line is the only confidential, free helpline for older people across the UK open every day and night of the year. Our specially-trained helpline team:

- Offer information, friendship and advice.
- Link callers to local groups and services.
- Offer regular friendship calls.
- Protect and support older people who are suffering abuse and neglect.
- 68% of calls to the helpline are made at night and weekends.

## Who can use The Silver Line

The Silver Line is a helpline and friendship service for people aged 55 and over.

The Silver Line Helpline is free to callers.

All costs of calls are covered by The Silver Line. We rely entirely on donations from organisations and people who care about the welfare and safety of older people. Find out more about how to support The Silver line here. The Silver Line is a confidential helpline.

Callers are free to express their feelings, and describe their lives honestly, and can trust us to respect their privacy.

In cases of abuse or neglect, with the callers' permission, we will involve specialist safeguarding organisations such as Action on Elder Abuse or the appropriate social services team.

## Silver Line Telephone Friends

If callers would like to be put in touch with a Silver Line Friend, they can enjoy a regular weekly friendship telephone call. Silver Line Friends are volunteers who have contacted The Silver Line because they enjoy talking to older people.

Calls are free for both parties, as costs are covered by The Silver Line through donations.

We match the older person to like-minded volunteers, based on their interests and preferences. It is not a counselling service and Silver Line Friends will not meet, or know the telephone numbers of the people they speak to.

## Silver Circles

Silver Circles are facilitated group telephone calls where people with shared interests can discuss topics that interest them with a wider group. This is enjoyed by people who would like to speak with more than one person at a time.

Calls are free for people taking part, as costs are covered by The Silver Line.

## Silver Connects

The Silver Connects team provides older people with more intensive support, advice, and help with connecting to local services. Since launching in November 2015, the team has worked on issues ranging from housing and health issues, to finding lunch clubs and even financial concerns.



thesilverlineuk  
@TheSilverLineUK



www.thesilverline.org.uk

Charity no. 1147330 England & Wales, SC244487 Scotland

The only national, free and confidential, 24-hour helpline for lonely older people open every single day and night

**0800 4 70 80 90**

# PATIENT PARTICIPATION GROUP NEWS



All through the Summer the PPG have been extremely busy. In June our Chair and the Patient Manager went to Cheltenham to receive the award for National PPG of the Year. Our PPG Chair also presented a workshop at the Conference which was a great accolade for the Practice. A cheque for £500 was received which will be used for the benefit of the patients.



The PPG have also continued with their very successful Listening Table sessions which have been invaluable in gauging patients' views on the services they receive at the Practice.

Practice Staff, Nurse Manager and the PPG also visited Royles Brook Primary School in June with a view to producing a Self-Care Calendar for 2020. Class 4 came into the Surgery with their paintings for each month which gave self-care advice for seasonal ailments. The calendar should be ready for November when it will be sold and the proceeds will go to Brian House Hospice. The children were also shown around the Practice where a question and answer session all about common ailments was shared with the children.

## SELF-CARE



### CALENDAR



Illustrated by children from  
Royles Brook Primary School Thornton



There have been ongoing discussions with Millfield in July with a view to doing some collaborative work relating to issues of healthier lifestyles, self-esteem, resilience and mental health. The Practice Manager, PPG Chair and a representative from Millfield have met and plan to start the programme in earnest for the new academic year.

The most recent event, which was held in the Community Room at the Practice, brought joy, laughter and a few tears. The PPG, with the help of the Practice, held a coffee and cakes morning for patients and their carers.



Jimmy O'Donnell delighted all present with his songs, memories and films which had all those present joining in and singing along. It was very well received and there are plans to hold another in the Autumn.

Preparations are now underway for the PPG's AGM in August when it is hoped that new members will join to replace those who are retiring.

The Flu Clinics will be the next big events along with the Flu Fighters Road Show in Morrisons on Sept 19<sup>th</sup>.

All in all it has been an Outstanding Year for our PPG.

# Lancashire Memories



Following on from the coffee morning in July, the Practice received an email from one of our patients. The contents of the email are below, but obviously names have been removed.

*“Hi, my name is \*\*\*\*, my wife and I were lucky enough to be invited to Jimmy O'Donnell's interactive talk at the surgery on July 22nd. Whilst I don't think \*\*\*\* understands what's going on around her anymore, I genuinely believe that she enjoyed herself. I just wanted to say a Big thank you to everyone who took the time to lay on the event, especially all the volunteers, cake makers etc. Made a change for me too, great to meet some new people. Thanks again, \*\*\*\* 😊.”*

It was a delight to receive this email. The Practice replied to the patient acknowledging the efforts of the PPG and that we are hoping to organise further similar events in the future.



## **DROP INS FOR CARERS AND PATIENTS 2019**

The following venues have regular events taking place for carers and patients and all are welcome.

### **Ashley Conservative Club Victoria Rd East Thornton (near the DIY shop)**

Last Tuesday of the Month at 2.00 (can arrive from 1.40)



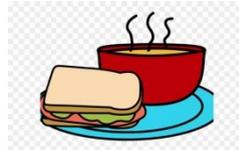
\*\*\*\*\*

### **Christ the King Church opp ( Stanah School ) Thornton**

Monday til Thurs every week 10.30 til 12.00 – Tea, Coffee and Biscuits

Lunches 12 til 1.00 – Soups, Sandwiches, Crisps and Drinks.

All welcome. Donations of whatever you can afford



\*\*\*\*\*

### **Methodist Church West Drive Thornton (by tram tracks) – Drop in Café**

First Thursday of the Month 10.00 til 12.00

\*\*\*\*\*

All venues have easy access and free parking.

# Harmony and Health at Marine Hall, Fleetwood

1.30pm-3pm

and Little Theatre, Thornton

10.30am - noon

EVERY TUESDAY



Improve your **WELLBEING** for **FREE** at our singing groups

NO EXPERIENCE NECESSARY

## THE BENEFITS

Sing songs you love

Relax and socialise

Tune your heart

Improve your breathing

Tea/coffee and chat (beverages £1)

Lift your heart and voice in a physical and mental workout

Revive your spirits in a calm environment with friendly people

Integrate - don't isolate

ALL ENQUIRIES - 01253 887693

## **PATIENTS WHO MISS APPOINTMENTS (DNAs)**

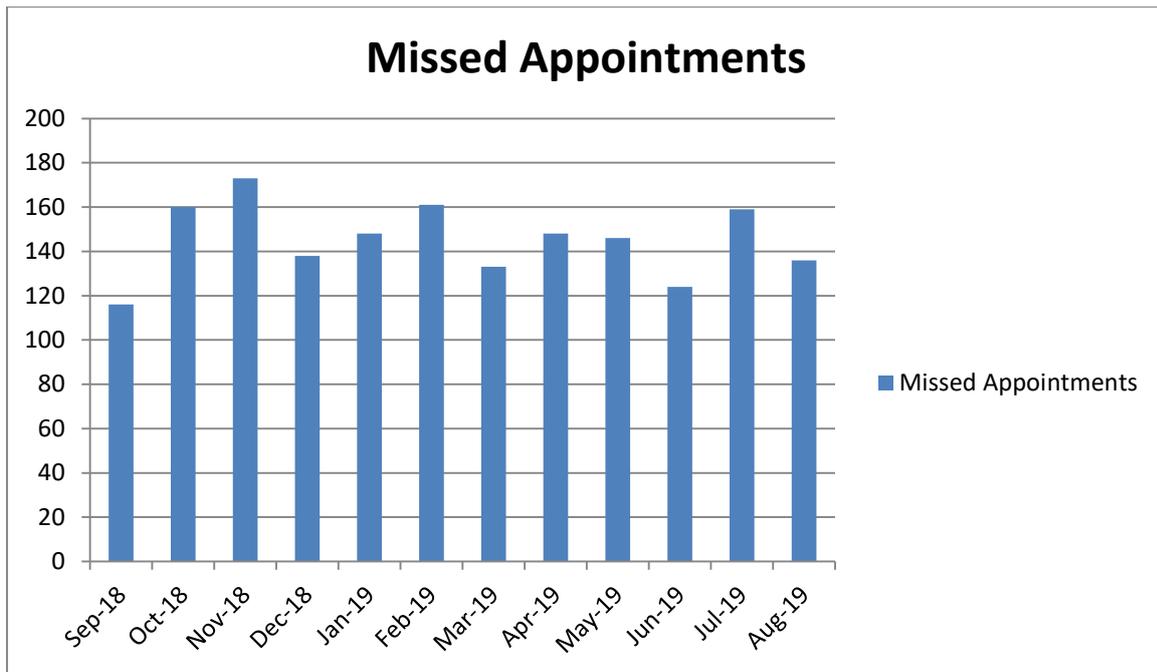
There are huge cost implications for the Practice associated with patients who do not attend their appointments. The number of patients who failed to attend for appointments during the period **June 2019 to August 2019** is as follows:

<b>JUNE 2019</b>	<b>JULY 2019</b>	<b>AUGUST 2019</b>
GPs (Carleton) – 4 GPs (Thornton) – 17	GPs (Carleton) – 4 GPs (Thornton) – 49	GPs (Carleton) – 8 GPs (Thornton) – 33
ANPs (Carleton) – 1 ANPs (Thornton) – 17	ANPs (Carleton) – 2 ANPs (Thornton) – 13	ANPs (Carleton) – 2 ANPs (Thornton) – 16
HCA's (Carleton) – 0 HCA's (Thornton) – 32	HCA's (Carleton) – 4 HCA's (Thornton) – 40	HCA's (Carleton) – 4 HCA's (Thornton) – 34
Nurses (Carleton) – 10 Nurses (Thornton) – 27	Nurses (Carleton) – 5 Nurses (Thornton) – 42	Nurses (Carleton) – 9 Nurses (Thornton) – 30
<b>TOTAL – 124</b>	<b>TOTAL – 159</b>	<b>TOTAL – 136</b>

**GRAND TOTAL OF MISSED APPOINTMENTS = 419**

It costs the Thornton Practice/NHS up to £36 to provide one appointment, therefore, on this basis the number of missed appointments at Thornton Practice for the period June to August 2019 cost the NHS £15,084.

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.



Thanks to all patients for cancelling their appointments.

Well done everyone!!



**Thank You!**

NEW MEMBERS WELCOME

# AUTISM SPECTRUM FYLDE COAST MEET-UP



Find us on  
**Facebook**



A group for like-minded adults to meet occasionally for intelligent conversation & optional activities e.g. meals out in quiet restaurants, bowling, archery, etc.



<https://www.facebook.com/groups/1958095580901946/>



Becky\_boo1967@yahoo.co.uk



07884 255139



Find this group on Facebook <https://www.facebook.com/groups/1958095580901946/>

If any parents wish to contact Becky please feel free to do so at the email address above. Some young people on the spectrum are a bit anxious about coming to a larger group so Becky meets up with them before they attend an organised meeting.



# Doherty's Destiny



People bereaved  
by suicide  
support group



An informal group where you can come along  
and listen or talk, without pressure or judgement,  
in confidence to like minded people who have  
experienced suicide.



*all welcome*



**For further information please email:  
[dohertysdestiny@hotmail.com](mailto:dohertysdestiny@hotmail.com)**



[@dohertysdestiny](https://www.facebook.com/dohertysdestiny)



[@dohertysdestiny](https://twitter.com/dohertysdestiny)

Cleveleys Library, Rossall Road FY5 1EE  
5-7pm on the **last Tuesday of every month**

# WALK IN THE PARK Cancer Support Group



We welcome people with an active diagnosis and survivors as well as friends and family members.

Walks are wheelchair accessible and routes have frequent rest breaks.

This is a social group and not an exercise class.

Short walks are followed by a drink and a chat in the café.

#### WHERE?

Stanley Park Blackpool (meet outside the front entrance of the café).

Meet at 1pm on the fourth Thursday of the month.

**MACMILLAN  
CANCER SUPPORT**

**Steps**  
to health

#### 2019 DATES

24th January

28th February

28th March

25th April

23rd May

27th June

25th July

22nd August

26th September

24th October

28th November

For more information contact:

Hannah McCarmen 07879428970

[hannah.mccarmen@nhs.net](mailto:hannah.mccarmen@nhs.net)



Follow us on Facebook by searching 'Walk in the park Blackpool cancer group'

# CRAFT GROUP

We are excited to announce after month's of planning and preparation our first craft group! We will be doing beading! We have a talented lady who creates and teaches beadwork who has joined us to provide this new support group!

This will be held on a monthly basis starting on Thursday 1st August 2019 from 2PM until 4PM.



## *Where & When?*

Fleetwood Library

North Albert Street

Fleetwood

FY7 6AJ

The first Thursday of each month from 2PM until 4PM.

**MACMILLAN**  
**CANCER SUPPORT**

**NHS**  
Blackpool Teaching  
Hospitals  
NHS Foundation Trust

## Flu Clinics 2019



This year's Flu Clinics will be taking place on Saturday 12 October and Saturday 2 November from 8:00 to 13:00 on both days. You are eligible for a vaccine if:

- You are aged 65 or over
- Aged 2, 3 or 4 years old
- Pregnant
- Have Asthma, COPD, Diabetes, Dementia, Angina or any other heart related condition
- You have had a stroke/transient ischaemic attack (TIA)
- You have had a splenectomy, organ transplant or organ removal
- You are immunosuppressed
- You are pregnant

If you are unsure whether you are eligible for a flu vaccination, please speak to our receptionist or telephone the surgery and speak to one of our admin team on 01253 95 62 82 who will advise you.

Allotted time slots / appointments will be available to book online for the Saturday Flu Clinics or via reception / telephone for the Saturday Clinics to avoid peak rush times and so that we can plan our stock accordingly.

Time slots will be by 2 minutes, however, please endeavour to come within 15 minutes of the allocated 2 minute slot time so that we have a steady flow of patients without huge queues.

Following the Saturday Clinics, additional clinics will be planned according to stock availability so keep a look out in the waiting rooms / Website / Facebook etc... for notices about these clinics weeks commencing 14 October.



## IMPORTANT NEWS ABOUT YOUR FLU VACCINE

**Reserved just for you this year**

Patients aged 65 and over are at a greater risk of serious complication from the flu because human immune defences become weaker with age.

**None of the ingredients of the Flu vaccine can cause the flu.**

The Flu Vaccine (aTIV) will protect you against the three strains of the virus which are contained in the vaccine from 2-3 weeks after the injection and lasts up to 9 months.



**Saturday FLU clinics**  
**BOOKABLE APPOINTMENTS**

**Saturday 12th October**  
**8am-1pm**

**Saturday 2<sup>nd</sup> November**  
**8am-1pm**



**We are asking patients to book a time slot at the Saturday clinics in order for us to control our stock and ensure that we have the number of vaccines available for the number of patients attending the clinic**





**Under 65 and eligible for a Flu Vaccine? We have the recommended vaccine**



**Flu Vaccine (QIV) for:**

- Adults from 18 years to less than 65 years of age who are at increased risk from flu because of a long term health condition
- Pregnant women
- Carers

**Nasal spray (LAIV) vaccine for:**

- Children aged 2 & 3 can be vaccinated at your GP Practice. Children in reception class through to Year 5 will be given this at school via the School Nursing Team.

**Saturday FLU clinics  
BOOKABLE APPOINTMENTS**



**Saturday 12th October  
8am-1pm**



**Saturday 2<sup>nd</sup> November  
8am-1pm**

**We are asking patients to book a time slot at the Saturday clinics in order for us to control our stock and ensure that we have the number of vaccines available for the number of patients attending the clinic**



Public Health  
England



## HEALTH AWARENESS DATES FOR YOUR DIARY

<p>10 September 2019</p> 	<p>World Suicide Prevention Day</p>	<p>World Suicide Prevention Day promotes worldwide commitment and action to prevent suicides.</p> <p><a href="https://www.iasp.info/wspd2019/">https://www.iasp.info/wspd2019/</a></p>
<p>10 September to 11 November 2019</p> 	<p>Drink Free Days</p>	<p>Public Health England's One You campaign has teamed up with Drinkaware to launch the Drink Free Days campaign.</p> <p>The aim of the campaign is to encourage midlife men and women to think about their drinking and to highlight that having more Drink Free Days can improve their health and reduce risks of serious long term conditions.</p> <p><a href="https://www.drinkaware.co.uk/drink-free-days/">https://www.drinkaware.co.uk/drink-free-days/</a></p>
<p>10 – 16 September 2019</p> 	<p>Know Your Numbers Week</p>	<p>Blood Pressure UK's flagship blood pressure testing and awareness campaign, encourages adults to know their blood pressure numbers and take the necessary action to reach and maintain a healthy blood pressure. This year around 250,000 free checks will be available across the UK.</p> <p><a href="http://www.bloodpressureuk.org/HealthProfessionals/KnowyourNumbersWeek">http://www.bloodpressureuk.org/HealthProfessionals/KnowyourNumbersWeek</a></p>
<p>13 September 2019</p> 	<p>World Sepsis Day</p>	<p>Sepsis causes approximately six to nine million deaths worldwide every year, most of which are preventable. During World Sepsis Day events are held to raise awareness of sepsis all over the world. It can range from medical education, to sports activities and fundraising events.</p> <p><a href="https://www.worldsepsisday.org/wsd2019">https://www.worldsepsisday.org/wsd2019</a></p>
<p>23 – 29 September 2019</p> 	<p>National Eye Health Week</p>	<p>National Eye Health Week (NEHW) is about healthcare professionals joining forces to encourage more people to have regular sight tests and make lifestyle choices that benefit their vision and general well-being. NEHW raises awareness of how we can improve the UK's eye health, contribute towards a reduction in avoidable blindness and enhance people's everyday lives.</p> <p><a href="http://www.visionmatters.org.uk/">http://www.visionmatters.org.uk/</a></p>

<p>26<sup>th</sup> September 2019</p> 	<p>National Fitness Day</p>	<p>National Fitness Day encourages people all across the country to make 26 September the most active day of the year.</p> <p><a href="https://www.nationalfitnessday.com/">https://www.nationalfitnessday.com/</a></p>
<p>27<sup>th</sup> September 2019</p> 	<p>World Biggest Coffee Morning</p>	<p>Get involved in a coffee morning to raise funds for Macmillan Cancer Support.</p> <p><a href="https://coffee.macmillan.org.uk/about/what/">https://coffee.macmillan.org.uk/about/what/</a></p>
<p>1<sup>st</sup>–28<sup>th</sup> October 2019</p> 	<p>Stoptober</p>	<p>Stoptober is a campaign running throughout October which encourages people to stop smoking, and offers support to help achieve a smoke free.</p> <p><a href="https://www.nhs.uk/oneyou/for-your-body/quit-smoking/stoptober">https://www.nhs.uk/oneyou/for-your-body/quit-smoking/stoptober</a></p>
<p>1<sup>st</sup> - 31<sup>st</sup> October 2019</p> 	<p>National Cholesterol Month</p>	<p>National Cholesterol Month is devoted to raising funds for Heart UK and raising awareness about the dangers of high cholesterol.</p> <p><a href="https://www.heartuk.org.uk/national-cholesterol-month/national-cholesterol-month">https://www.heartuk.org.uk/national-cholesterol-month/national-cholesterol-month</a></p>
<p>1<sup>st</sup> – 5<sup>th</sup> October 2019</p> 	<p>National Work Life Week</p>	<p>National Work Life Week aims to get both employers and their employees talking about wellbeing at work and work life balance. It's an opportunity for employers to show their employees, and potential candidates, how their organisation is striving for a family friendly and flexible working culture.</p> <p><a href="https://www.workingfamilies.org.uk/campaigns/national-work-life-week/">https://www.workingfamilies.org.uk/campaigns/national-work-life-week/</a></p>
<p>8<sup>th</sup> – 12<sup>th</sup> October 2019</p> 	<p>Back Care Awareness Week</p>	<p>The aim of the week-long event, organised by BackCare, is to raise awareness of the problems back pain can cause, as well as prevention and treatments. See our dedicated web page for more information on musculoskeletal disorders.</p> <p><a href="http://backcare.org.uk/">http://backcare.org.uk/</a></p>
<p>10<sup>th</sup> October 2019</p> 	<p>World Mental Health Day</p>	<p>World Mental Health Day raises public awareness about mental health issues. See our web pages dedicated to mental health in the workplace.</p> <p><a href="https://wfmh.global/world-mental-health-day-2019/">https://wfmh.global/world-mental-health-day-2019/</a></p>

<p>13 – 19 October 2019</p> 	<p>International Infection Prevention Control Week</p>	<p>Infection prevention control week is about raising awareness for the important role we all play in keeping patients safe from infection.</p> <p><a href="http://professionals.site.apic.org/iipw/">http://professionals.site.apic.org/iipw/</a></p>
<p>18 October 2019</p> 	<p>World Menopause Day</p>	<p>World Menopause Day is to raise awareness about the menopause and to pledge support for women who face health issues when approaching, during and beyond the menopause.</p> <p><a href="https://menomartha.com/world-menopause-day-2019-whats-hot/">https://menomartha.com/world-menopause-day-2019-whats-hot/</a></p>
<p>1 – 30 November 2019</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><a href="https://uk.movember.com/get-involved/move">https://uk.movember.com/get-involved/move</a></p>
<p>4 – 8 November 2019</p> 	<p>International Stress Awareness Week</p>	<p>International Stress Awareness Day aims to develop greater understanding of stress and offer individuals and organisations access to proven coping strategies and sources of help. See our web pages for more information about stress in the workplace.</p> <p><a href="https://isma.org.uk/national-stress-awareness-week">https://isma.org.uk/national-stress-awareness-week</a></p>
<p>11 – 15 November 2019</p> 	<p>Anti-bullying Week</p>	<p>This Anti-Bullying Week the theme is "Respect". Take a look at our web pages for more information about tackling bullying, and read our case study to see how London Ambulance Service have tackled bullying and harassment.</p> <p><a href="https://www.anti-bullyingalliance.org.uk/anti-bullying-week">https://www.anti-bullyingalliance.org.uk/anti-bullying-week</a></p>
<p>11 – 17 November 2019</p> 	<p>Alcohol Awareness Week</p>	<p>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><a href="https://alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week">https://alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week</a></p>
<p>25 November to 10 December 2019</p> 	<p>16 Days of Action Against Domestic Violence</p>	<p>The 16 Days of action against domestic violence campaign is a time to take action to end violence against women and girls around the world.</p> <p><a href="https://16daysofaction.co.uk/the-campaign/">https://16daysofaction.co.uk/the-campaign/</a></p>

**YOU CAN QUIT IN  
LANCASHIRE**

NHS



You are four times more likely to stop smoking with our help

For further details please call

0800 328 6297

or visit [www.quitsquad.nhs.uk](http://www.quitsquad.nhs.uk)

'IT'S FREE · IT'S LOCAL · IT'S FRIENDLY'



Lancashire Care  
NHS Foundation Trust

## Quit Squad North Lancs Session Locations

**FREE consultations with Quit Squad  
Specialist Advisors available at:**

### Lancaster/Morecambe/Carnforth

Ashton Community Clinic, Lancaster	Queen Sq Surgery, Lancaster
Meadowside Practice, Lancaster	Owen Rd Surgery, Lancaster
West End Practice, Morecambe	Heysham Primary Care Centre
Westgate Medical Practice, Morecambe	Morecambe Health Centre
Ash Trees Surgery, Carnforth	Carnforth Clinic
Garstang Health Centre	

### Fylde

Lytham Primary Care Centre	St Annes Primary Care Centre
Kirkham Clinic	Ash Tree House, Kirkham
Freckleton Health Centre	

### Wyre

Thornton Medical Centre	Cleveleys Health Centre
Fleetwood Surgery	Mount View Practice, Fleetwood
Over Wyre Medical Centre	



For further information or to make an appointment  
**Freephone 0800 328 6297**

Supporting Health and Wellbeing  
Community Wellbeing



Follow us on and   
[@lancashirecare](https://twitter.com/lancashirecare) [#quitsquad](https://twitter.com/quitsquad)

Funded by  
**Lancashire**  
County Council



# Diabetes

## Interest Group

### Who are we?

Formed to improve health and care services in the region, our work brings together professionals, organisations and service users to work together on quality improvement for health care services, including Diabetes

### How can you help?

As a patient, carer or member of the public you will have used or experienced health and care services in your area. By joining our network and sharing your experience and knowledge you can help improve and shape future services.

The chance to  
make a  
difference



Opportunity  
to share your  
views



Help us to improve and  
shape future services

### People's Voice: Diabetes Interest Group

A register of interested volunteers who wish to be involved with the work of the SCN Diabetes Network. Joining our Network will give you the chance to get involved in a variety of ways by choosing what you are interested in and what you want to contribute towards:

- *Comment on issues via email*
- *Tell your story*
- *Take part in group working*
- *Attend conferences and/or workshops*
- *Comment on documents*
- *Respond to surveys/questionnaires*
- *Speak in public*

Join our  
People's Voice group for

Register on-line at:

<https://www.england.nhs.uk/north/north-west-coast-strategic-clinical-networks/our-networks/urgent-and-emergency-care-and-diabetes/diabetes/patient-engagement/>



Scan me

# CASHER

The Child & Adolescent Support  
& Help Enhanced Response  
Team

## WEEKEND CLINIC

Every Saturday  
& Sunday, 2pm-3pm

Please meet at the Fylde  
Coast Birth Centre,  
Women & Children's Unit,  
Out of Hours Entrance  
Door, Blackpool Victoria  
Hospital. Please ring the  
below number if staff are  
not there.  
07810 696565



### Suitable for:

Children and young people aged 18 and under  
who present with:

Anxiety/Depression  
Feeling worried or upset?  
Low self-esteem/Low confidence  
Need Advice/Someone to talk to?

### PLEASE NOTE!!

It is not for people who have immediately  
harmed themselves in anyway eg:  
overdosed/self harmed/suicidal plans or intent  
(These young people must attend A&E or ring  
number shown below, within CASHER Team  
duty hours )

To book a place at this clinic, please contact the **CASHER** Team within their  
duty hours:

07810 696565 mon-fri 5pm-10pm or sat/sun 10am-8pm. Bank holiday  
times can vary ( please email the email addresses shown below ).

[bfnh.casher.team@nhs.net](mailto:bfnh.casher.team@nhs.net)

[john.stainton@nhs.net](mailto:john.stainton@nhs.net) (**CASHER** Team Leader )

[elaine.walker6@nhs.net](mailto:elaine.walker6@nhs.net) ( Integrated Emotional Health & Wellbeing Manager )

People Centred

Positive



Together we care

Compassion

Excellence

Feeling  
anxious?

Experiencing  
low mood?

Thinking  
about  
self-harming?

Need to  
talk to  
someone?

# REACH OUT

**DROP-IN**  
Mental health  
drop in sessions  
for young people  
aged 10-16

Come along on your own or with a friend/parent and chat to experienced mental health professionals. We provide support in a comfortable safe space to enable you to talk about your mental health/emotional health and wellbeing.

We will be offering 1:1 sessions to young people who need help and support, as well as some group work and activities to build self-esteem and improve emotional wellbeing.

Based at 'The Zone' on  
Milton Street, Fleetwood,  
FY7 6QW

Sessions will be held every  
Wednesday  
6:30pm-8:30pm

If you are a professional or a parent/guardian and know a young person who might benefit from the drop in sessions, please email:

[bfwh.casher.team@nhs.net](mailto:bfwh.casher.team@nhs.net)  
[john.stainton@nhs.net](mailto:john.stainton@nhs.net) & [elaine.walker6@nhs.net](mailto:elaine.walker6@nhs.net)

People Centred

Positive



Together we care

Compassion

Excellence



**FREE TO ATTEND**

# Bump & Buggy WALKS

**Meet new parents, improve your fitness and join us at one of these new walks!**

Join our trained walk leaders for a short walk along paths around the King George's Playing Field and Thornton area. Followed by coffee and a chance to chat and share your new parent experiences. There is no need to book, just turn up! The walks are free to attend, but bring along money for refreshments if you'd like to stay for coffee.

**Every Wednesday at 12 noon starting from 24 July**  
starting from The Thornton Medical Centre

**YMCA**

**NHS**

**W** Wyre  
Integrated  
Neighbourhood

**wyre**  
council

## CHILD HEALTH CLINICS

Day	Morning	Afternoon
Monday		<b>Garstang Medical Centre</b> Kepple Lane Garstang Preston PR3 1PB <b>13:30 – 15:30</b>
Tuesday	<b>Knott End Methodist Church</b> Lancaster Road Knott End Poulton le Fylde FY6 0AU <b>10:00 – 11:30</b>  <b>Flakefleet Childrens Centre</b> Northfleet Avenue Fleetwood FY7 7ND <b>9:00 – 11:00</b>	<b>Thornton Childrens Centre</b> Heys Road Thornton Thornton Cleveleys FY5 4JP <b>13:30 – 15:30</b>
Wednesday	<b>Poulton Health Centre</b> Princess Avenue Poulton le Fylde FY6 8HG <b>9:00 – 11:00</b>	
Thursday	<b>Great Eccleston Health Centre</b> Raikes Road Great Eccleston Preston PR3 0ZA <b>9:00 – 11:00</b>	
Friday	<b>Cleveleys Health Centre</b> Kelso Avenue Cleveleys FY5 3LF <b>9:00 – 11:00</b>	<b>Kemp Street Childrens Centre</b> Kemp Street Fleetwood FY7 6JX <b>13:30 – 15:30</b>



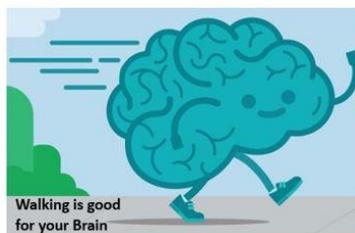
# WYRE'S GREAT OUTDOORS 2019

## (Thornton Practice in liaison with Wyre Council)

### HEALTH WALKS 2019

#### OCTOBER

Tuesday 1,8,15,22 & 29	1:30	Fleetwood Leisure Centre	Easy
Tuesday 1	2pm	Great Eccleston Village Centre	Moderate
Wednesday 2	10:30	Wyre Estuary Country Park, Stanah	All/Easy T*
Thursday 2,10,17,24 & 31	11am	Fleetwood Leisure Centre	Easy
Friday 4,11,18 & 25	12:30	Garstang Leisure Centre	Easy
Friday 4	2pm	The Shovels Pub, Hambleton	Moderate
Saturday 5	10:30	Larkholme, Fleetwood	Easy
Monday 7,14,21 & 28	1pm	Wyreside Café, WECP, Stanah	Easy
Tuesday 8	2pm	Singleton Church	Easy
Wednesday 9	10:30	Visit Garstang Centre	Moderate
Thursday 10	2pm	Carleton, Castle Gardens	Moderate
Saturday 12	2pm	Marine Hall, Fleetwood	All T*
Tuesday 15	2pm	Marsh Mill Tavern, Thornton	Easy
Wednesday 16	2pm	Knott End Café	Moderate T
<b>Friday 18</b>	<b>10:30 – 12:30</b>	<b>Garstang Legstretcher</b>	<b>Moderate £</b>
Sunday 20	2pm	Wyre Estuary Country Park, Stanah	All/Easy T*
Tuesday 22	2pm	Scorton Village Centre	Moderate
Wednesday 23	10:30	Memorial Park, Fleetwood	All T
Thursday 24	2pm	Stalmine – Seven Stars Pub	Moderate
Saturday 26	2pm	Skippool Picnic Area, Thornton	Moderate
Tuesday 29	2pm	Great Eccleston Village Centre	Moderate
Wednesday 30	2pm	The Grapes, St Michaels	Moderate



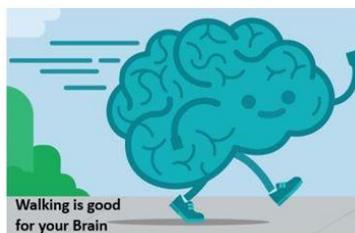
**wyre**  
council

## NOVEMBER

<b>Friday 1</b>	<b>10:30 – 12:30</b>	<b>Fleetwood Legstretcher</b>	<b>Moderate £</b>
Friday 1,8,15,22 & 29	12:30	Garstang Leisure Centre	Easy
Saturday	10:30	Cleveleys Community Centre	Easy *
Monday 4,11,18 & 25	1pm	Wyreside Café, WECP, Stanah	Easy
Tuesday 5,12,19 & 26	1:30	Fleetwood Leisure Centre	Easy
Tuesday 5	2pm	Marsh Mill Tavern, Thornton	Easy
Wednesday 6	2pm	Knott End Café	Moderate T
Thursday 7,14,21 & 28	11am	Fleetwood Leisure Centre	Easy
Saturday 9	2pm	Marine Hall, Fleetwood	All T*
Tuesday 12	2pm	Great Eccleston Village Centre	Moderate
Wednesday 13	2pm	The Grapes, St Michaels	Moderate
Sunday 17	2pm	Wyre Estuary Country Park, Stanah	All/Easy T*
Tuesday 19	2pm	Marsh Mill Tavern, Thornton	Easy
Wednesday 20	10:30	Memorial Park, Fleetwood	All T
Saturday 23	10:30	Larkholme, Fleetwood	Easy
Tuesday 26	2pm	Great Eccleston Village Centre	Moderate
Wednesday 27	10:30	Visit Garstang Centre	Moderate
Saturday 30	10:30	Cleveleys Community Centre	Easy *

### Price guide

- **Health walks and guided walks** - (up to one hour duration) – free
- **Legstretchers** - half day walks (one to four hours) – adults £3.50, concessions and children £2.50
- **Full day walks** - (over four hours) - adults £4.50, concessions and children £3.50
- **Walks which have additional costs (such as minibus hire)** - £10+





**Come along to any of our regular beach cleans to improve our coastal environment and tackle a global problem.**

### **Cleveleys Beach Care**

Monthly on Sunday, 10:30 – 11:30  
Start from Sea Swallow Statue (top of Victoria Road, Cleveleys)

### **Rossall Point Tower**

Meet every Thursday, 10:30 - noon  
Enjoy a warming brew after a beach clean

### **Knott End Beach Clean Up**

Monthly on a Tuesday, 10am – 11:45  
Meet at Knott End Car park (behind Coast Guard station)  
Check [www.wyrivertrust.org](http://www.wyrivertrust.org) for details and date changes

### **Fleetwood Beach Care**

Monthly on a Saturday  
Meet at Lower Lighthouse (Ferry Beach slipway), 10:30 – noon and café near Central Car Park, off Promenade Road, 1pm – 2:30

### **Rossall Beach Cleans (Beach Clean and a Brew)**

Monthly on a Monday, 9:25 – 10:45  
Meet at 9:25 on Rossall Promenade (near the flagpole) FY5 1LP, followed by a coffee at the Venue from 10:45 onwards. Ample parking, dress for the weather and bring suitable footwear for a pebble and shingle beach. Tel: 07813 962864 [www.rossallbeach.org.uk](http://www.rossallbeach.org.uk)

### **Harbour Village Clean Up**

Monthly on a Wednesday, 10:30 – 11:30  
Meet at Windward Avenue (Harbour Village, Fleetwood)

### **Larkholme Grasslands and Beach Care**

Monthly on a Sunday, 10:30 – 12:30  
Meet at Larkholme Parade, Fleetwood

### **Wyre Big Beach and Estuary Cleans**

Monthly on a Wednesday, 10:30 – 12:30  
Meet at different locations (see listings)  
Further details contact Visit Garstang – 01995 602125 or [garstangtic@wyre.gov.uk](mailto:garstangtic@wyre.gov.uk)



## October

### Rossall Point Tower

Thursday 3, 10, 17, 22, 31

10:30 – 12noon

### Cleveleys Beach Care

Sunday 6

10:30am – 11:30am

### Knott End Beach Clean

Tuesday 8

10:00 – 11:45am

### Beach Clean and a Brew

Monday 14

Rossall Beach

9:25 – 11:30am

### Fleetwood Beach Care

Saturday 19

Ferry Beach

10:30 – 12noon

Marine Beach

1pm – 2:30pm

### Larkholme Grasslands and Beach Care

Sunday 20

10.30am – 11:30am

### Wyre Beach Clean Up

Wednesday 23

10:30am – 11:30am

### Harbour Village Clean Up

Wednesday 30

10am – 11:30am



## November

### Cleveleys Beach Care

Sunday 3

10:30am – 11:30am

### Knott End Beach Clean

Tuesday 5

10:00am – 11:45am

### Rossall Point Tower

Thursday 7, 14, 21, 28

10:30 – 12noon

### Beach Clean and a Brew

Monday 11

Rossall Beach

9:25am – 11:30am

### Fleetwood Beach Care

Saturday 16

Ferry Beach

10:30 – 12noon

Marine Beach

1pm – 2:30pm

### Larkholme Grasslands and Beach Care

Sunday 17

10:30am – 11:30am

### Wyre Big Estuary Clean Up

Wednesday 20

Barnaby's Sands

10:30am – 12:30pm

\*Booking Essential\*

### Harbour Village Clean Up

Wednesday 27

10am – 11:30am

For all beach cleans, please wear suitable outdoor footwear and outdoor clothing.

No experience needed.

Equipment will be supplied.



# health rides

wyre  
council

Join one of our qualified volunteer health ride leaders on a free, fun and social bike ride!

Build your confidence and improve your health and fitness. Rides will be cycled at an easy, relaxed pace and last for approximately 1 hour including rest breaks.

Adult bikes and helmets are provided or you can bring your own. All participants must wear a helmet. No booking required, just turn up. Children under the age of 18 must be accompanied by an adult.



Every Monday  
2pm  
Fleetwood  
(meet at  
Marine Hall)

22nd July until  
23rd September  
inclusive

(excluding Bank  
Holiday 26th  
Aug)

Every  
Wednesday  
2pm  
Wyre Estuary  
Country Park

24th July  
until  
25th September  
inclusive

Every  
Wednesday  
7pm  
Fleetwood  
(meet at  
Marine Hall)

24th July  
until  
25th September  
inclusive

Every Friday  
10:30am  
Fleetwood  
(meet at  
Marine Hall)

26th August  
until  
27th September  
inclusive

LOVE my  
BEACH

For more information contact Simon Swindells on  
01253 887504 or email [Simon.Swindells@wyre.gov.uk](mailto:Simon.Swindells@wyre.gov.uk)



Community  
TRUST  
Believing your goal

**Poolfoot Farm, Butts Road, Thornton, FY5 4HX  
Tel: 01253 208442 Email: [community@fleetwoodtownfc.com](mailto:community@fleetwoodtownfc.com)**

## **Fleetwood Town Community Trust Walking Football**



Walking Football is focused on enabling men and women over 50 (also a female-only session for over 30s) to get involved in sport and physical activity.

The Community Trust delivers five sessions on a weekly basis giving the opportunity for more men and women to keep active with us.

### **Sessions:**

Monday: Mixed over 50s, 19:00 – 20:00 at Poolfoot Farm

Tuesday: Over 30s Female only 19:00 – 20:00 at Poolfoot Farm

Wednesday: Over 50s Mixed 12:30 to 14:00 at Poolfoot Farm

Thursday: Over 50s Mixed 15:00 – 16:30 at Preesall Sports Hall

Friday: Mixed Over 50s 17:00 – 18:00 at Poolfoot Farm



Community  
TRUST  
Achieving your goals

**Poolfoot Farm, Butts Road, Thornton, FY5 4HX  
Tel: 01253 208442 Email: [community@fleetwoodtownfc.com](mailto:community@fleetwoodtownfc.com)**

## Kick Start



Kick Start is an ambitious innovative project, aimed at encouraging more active and healthier lifestyles for adults in drug and alcohol recovery by getting involved in regular sport and physical activity.

The weekly programme which takes place at Fleetwood

Rugby Club involves individuals taking part in weekly football sessions. The team also play monthly tournaments at Blackburn Rovers Community Trust, as part of the Blackburn Social Inclusion League against another eight or more teams from around Lancashire.

Weekly sessions are at Fleetwood Rugby Club every Tuesday 2:30 to 3:30.

Participant A: 'I have been coming to Kick Start for 18 months now. During this time I have lost over a stone in weight and more importantly been clean from alcohol for the last 9 months. Fleetwood Town Community Trust has played a large part towards my recovery.'



Community  
TRUST  
Achieving your goals

**Poolfoot Farm, Butts Road, Thornton, FY5 4HX**  
**Tel: 01253 208442 Email: [community@fleetwoodtownfc.com](mailto:community@fleetwoodtownfc.com)**

## MenActive



An introductory project for individuals wishing to make healthier lifestyle choices.

The weekly sessions will offer health advice, tips on diet and nutrition as well as weekly sports sessions run by qualified coaches and instructors from FTCT.

MenActive is a 12 week health and fitness programme, designed for adult males that are wanting to either lose weight, increase fitness or

improve their lifestyles. As part of the programme, participants have their body stats taken at the start and end of the programme.

Within this, MenActive will discuss health and lifestyle topics such as goal setting, fats and sugars, and smoking awareness, to name a few. Within the exercise elements, MenActive participants will complete football drills and matches, gym exercise and even a stair run at Highbury.



Community  
TRUST  
Achieving your goals

**Poolfoot Farm, Butts Road, Thornton, FY5 4HX  
Tel: 01253 208442 Email: [community@fleetwoodtownfc.com](mailto:community@fleetwoodtownfc.com)**

## Fit For The Future



Fitness for the future is a health programme designed to help people aged 55+ lead a more active, healthy and fulfilling life. This is ideal if you're not very active but want to improve your health, lift your mood and remain independent. Don't worry if you haven't done much for a while. These sessions are easy and gentle and can be done indoors.

Working in partnership with Age UK, Fleetwood Town Community Trust Sports Development Officer, Jason Sharp, is delivering a programme of physical activity tailored to individual needs. This is a FREE service for anyone age 55+ living in the Wyre area. The service is for those who have long-term health conditions (eg diabetes, high blood pressure, COPD), those who want a more socially included and active later life.

We have weekly sessions that take place at the following venues:

St Teresa's Village Hall on Monday 10 – 11am  
Poulton Teanlowe on Mondays 1:30 to 2:30  
St Wulstan's Church Hall on Tuesdays 10 – 11am  
Carleton St Hilda's Church Hall on Fridays 1 – 2pm

For more information please contact John Hartley.



Community  
TRUST  
Achieving your goals

**Poolfoot Farm, Butts Road, Thornton, FY5 4HX  
Tel: 01253 208442 Email: [community@fleetwoodtownfc.com](mailto:community@fleetwoodtownfc.com)**

## **Fleetwood Town Community Trust Active Families**



Active Schools – Family Health is all about encouraging children and their families to choose and enjoy physical activity. In every community and region, the more that schools, organisations and clubs work together to achieve this goal, the more our nation's children will benefit.

Working with local schools, Fleetwood Town Community Trust delivers 12 weeks of health sessions for families whose children attend those schools.

Families will take part in fun based exercise games such as dodgeball, handball, benchball, etc, and will also spend some time completing activities that will help them to lead a healthier lifestyle.

We currently have 2 blocks of sessions running: Active Flakefleet and Active Thornton.

The Trust is looking to run this programme in more schools in the future.



Community  
TRUST  
Achieving your goals

**Poolfoot Farm, Butts Road, Thornton, FY5 4HX**  
**Tel: 01253 208442 Email: [community@fleetwoodtownfc.com](mailto:community@fleetwoodtownfc.com)**

## **Stop Smoking With The Quit Squad**

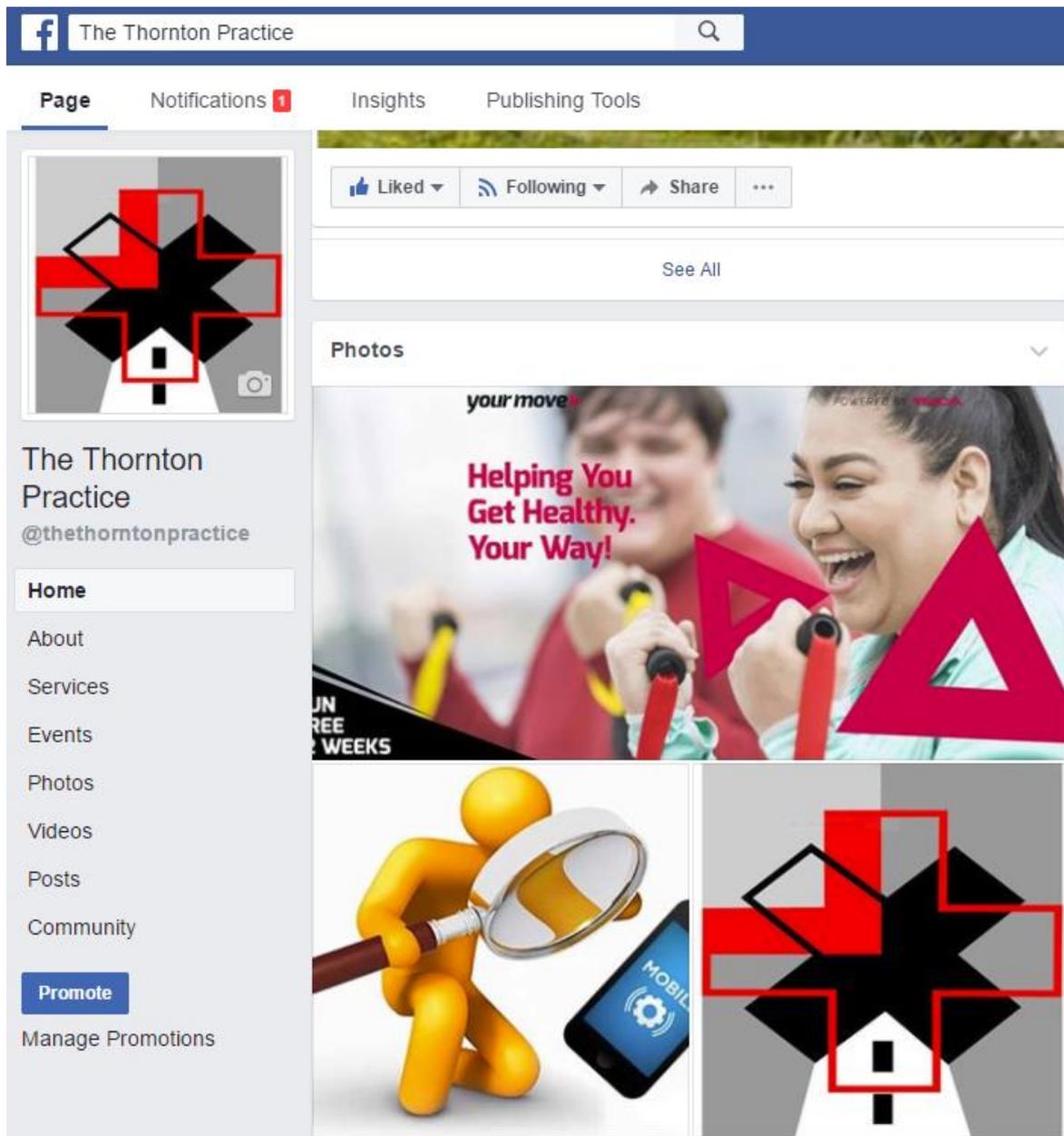
Fleetwood Town Community Trust is working closely with the NHS Quit Smoking Squad to help support people to lead a healthier lifestyle by raising an awareness of the benefits of stopping smoking. The NHS Quit Smoking team have attended some home fixtures with carbon monoxide testing apparatus and have a Quit smoking clinic, held at Poolfoot Farm.

### **Do You Want To Quit Smoking?**

Free consultation with a Quit Squad Specialist Adviser – all our advisers are Stop Smoking Practitioners who have gained the full NCSCT (National Centre for Smoking Cessation and Training) certification. Many of our advisers have a nursing or other health-related background; some are ex-smokers themselves.

**Poolfoot Farm Drop In** – Butts Road, Thornton Cleveleys FY5 4HX  
Every Tuesday 5pm to 6:30pm – no appointment needed!!





Find us on  
**Facebook**

Search for  
**The Thornton Practice**



Like and share our page.  
We are nearly at 600 likes 😊 Thanks for all your support.



The FYi Directory is a one stop shop for **health, social and community services information** on the Fylde Coast. It's a new, unique information resource for people and professionals across Blackpool, Fylde and Wyre, bringing together information about a wide range of local health and council services, community clubs, social groups, wellbeing activities and events into one comprehensive source.

### **Activities, organisations, information and services at your fingertips**

Accessible online at [www.fyidirectory.co.uk](http://www.fyidirectory.co.uk), the directory allows you to search for services nearest to you, based upon your interest or requirement.

A simple postcode search allows you to view information about the services you want nearest to your home. This information includes a description of what the service is, who can benefit from it, plus how and when you can access it, along with contact details for more information.

### **No computer or internet access?**

Don't worry, you can still find out the information you want about local services by calling the **dedicated FYi directory helpline on 0800 092 2332** (9am – 5pm, Monday – Thursday and 9am – 4.30pm on Friday). You'll be able to speak to a member of the team who can assist in providing you with any information you are looking for. If you'd like, they'll also be able to arrange for you to receive a paper copy of the information by post.

The Directory is run in conjunction with local councils and the NHS, so if you want to publicise any clubs, activities, etc you can log on to [www.fyidirectory.co.uk](http://www.fyidirectory.co.uk) or ring 0800 092 2332

# WEEKLY LOCAL GROUP WITHIN THORNTON MEDICAL CENTRE



**Who we are:** Local Support group for carers and bereaved

**What we do:** One week – events, activities, outings; Next week – tea bar

**Where:** Thornton Health Centre, Church Road

**When:** Fridays 1:30 to 3:30

**How to join:** Just call in on a Friday

The CHAT Group is a carer and bereavement support group for our community. It is a friendship group that provides a variety of activities such as guest speakers, quizzes, bingo and an occasional lunch together.

They meet every Friday afternoon, 1:30 until 3:30 at their base in Thornton Medical Centre. Here, they can be found in the room immediately on the left as you enter the Medical Centre by the main entrance on Church Road, Thornton.

For further information please ring Pat on 01253 854452 and to join just come along.

They will look forward to seeing you!



a simple  
**HELLO**  
could lead to  
A MILLION  
things



Are you beginning to worry about your health?  
Those jeans tighter than you remember? Or do  
you just want to get out and be more active?

The YMCA 'Your Move' programme offers a range of health and well-being programmes which can be accessed through simply completing their online self-referral form.

However, if you feel you cannot make a big commitment they also have a number of free communities sessions asking place across the Fylde Coast.

If you'd like to discuss any of the above, just give them a ring on 01253 882105.

For more information about the 'Your Move' Programme please contact YMCA today.

You can call them on 01253 882105, Monday to Friday between 09:00 and 17:00 or go to the website at [www.yourmoveprogramme.co.uk](http://www.yourmoveprogramme.co.uk).



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



**If you are a Carer, have you told us here at The Thornton Practice? Please let us know if you look after someone.**

**Across the UK today 6.5 million people are carers, supporting a loved one who is older, disabled or seriously ill.**

That's 1 in 8 adults who care, unpaid, for family and friends. Within our lifetime, there will be 9 million carers. Our loved ones are living longer with illness or disability, and more and more of us are looking after them. Whether round-the-clock or for a few hours a week, in our own home or for someone at the other end of a motorway, caring can have a huge effect on us, our lives and our plans.

Caring is such an important part of life. It's simply part of being human. Carers are holding families together, enabling loved ones to get the most out of life, making an enormous contribution to society and saving the economy billions of pounds.

Yet many of us are stretched to the limit – juggling care with work and family life, or even struggling with poor health ourselves. We often find it difficult to make ends meet if we're unable to work or if we've reduced our working hours to care.



Every day 6,000 people become carers. Many don't know how or where to get help. It can be frightening and very lonely. For some it's sudden: someone you love is taken ill or has an accident, your child is born with a disability. For others, caring creeps up unnoticed: your parents can't manage on their own any longer, your partner's health gets gradually worse.

Looking after someone can be tough, but you're not on your own. Carers UK is there to listen, to give you expert information and advice that's tailored to your situation, to champion your rights and support you in finding new ways to manage at home, at work, or wherever you are.

Find out more at Carers UK website: [www.carersuk.org](http://www.carersuk.org)

### ***What is Carers Support?***

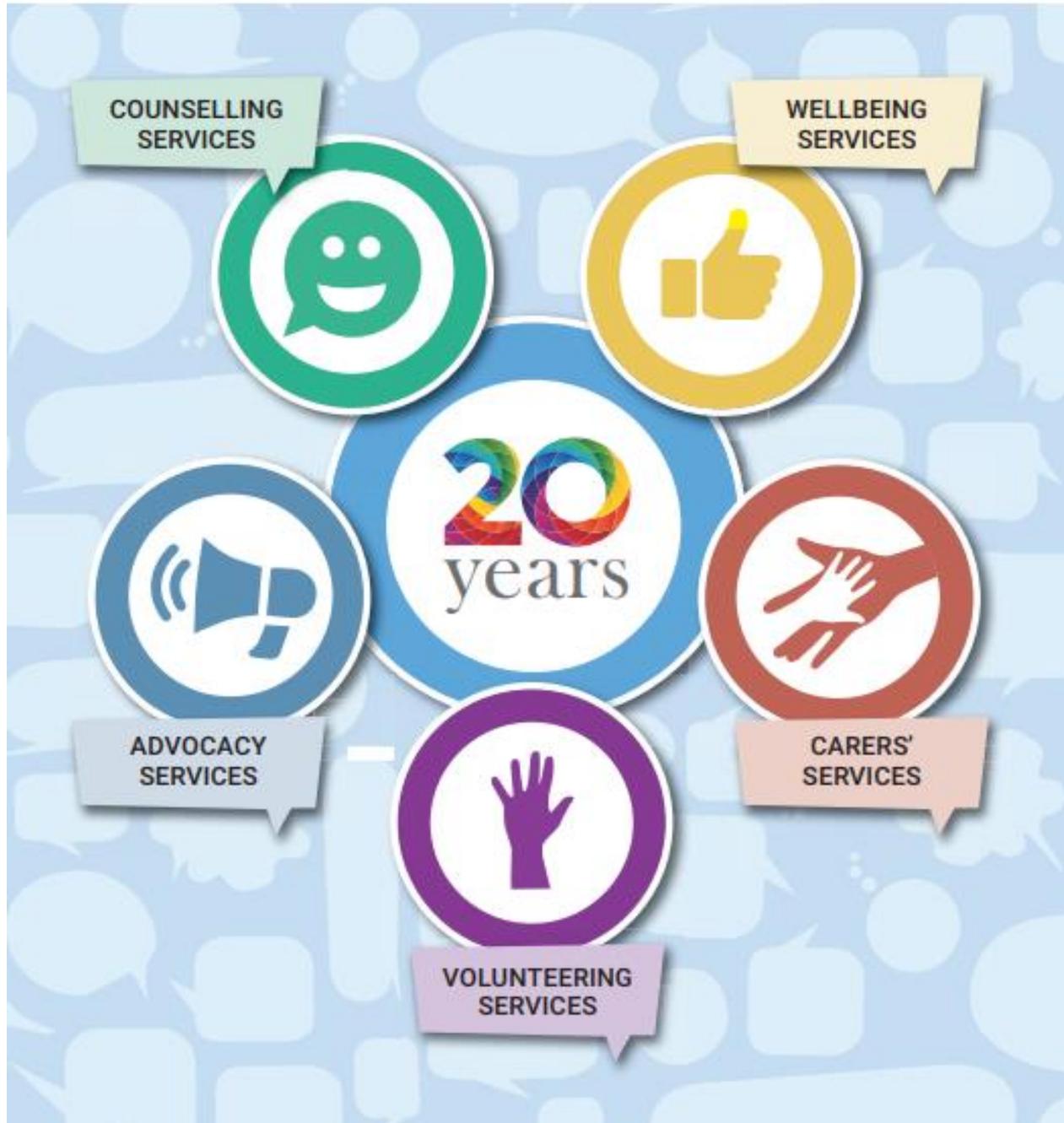
Carers provide unpaid care by looking after an ill, older or disabled family member, friend or partner. It could be a few hours a week or round the clock. Many people act as carers without even thinking about the role they perform or the support they may be able to tap into.

The vast majority of care is provided by family and friends, who make up the army of unpaid carers. Social services and the NHS rely on carers' willingness and ability to provide care and without it they would collapse.

In 2011 a Census on the Provision of Unpaid Care revealed that there are approximately 6 million people providing unpaid care in England & Wales. Of these, around 3.7 million provide 1-19 hours per week, 775,000 provide 20-49 hours and 1.4 million provide 50 hours or more unpaid care.

However the impact of caring is not just dictated by the number of hours of care provided. If a carer is working full-time, combining caring with looking after young children, or having to travel long distances to provide care, then even having to provide a few hours of care a week can have an impact on their own life.

It is therefore vitally important that we support unpaid carers to maintain their own health and wellbeing so that they can continue in their caring role for as long as they chose.



Contact us on Telephone **03450 138 208**

Contact us via email at: **[admin@ncompassnorthwest.co.uk](mailto:admin@ncompassnorthwest.co.uk)**

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

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

**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 – 6:00pm

**Wed:** 8:30 – 1.00pm

**Thu:** 8:30 – 6:00pm

**Fri:** 8:30 – 6:00pm

**Sat:** closed

**Sun:** closed

**Telephone**

01253 95 62 82

**Email**

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



Every effort has been made to ensure that the material contained in this newsletter is correct at the time of publication, but we cannot guarantee its accuracy or completeness.