

THE THORNTON PRACTICE (incorporating Carleton Branch)

SPRING 2018

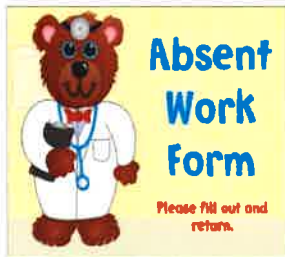
NEWSLETTER



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

Admin staff

- Jodie Tracy – Pharmacy Technician
- Jacqui Bailey – Practice Nurse
- Bethany Allen – Health Care Assistant
- Jessie Leybourne – Health Care Assistant
- Rebecca Kenyon – Patient Adviser
- Olivia Tattersall – Business Apprentice



Dr Sheryl Lorimer – GP

Unfortunately Dr Lorimer is still absent from work. We will keep patients informed of her return to work date once we are made aware. Please could patients be understanding and see another GP in Dr Lorimer's absence.

In February we said goodbye to Dianne Pike from the Prescriptions Team.

On 23 March we will also say goodbye to Nurse Alison Shirreff as she is retiring.

At the end of April, Tracy Wild will be leaving the Practice to start a career in the Community Nursing Team.



EASTER AND MAY CLOSURES 2018



Thornton Practice (including Carleton Branch) will be closed on:

- Good Friday 30 March 2018 and
- Easter Monday 2 April 2018.

The Practice will also be closed on the 2 Bank Holidays in May:

- 7 May 2018
- 28 May 2018

One for the Ladies of the Practice!

from Dr Judith Chaloner

We often have requests from ladies for medication to postpone a period for holidays and other special events. Those of you who have experienced this will know that it has been fairly simple and straightforward and we always do our best to oblige.



We will continue to do our best to oblige!

But newer guidance is now recommending that we undertake a fuller assessment before we issue the medications. Any medication can potentially have side effects and with some of these medications there is a small increased risk of blood clots, so we need to be sure that the medication we give is safe and appropriate to each person.

From now onwards when you ask for postponement of periods we will ask you to fill in a form to give us more information to make an assessment.

We will ask you some questions on the form about yourself and your family history. We will also need you to provide an up to date weight (in kilograms please), and height (in metres please) and a blood pressure reading. To get your blood pressure checked you can either go to a pharmacy or use the machine in the waiting room at the Carleton branch.

Most of the time we will then be able to issue the medication. We might need to ask a small number of people for to come in to see a nurse practitioner.

Also, because this is technically not a medical problem we will issue the medication on a private prescription. This will in fact work out cheaper for you than paying a prescription charge.

Please don't make an appointment for this issue (or at least only if we specifically ask you to, of course). And it will help you and us if you can be sure to make your request with plenty time to spare.

Thank you.

PATIENT PARTICIPATION GROUP NEWS



Our PPG goes from strength to strength with the exciting news that the Healthy Heroes Art Project won the prestigious Blackpool, Fylde and Wyre Education Gazette Award for Health and Well Being Category. The children from Northfold were so excited when they were announced the winners at Blackpool Tower where the presentation was made. The PPG are passionate that this Healthy Lifestyle project should continue and be embraced by all sections of society.

The Flu Clinics had a record attendance and, with the advance publicity in Morrisons and PPG presence on the clinic days, this was a great success which ran smoothly without too many hold ups. It was also useful in that valuable data was collected on those days with mobile phone numbers being updated which resulted in many patients being contacted for screenings and reviews.

The PPG has acted upon many of the suggestions patients have made with regard to appointments etc and our Practice Managers and staff have made every effort to make sure that the system, which is in high demand, works as efficiently as possible. Please try to be a 'patient' patient as through the winter the lines have been at melting point!

We as a PPG have many exciting events planned over the next few months and will keep you informed. They will include Singalongs for Dementia, BioBlitz and Health Checks at Stanah Country Park and also Liaison with the local community on Healthy Hero and other Community Projects.

Finally, as a group, we have you the patients at the heart of everything we do and you can always contact the Surgery with suggestions or anything you feel could be done better. We are deeply committed to you having the best possible help, support and medical expertise from all at the Thornton Practice.

Gemma Jackson Chair Thornton PPG



FAQ – HALF DAY CLOSURES FOR GP SURGERY STAFF TRAINING – NHS FYLDE AND WYRE CCG

Why does the Practice close some Wednesday afternoons? Is this really necessary?

The surgery closes occasionally on Wednesday afternoons. This enables the clinical and admin team to attend vital training and updates. This happens across all practices in Fylde and Wyre. Without this protected time to learn, clinical staff would not have the opportunity to attend vital training.

Do all practices do this?

Yes, all Fylde and Wyre practices close for training regularly. The clinical teams meet at a central location to receive training by specialist speakers such as hospital consultants and clinical leads.

What do staff learn about?

Throughout the year the topics cover many key clinical subjects relevant to the health care needs of Fylde and Wyre. These include cancer, dementia, mental health, respiratory disease, dermatology, musculoskeletal conditions end of life care, cardiology etc. Nursing staff sometimes join the GPs or have their own specialist training on subjects such as long term conditions management, wound care, infection control and vaccinations and immunisations updates. Office and reception staff sometimes attend centrally run training courses too, or they remain in the practice and have training with the practice manager and their departmental team leaders or with specialist trainers the surgery brings in.

Can the training be carried out during surgery time?

Training is sometimes organised across Fylde and Wyre centrally or as a group of neighbouring practice so that it includes all surgeries at the same time. Surgeries ensure that when planning routine appointments the half day protected training is taken into consideration. The disruption to patient visits is minimal. Closing the surgery ensures that all staff can attend these sessions.

What GP cover is in place for these days, what if I need a doctor?

GP cover for any matters that cannot wait until the next day when the surgery is open is provided by the Fylde and Wyre Out of Hours service. The number to contact when the surgery is closed is 0300 123 1144. Any life threatening incidents should be dealt with through 999, as patients would normally. Patients are reminded that the GP surgery is not an emergency service.

Is this new?

No, the half day closures have been happening for many years, at least since 1999/2000.



Booked an appointment with a GP, practice nurse or other healthcare professional?

Don't need it?

◀ **Cancel it!** ▶

In December 2017, missed GP appointments cost the Fylde coast NHS up to £248,148*

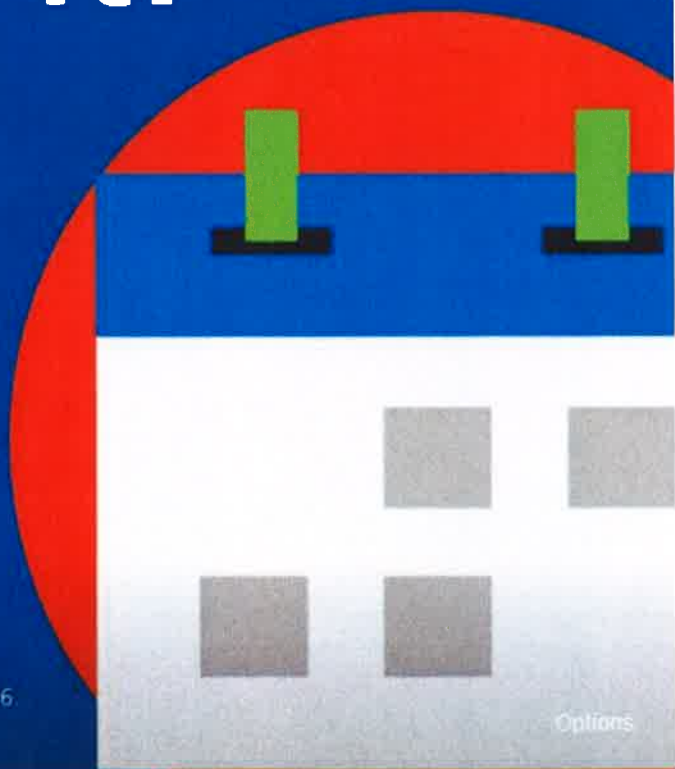
This is enough to fund:

- 12 nurses, or
- 29 heart bypasses, or
- 45 hip replacements.

* 6,893 missed appointments in December 2017. One missed GP appointment costs £36.

👍 Like 💬 Comment ➦ Share

Options



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 **October to December 2017** are as follows:

OCTOBER 2017	NOVEMBER 2017	DECEMBER 2017
GPs (Carleton) – 5 GPs (Thornton) – 53	GPs (Carleton) – 9 GPs (Thornton) – 47	GPs (Carleton) – 6 GPs (Thornton) – 29
ANPs (Carleton) – 3 ANPs (Thornton) – 17	ANPs (Carleton) – 1 ANPs (Thornton) – 16	ANPs (Carleton) – 1 ANPs (Thornton) – 14
HCA's (Carleton) – 8 HCA's (Thornton) – 35	HCA's (Carleton) – 8 HCA's (Thornton) – 25	HCA's (Carleton) – 3 HCA's (Thornton) – 16
Nurses (Carleton) – 25 Nurses (Thornton) – 52	Nurses (Carleton) – 22 Nurses (Thornton) – 51	Nurses (Carleton) – 11 Nurses (Thornton) – 43
TOTAL – 198	TOTAL – 179	TOTAL – 123

GRAND TOTAL OF MISSED APPOINTMENTS = 500

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.

It costs the Thornton Practice/NHS up to £36 to provide one GP appointment, therefore, on this basis the number of missed appointments at Thornton Practice for the period October 2017 to December 2017 **has cost the NHS approximately £18,000.**



Thanks to all patients for cancelling their appointments.

Well done everyone!!





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@thethorntonpractice

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your move
Helping You Get Healthy. Your Way!

UN FREE 2 WEEKS





HEALTH AWARENESS DATES FOR YOUR DIARY

<p>1 – 31 March</p> 	<p>Marie Curie Great Daffodil Appeal</p>	<p>Thursday, March 1, 2018 to Saturday March 31, 2018</p> <p>Raising awareness events across the UK. Visit the website for more details.</p> <p>http://www.mariecurie.org.uk/</p>
<p>1 – 31 March</p> 	<p>Ovarian Cancer Awareness Month</p>	<p>Thursday, March 1, 2018 to Saturday March 31, 2018</p> <p>Raising awareness events across the UK. Visit the website for more details.</p> <p>http://www.ovarian.org.uk</p>
<p>1 – 31 March</p> 	<p>Deep Venous Thrombosis Awareness Month</p>	<p>March is national Deep-Vein Thrombosis Awareness Month, a public health initiative aimed at raising awareness of this commonly occurring medical condition and its potentially fatal complication, pulmonary embolism.</p>
<p>1 March 2018</p> 	<p>Self-Injury Awareness Day</p>	<p>SIAD occurs on 1st March every year, and has done so for sixteen years or more.</p> <p>SIAD is an international event that is recognised across the globe.</p> <p>www.lifesigns.org.uk</p>
<p>3 – 9 March</p> 	<p>Endometriosis Week</p>	<p>Endometriosis Week aims to raise awareness about this hidden and often unrecognized condition.</p> <p>www.endometriosis-uk.org</p>
<p>10 March 2018</p> 	<p>Disabled Access Day</p>	<p>In 2015 Disabled Access Day began as a day to celebrate good access and created opportunities for people to try something new. The day was about highlighting the fantastic access that already exists in places, such as touch tours, relaxed performances, sensory experiences, level access and of course a warm welcome!</p> <p>www.disabledaccessday.com</p>

HEALTH AWARENESS DATES FOR YOUR DIARY

<p>14 March 2018</p> 	<p>National No Smoking Day</p>	<p>No Smoking Day is an annual health awareness day in the United Kingdom which is intended to help smokers who want to quit smoking. The first <i>No Smoking Day</i> was on Ash Wednesday in 1984, and it now takes place on the second Wednesday in March.</p> <p>www.nhs.uk</p>
<p>1 – 30 April</p> 	<p>IBS Awareness Month</p>	<p>IBS Awareness Month aims to raise awareness about IBS. This event encourages people who have symptoms of IBS to seek medical advice. A further aim is to reduce the stigma associated with IBS by encouraging people to talk more about this condition.</p> <p>www.aboutibs.org</p>
<p>1 – 30 April</p> 	<p>Bowel Cancer Awareness Month</p>	<p>Bowel cancer screening saves lives but at the moment in some areas of the UK only a third of those who receive a test in the post complete it. Thousands of people are missing out on the best way to detect bowel cancer early when it is easier to treat and there is the greatest chance of survival.</p> <p>www.bowelcanceruk.org.uk</p>
<p>2 – 8 April</p> 	<p>Orchid Male Cancer Awareness Week</p>	<p>Orchid Male Cancer Awareness Week takes place from the 2-8 April. This annual campaign, now in its ninth year is an opportunity to raise awareness of male specific cancers – prostate, testicular and penile cancer – and to provide practical advice, support and information on the detection, diagnosis and treatment of these diseases.</p> <p>www.orchid-cancer.org.uk</p>
<p>23-29 April</p> 	<p>Stop Snoring Week</p>	<p>Snoring noise and sleep disturbance – is it a threat to our health?</p> <p>The sound of snoring is irritating and annoying and can lead to sleep deprivation for the bed partner. But the noise of snoring can also cause a number of health problems.</p> <p>Self-help remedies: see http://www.britishsnoring.co.uk for help & information. If you cannot resolve the snoring by self-help remedies seek professional help to find the cause and appropriate treatment.</p>

HEALTH AWARENESS DATES FOR YOUR DIARY

<p>1 – 31 May</p> 	<p>National Walking Month</p>	<p>Did you know that May is National Walking Month? Walking is a fantastic way to keep active and maintain a healthy heart as it is fun, flexible and free.</p> <p>www.livingstreets.org.uk/national-walking-month</p>
<p>11 – 17 May</p>	<p>Mental Health Awareness week</p>	<p>Founded in 2001, Mental Health Week is a UK event supported by the Mental Health Foundation. The aim of this week is to educate the public about mental health issues and to promote better mental health.</p>

WELLBEING IN WYRE

(THORNTON PRACTICE IN LIAISON WITH WYRE COUNCIL)

**HEALTHIER
FLEETWOOD**
connecting our community

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

little theatre
thornton

marine hall
fleetwood



March

Date	Time	Start Point	Grade
Saturday 3	10.30am	Cleveleys Community Centre	Easy *
Tuesday 6	2pm	Scorton Village Centre	Moderate
Wednesday 7	10.30am	Wyre Estuary Country Park , Stanah	All/Easy T *
Friday 9	2pm	The Shovels Pub, Hambleton	Easy
Saturday 10	2pm	Skippool Picnic Area, Thornton	Moderate
Tuesday 13	2pm	Great Eccleston Village Centre	Moderate
Wednesday 14	10.30am	Visit Garstang Centre	Moderate
Friday 16	10.30am – 12.30	Claylands Legstretcher (Reception Car Park)	Moderate £
Sunday 18	2pm	Wyre Estuary Country Park , Stanah	All/Easy T *
Tuesday 20	2pm	Marsh Mill Tavern, Thornton	Easy
Wednesday 21	2pm	Knott End Café	Moderate T
Thursday 22	2pm	Carleton – Castle Gardens	Moderate
Saturday 24	2pm	Marine Hall, Fleetwood	All T *
Tuesday 27	2pm	Singleton Church	Easy
Wednesday 28	10.30am	Memorial Park , Fleetwood	All T
Thursday 29	2pm	Stalmine – Seven Stars Pub	Moderate
Saturday 31	10.30am	Cleveleys Community Centre	Easy *

All health walks are free and everyone is welcome no matter what their age or ability.

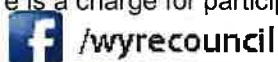
If one hour is a bit too long for you, our health walk leaders can help by starting you off at a gentle amble at 30 minutes. Please let the leader know if you would find this helpful when you join the group. The 30 minute walks will be available from Fleetwood, Cleveleys and the Wyre Estuary Country Park, these will start the same time as the 1 hour health walks – please see * adjacent to the listing. All walk times are approximate, dependent upon pace of walkers.

Please arrive ten minutes before the start of the walk for a prompt departure.

It will be necessary for each new customer to complete a health questionnaire.

Please note we need 7 days' notice to book a trumper for a health walk.

Please note that where the £ sign is displayed, there is a charge for participating





April

Date	Time	Start Point	Grade
Tuesday 3	2pm	Scorton Village Centre	Moderate
Wednesday 4	10.30am	Wyre Estuary Country Park, Stanah	All/Easy T *
Friday 6	2pm	The Shovels Pub, Hambleton	Easy
Saturday 7	2pm	Skippool Picnic Area, Thornton	Moderate
Tuesday 10	2pm	Great Eccleston Village Centre	Moderate
Wednesday 11	10.30am	Visit Garstang Centre	Moderate
Friday 13	10.30am – 12.30	Cobble Hey Legstretcher (Farm & Gardens)	Moderate £
Saturday 14	2pm	Marine Hall, Fleetwood	All T *
Tuesday 17	2pm	Marsh Mill Tavern, Thornton	Easy
Wednesday 18	2pm	Knott End Café	Moderate T
Thursday 19	2pm	Carleton – Castle Gardens	Moderate
Sunday 22	2pm	Wyre Estuary Country Park, Stanah	All/Easy T *
Tuesday 24	2pm	Singleton Church	Easy
Wednesday 25	10.30am	Memorial Park, Fleetwood	All T
Thursday 26	2pm	Stalmine – Seven Stars Pub	Moderate
Saturday 28	10.30am	Cleveleys Community Centre	Easy *

All health walks are free and everyone is welcome no matter what their age or ability.

If one hour is a bit too long for you, our health walk leaders can help by starting you off at a gentle amble at 30 minutes. Please let the leader know if you would find this helpful when you join the group. The 30 minute walks will be available from Fleetwood, Cleveleys and the Wyre Estuary Country Park, these will start the same time as the 1 hour health walks – please see * adjacent to the listing. All walk times are approximate, dependent upon pace of walkers.

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/wyrecouncil



March 2018

Thursday 1, 8, 15, 22 & 29 – 10.30am – 12pm

Love My Beach - Rossall Point

Meet at the Tower to take part in litter picks and other beach care activities. A chance to help care for the coast with no long term commitment. Every Thursday of the month. Join us for a tea and coffee after and take a look up from the top of the Tower for the views of over Morecambe Bay. Please wear outdoor clothing and footwear.

Free, 1 mile, tramper, wheelchair

Saturday 3 - 11am – 3pm

Demonstration Garden Open Day - The Pavilion, Memorial Park, Fleetwood

Our gardening volunteers invite you to join us for a tour of the Demonstration Garden. The event will feature crafts, plant sales and refreshments are available.

Free entry

Saturday 3 - 1.30pm – 3pm

Mother's Day Crafts at Stanah - Wyre Estuary Country Park

Come along to create something special in preparation for Mother's Day.

£3.50 per child (parent/guardian free but must stay with child)

Saturday 4 - 10.30am – 12.30pm

Introduction to Winter Tree Identification - Wyre Estuary Country Park

Join the rangers to look at basic winter tree identification using mainly buds and bark.

£3.50/2.50, Grade: easy, 1 mile, 2 hours, tree identification guide (if you have one)



Wyre Walks, Family Activities and Conservation Days

March 2018 (2)

Monday 5 - 9.30am – 11.30am

Beach Clean and a Brew - Rossall Beach, Cleveleys

Come along for a rewarding morning looking after the environment at Rossall Beach. Meet at 9.30am near the notice board on Rossall Prom for beach cleaning, followed by a coffee at The Venue from 10.45am onwards. You are welcome to come to both or one activity as you choose, and you're sure of a warm welcome and a glow of satisfaction from a job well done with a friendly group of people. Check rossallbeach.org.uk for details and date changes.

Free, 2 hours

Tuesday 6 - 10am – 12pm

Knott End Beach Clean

Knott End Car Park (please note this may change so check before each event with Tom Myerscough on 07930 200059)

Everyone welcome! We provide all equipment. Just put on your wellies and come along to help out. Please check www.wyrivertrust.org for further information closer to the time of each beach clean.

Free, 1 mile, dogs

Saturday 10 - 10am – 12/12.30pm

Stanah Squirrels Wildlife Watch Group - Spring in your Step

Wyre Estuary Country Park, Stanah

Spring - that lovely time of year when nature starts to wake up and surprise us with beautiful things. An environmental/wildlife group for children aged 8 to 14 yrs who meet on the 2nd Saturday of the month (except August). Nature walks, wildlife surveys, practical work and lots of fun. For further details telephone 07989 579351. Booking essential. Parental consent required.

£1

Saturday 10– 12pm until 3pm

Craft Aftv – Mother's Day Crafts – Memorial Park, Fleetwood

Time Slots: 12noon – 12.45pm – 10 spaces available, 1pm – 1.45pm – 10 spaces available, 2pm – 2.45pm – 10 spaces available

Join the Memorial Park team for Mother's Day crafts. Booking essential please ring 01253 891000. All ages welcome, parent or guardian must attend workshop

£3 per child



March 2018 (3)

Sunday 11 & 25 10.30am – 11.30am

Cleveleys Beach Care - Sea Swallow statue, top of Victoria Road, Cleveleys Promenade

Come and join Cleveleys beach care to help make a difference. Marine litter is a global problem, come along and join us to make your local coastal environment a better place for you, your children its wildlife and the environment. We will supply all the equipment just come along in your wellies and suitable outdoor clothing.

Free, 1 hour, 1 mile

Friday 16 - 10.30am – 12.30pm

Claylands Legstretcher - Claylands Reception Car Park

A country walk with views of the River Wyre, along country lanes, and picturesque woodland and fields.

£3.50/2.50, Grade: moderate, 2 hours, 4¼ miles, medication, light refreshments, dogs

Saturday 17 - 10.30am – 12pm

Fleetwood LMB Group - Ferry Beach Slipway

Care about the seas, our beaches and our wildlife? Heard about all the marine litter in our seas? Let's all try and make a difference. Join the rangers and our team of coastal and countryside volunteers to clear our coastal beaches. We provide all equipment. Just put on your wellies and come along to help out.

Free, 1.5 hours

Sunday 18 – 10am – 2pm

Rossall Point Conservation Day

Try your hand at practical coastal management, build a boardwalk, open up pathways, look after the dunes and beaches and meet new people. Join us for a tea or coffee after and take a look up at the top of the Tower for the views of over Morecambe Bay.

Free, 4 hours



March 2018 (4)

Wednesday 21 – 10.30am – 12.30pm

Wyre Estuary Clean Up – Knott End Sea Wall – meet at Clarence Avenue, Knott End

Care about the seas, our beaches and our wildlife? Heard about all the marine litter in our seas? Let's all try and make a difference. Join the rangers and our team of coastal and countryside volunteers to clear our coastal beaches. We provide all equipment. Just put on your wellies and come along to help out.

Free, 2 hours

Thursday 22 - 1pm – 3pm

Sea Watch

Join Lancashire Wildlife Trust and Wyre Coast and Countryside team as we look for seals, porpoises and dolphins passing by. There will be plenty of sea birds to admire from the top deck too and if we are very lucky, we could even see a whale! No needs to be an expert as we have guides and binoculars to use.

Price: Free

Saturday 24 - 2pm – 4.30pm

Beginners Guide to Birds of the Wyre Estuary Country Park

Join the rangers to look at both woodland/garden birds and the waders and wildfowl found on the estuary. Please wear appropriate clothing.

£3.50/2.50, grade: easy, 2 miles, 2.5 hours, binoculars (if you have them)

Monday 26 - 9.30am – 11.30am

Beach Clean and a Brew - Rossall Beach, Cleveleys

Come along for a rewarding morning looking after the environment at Rossall Beach. Meet at 9.30am near the notice board on Rossall Prom for beach cleaning, followed by a coffee at The Venue from 10.45am onwards. You are welcome to come to both or one activity as you choose, and you're sure of a warm welcome and a glow of satisfaction from a job well done with a friendly group of people.

Check rossallbeach.org.uk for details and date changes.

Free, 2 hours



March 2018 (5)

Wednesday 28 - 10am - 11.30am

Harbour Village Clean Up - Windward Avenue, Harbour Village, Fleetwood

Meet at the play area. Everyone welcome! We provide all equipment. Just put on your wellies and come along to help out. Please wear suitable clothing and footwear. Children welcome if with a responsible adult.

Free

Wednesday 28 11am – 3pm (Drop in – last session 2.30pm)

Beach Craft - Rossall Point Tower

Fun crafts made from driftwood and beach treasures. Parent/guardian must stay with child at all times.

£2.50

Thursday 29 1.30pm – 3pm

Easter Crafts at Stanah - Wyre Estuary Country Park

Come and make wooden Easter bunnies with the rangers.

£3.50 per child (parent/guardian free but must stay with child), Grade: All

Friday 30 - 1pm - 3pm

Xplorer Orienteering for children - The Pavilion, Memorial Park, Fleetwood

Xplorer is a family friendly navigation challenge using a simple map. The aim is to find a number of markers that are located around the park. At each marker children need to identify what is pictured and enjoy learning a fun fact.

50p per child

Saturday 31 11am – 3pm

Xplorer - Wyre Estuary Country Park, Stanah

Xplorer is the perfect outdoor activity for children and their families. Children will enjoy using a simple map to complete the navigational challenge. To take part simply register, collect your map and answer sheet and off you go.

50p per child

WEEKLY LOCAL GROUP WITHIN TMC



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?

If so, this could be the solution. At Your Move, there is a range of FREE health and well-being programmes which can be accessed through simply completing the online Self-Referral form.

However, if you feel you cannot make a big commitment we also have FREE communities sessions and our YMCA England Youth Award Finalist programme Y:Women. Can that could be perfect for you.

If you'd like to discuss any of the above, just give YourMove a ring on [01253 882105](tel:01253882105) or go on the website at www.yourmoveprogramme.co.uk

Want health advice and treatment without a GP appointment?



You can use the Pharmacy+ Clinic if you are suffering from any of the following conditions:

- ◆ dermatitis
- ◆ mild eczema
- ◆ acne
- ◆ psoriasis
- ◆ scabies
- ◆ mild fungal infections of the skin
- ◆ athlete's foot
- ◆ head lice
- ◆ nasal congestion and sinusitis
- ◆ earache
- ◆ bacterial conjunctivitis
- ◆ fever
- ◆ sore throat
- ◆ hay fever
- ◆ allergies
- ◆ allergic skin reactions
- ◆ heartburn
- ◆ indigestion
- ◆ constipation
- ◆ diarrhoea
- ◆ haemorrhoids (piles)
- ◆ threadworms
- ◆ cystitis
- ◆ period pain
- ◆ thrush (oral and non-oral)
- ◆ back pain
- ◆ muscular pain
- ◆ headache and migraine

For more information and to find your nearest Pharmacy+ Clinic
visit www.pharmacyplus.clinic or scan the QR code below



NEW SERVICES AVAILABLE TO PATIENTS

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

NHS Fylde and Wyre Clinical Commissioning Group is committed to improving access to primary care services. This includes making appointments available at times that are convenient to patients. 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.

About the service

NHS Fylde and Wyre Clinical Commissioning Group has arranged for additional appointments to be provided outside of normal GP practice hours.

The service offers pre-bookable, routine primary care appointments with a range of clinicians including GPs, nurses and health care assistants.

The service employs local clinicians from the Fylde coast, where possible.

Types of appointments offered:

Smears
BP checks

Bloods
Ear syringing
Diabetic

Dressings
ECGs
Coil and ring pessaries

GP appointments
Pill checks

TO BOOK THESE APPOINTMENTS, PLEASE TELEPHONE THE SURGERY.

Where to go

Fleetwood Fleetwood Health and Wellbeing Centre Dock Street Fleetwood FY7 6HP	Freckleton Freckleton Health Centre Douglas Drive Freckleton PR4 1RY
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The appointments are offered at the following locations:

Day	Fleetwood	Freckleton
Monday		6.30pm to 9.30pm
Tuesday		6.30pm to 9.30pm
Wednesday	6.30pm to 9.30pm	
Thursday	6.30pm to 9.30pm	
Friday	6.30pm to 9.30pm	
Saturday		8am to 2pm
Sunday		8am to 2pm

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.

Please note that when you book an appointment the Practice will ask you for consent to share your detailed GP record with the clinician providing the care.

Should you need to cancel your appointment please contact your GP Practice. If your GP Practice is closed please contact the extended access service directly on 01253 957 230 to cancel.

WHO'S WHO

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

Reception:	Sandra, Nancy (Thornton) Richard (Carleton)
Patient Advisors:	Amanda, Lorraine, Sian, Emily, Rebecca
Prescriptions:	Denise, Jodie, Helen, Richard
Secretaries:	Trish, Jacqueline, Bev
Medical Admin:	Lynne, Louise, Lisa, Carolyn, Steve
Practice Management:	Amy, Liz
Nurse Manager:	Karen
Carleton Branch Supervisor:	Jackie
Patient Services Manager:	Michelle
Nurses:	Danielle, Dawn, Jacqui, Jane
Health Care Assistant:	Bethany
Health Advisor:	Margaret
Admin Apprentice:	Olivia Tattersall



A healthy lifestyle will make your heart healthier. Here are 10 things you can do to look after your heart.



Give up smoking

If you're a smoker, quit. It's the single best thing you can do for your heart health.

Smoking is one of the main causes of coronary heart disease. A year after giving up, your risk of a heart attack falls to about half that of a smoker.

You're more likely to stop smoking for good if you use NHS stop smoking services. Visit the Smokefree website or ask your GP for help with quitting.

Get active

Getting – and staying – active can reduce your risk of developing heart disease. It can also be a great mood booster and stress buster.

Do 150 minutes of moderate-intensity aerobic activity every week. One way to achieve this target is by doing 30 minutes of activity on five days a week. Fit it in where you can, such as by cycling to work.



Manage your weight

Being overweight can increase your risk of heart disease. Stick to a healthy, balanced diet low in fat and sugar, with plenty of fruit and vegetables, combined with regular physical activity.

Eat more fibre

Eat plenty of fibre to help lower your risk of heart disease – aim for at least 30g a



day. Eat fibre from a variety of sources, such as wholemeal bread, bran, oats and wholegrain cereals, potatoes with their skins on, and plenty of fruit and veg.

Cut down on saturated fat

Eating too many foods that are high in saturated fat can raise the level of cholesterol in your blood. This increases your risk of heart disease. Choose leaner cuts of meat and lower-fat dairy products like 1% fat milk over full-fat (or whole) milk.



Get your 5 A DAY

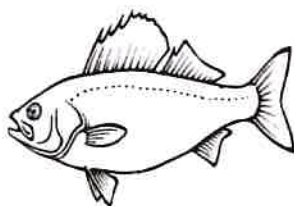
Eat at least five portions of a variety of fruit and vegetables a day. They're a good source of fibre, vitamins and minerals. There are lots of tasty ways to get your 5 A DAY, like adding chopped fruit to cereal or including vegetables in your pasta sauces and curries.

Cut down on salt

To maintain healthy blood pressure, avoid using salt at the table and try adding less to your cooking. Once you get used to the taste of food without added salt, you can cut it out completely.



Watch out for high salt levels in ready-made foods. Most of the salt we eat is already in the foods we buy. Check the food labels – a food is high in salt if it has more than 1.5g salt (or 0.6g sodium) per 100g. Adults should eat less than 6g of salt a day in total – that's about one teaspoon.



Eat fish

Eat fish at least twice a week, including a portion of oily fish. Fish such as mackerel, sardines, fresh tuna and salmon are a source of omega-3 fats, which can help protect against heart disease. Pregnant or breastfeeding women shouldn't have more than two portions of oily fish a week.

Drink less alcohol

Don't forget alcohol contains calories. Regularly drinking more than the NHS recommends can have a noticeable impact on your waistline. Try to keep to the recommended daily alcohol limits to reduce the risk of serious problems with your health, including risks to your heart health.



Read the food label

When shopping, it's a good idea to look at the label on food and drink packaging to see how many calories and how much fat, salt and sugar the product contains. Understanding what is in food and how it fits in with the rest of your diet will help you make healthier choices.

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

www.thedoctors.co.uk

THORNTON BRANCH OPENING TIMES

Mon: 8.00am-6.00pm

Tue: 8.00am-6.00pm

Wed: 8.00am-6.00pm

Thu: 8.00am-6.00pm

Fri: 8.00am-6.00pm

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

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fwccg.thorntonpractice@nhs.net

