

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

**WINTER 2018**

**NEWSLETTER**







## PRACTICE PRIVACY NOTICE

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

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

For more information see folder / visit [www.thedoctors.co.uk](http://www.thedoctors.co.uk) / ask at reception / e-mail [fwccg.thorntonpractice@nhs.net](mailto:fwccg.thorntonpractice@nhs.net)

# THORNTON PRACTICE CHRISTMAS AND NEW YEAR CLOSURES



The Thornton Practice will close at 6pm on Monday 24 December and will reopen as usual at 8:30am on Thursday 27 December.

The Thornton Practice will close at 6pm on Monday 31 December but will reopen as usual on Wednesday 2 January 2019.

## CARLETON BRANCH FIRE

**A BIG THANK YOU TO PATIENTS FOR THEIR  
COOPERATION AND UNDERSTANDING DURING  
THIS DIFFICULT PERIOD**



As you know in April 2018 we had a fire within one of our clinical rooms at Carleton Branch which caused significant damage to our clinical room and smoke damage throughout the whole building. Thankfully no one was hurt and no patient records were affected.

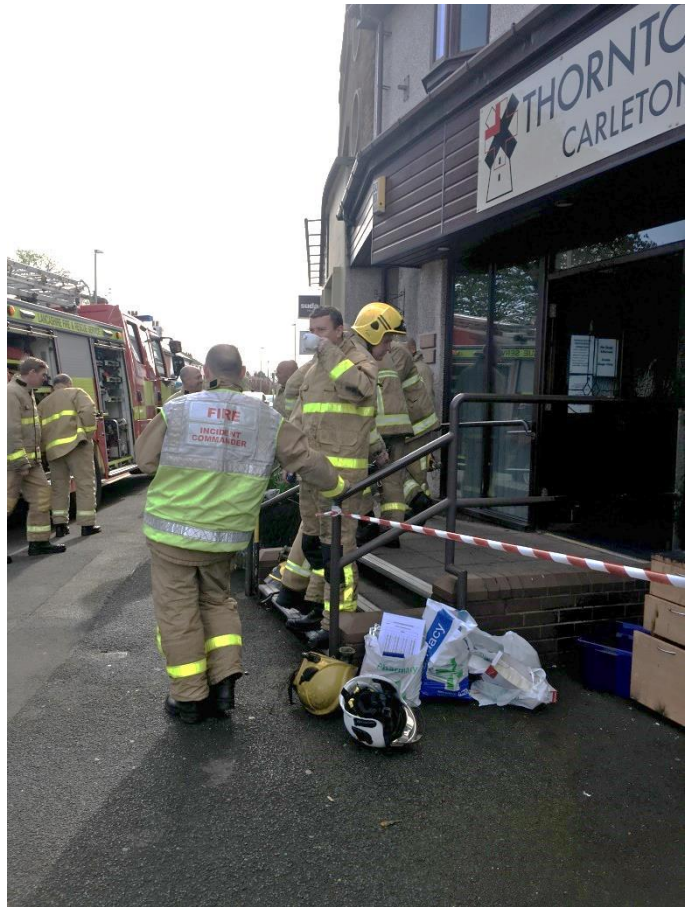
We are very pleased to report that we successfully passed the fire safety inspection from Lancashire Fire and Rescue and have been given no requests to improve.

Our whole team worked hard to continue to deliver a full service from our Thornton site and we provided the same number of appointments for GPs, advanced nurse practitioners, nurses and healthcare assistants.

We would like to thank all our patients for their continued understanding and support. The Team really appreciated your patience whilst we worked with our insurance company to refurb the building to the standards required to deliver our medical services to you our patients.



## CARLETON BRANCH FIRE



## GP practice in Carleton closed after fire



Four fire engines were called to the Carleton Practice in Poulton PIC: Gordon Forrest



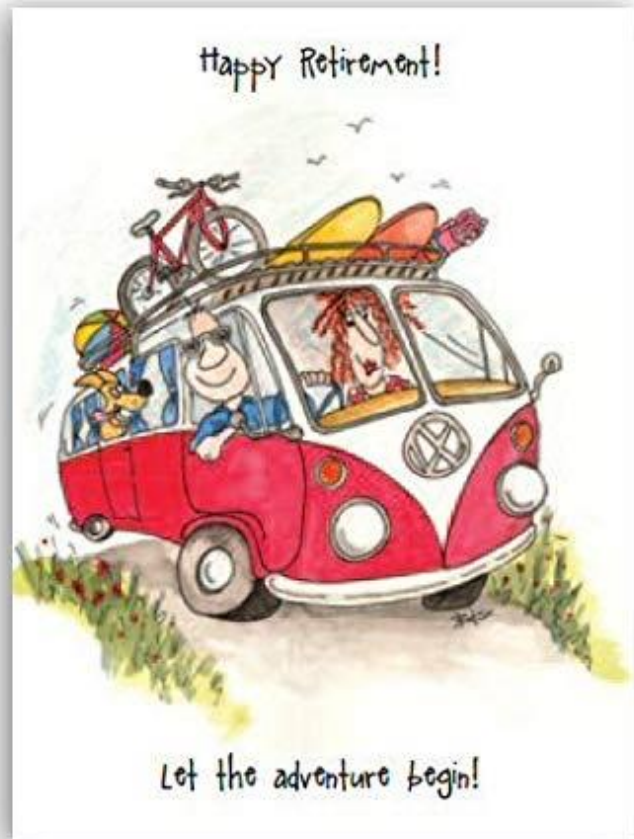
# CARLETON BRANCH FIRE



## A Big Thank you and Farewell to Dr Sheryl Lorimer

After long and careful thought Dr Sheryl Lorimer has made the decision to retire as a GP.

Her thanks go to all past and present team members, for their support over the years, from Reception Staff, Administrators, Managers, Nurses and, of course, Doctors.



However her greatest gratitude is to the patients and their families who allowed her the privilege of being their doctor over the years.

The time is right for her to retire and start a new chapter in her life. General Practice has presented many challenges over her 20 years at Thornton Practice but also many happy times.

We would like to wish Sheryl a very happy retirement and I'm sure you, her patients, wish her the same.



# EXTENDED ACCESS 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

<b>Fleetwood</b> Fleetwood Health and Wellbeing Centre Dock Street Fleetwood FY7 6HP	<b>Freckleton</b> 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.

# FIVE WAYS TO STAY HEALTHY THIS WINTER

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

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

## Banish winter tiredness

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



Try these tips:

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

## Eat more fruit and veg



When it's cold and dark outside, it can be tempting to fill up on unhealthy comfort food. However, it's important to ensure you still have a healthy diet and include five portions of fruit and veg a day.

If you find yourself craving a sugary treat, try a juicy clementine or satsuma instead.

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

## Hearty vegetable soup



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

- Serves: 6                      Time: 45 minutes

### Ingredients

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

### Method

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



## Drink more milk

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

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

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



Choose semi-skimmed, 1% or skimmed milk – rather than full-fat – and low-fat plain yoghurts.



## Try new activities for the whole family

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

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

on the beach or through the park.

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

## Have a hearty breakfast

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



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

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

### 'Apple pie' porridge



Serves: 1 adult  
Preparation time: 10 minutes  
Cooking time: 5 minutes  
Calories per portion: 315kcal  
(1,318kJ)

### Ingredients

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

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

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

## Or you could try



Muesli, fresh fruit and low-fat yoghurt: fruit added to your muesli counts towards your 5 A Day.

Low-fat yoghurt provides calcium and protein, but watch out for the sugar content.

Go for muesli with no added sugar.

### **Porridge with mashed banana and dried blueberries**

Put oats and a handful of dried blueberries in a bowl, and add semi-skimmed milk.

Heat in the microwave for 3 to 4 minutes, stirring every so often.

When cooked, stir in the mashed banana, which is a healthier substitute for sugar or honey.

For the best results, use a very ripe banana.



**Baked beans on wholemeal toast:** not only are they naturally low in fat, but baked beans are also packed with fibre and protein, making them a vegetarian source of protein. Look out for reduced-salt and reduced-sugar ranges.

**Breakfast cereals:** cereals can be high in sugar, with some comprising up to 37% of the white stuff. Try switching to lower-sugar cereals or those with no added sugar, such as plain wholewheat cereal biscuits, plain shredded wholegrain pillows or plain porridge.



**HELP US  
HELP YOU**

**STAY WELL THIS WINTER**

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

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

But there are lots of things you can do to stay well this winter.



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

At the first sign of a winter illness, even if it's just a cough or cold, get advice

from your pharmacist, before it gets more serious. Act quickly. The sooner you get advice from a pharmacist the better. Pharmacists are fully qualified to advise you on the best course of action. This can be the best and quickest way to help you recover and get back to normal.

If you can't get to a pharmacist yourself, ask someone to go for you or call your local pharmacy. [nhs.uk/staywell](https://www.nhs.uk/staywell)





## Make sure you get your flu jab!

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

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

That's why the flu jab is free if you're aged 65 or over, or if you have a long-term health condition.

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



You can also find more information at [nhs.uk/getflujab](https://www.nhs.uk/getflujab)

Also, don't forget that if you're aged 65 or over, you are eligible for the pneumococcal vaccine, which will help protect you from pneumococcal diseases such as pneumonia. Ask your GP.



**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.

**A NEW, MORE EFFECTIVE FLU VACCINE** has been advised for the over 65s which has been designed to create a stronger immune response to a vaccination.

**None of the ingredients of the vaccine can cause the flu.** This new Flu Vaccine (aTIV) will protect you against the three strains of virus contained in the vaccine from about 2-3 weeks after the injection.

This will be the only flu vaccine available to the over 65s for this year.



**CONTACT THE PRACTICE ON  
01253 956282**





For Eligible Patients **NOT** over 65  
We have the recommended  
vaccine reserved **just for you!**

**Flu Vaccine (QIV) for:**

- Children aged from 6 months to 2 years
- 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

**Bookable appointments from 24 September** – morning (8.00 to 10.30) and evening (4.00 to 8.00) for the QIV vaccine are available **NOW** by contacting the Practice. These will be available at both Thornton Medical Centre and Carleton Branch.

**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.



**CONTACT THE PRACTICE ON  
01253 956282**



## PATIENTS WHO MISS APPOINTMENTS (DNAs)

There are huge cost implications for the Practice associated with patients who do not attend their appointments. The number of patients who failed to attend for appointments during the period **August 2018 to October 2018** are as follows:

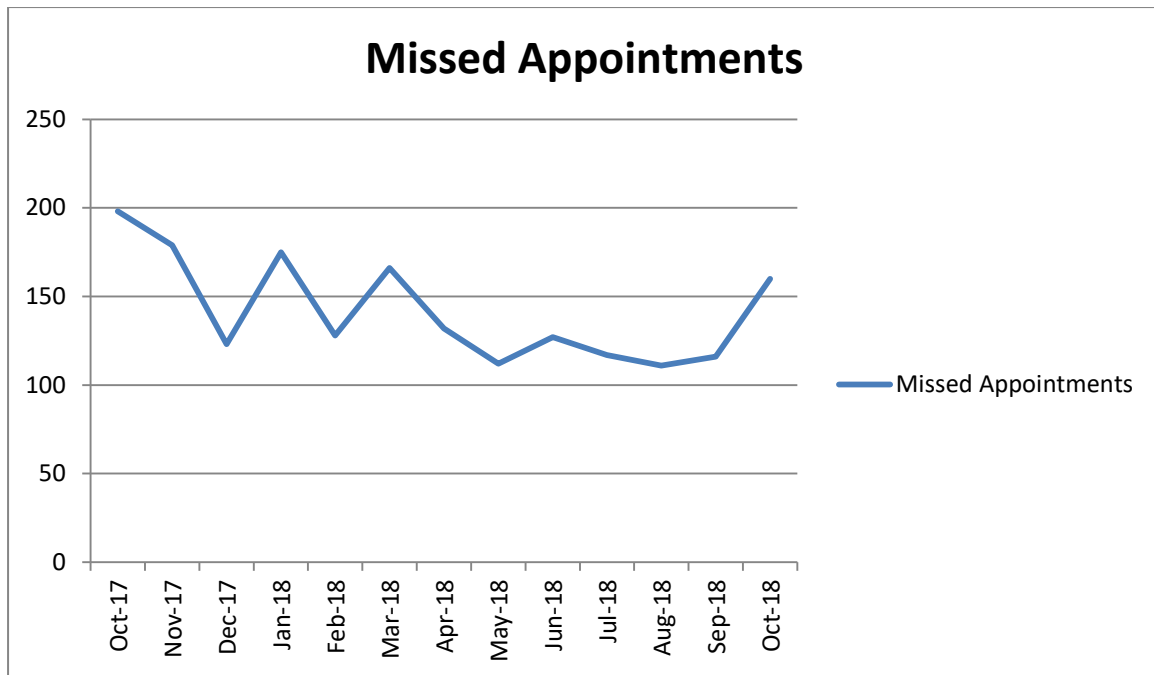
<b>AUGUST 2018</b>	<b>SEPTEMBER 2018</b>	<b>OCTOBER 2018</b>
GPs (Carleton) – GPs (Thornton) – 39	GPs (Carleton) – 2 GPs (Thornton) – 30	GPs (Carleton) – 7 GPs (Thornton) – 40
ANPs (Carleton) – ANPs (Thornton) – 4	ANPs (Carleton) – 0 ANPs (Thornton) – 18	ANPs (Carleton) – 2 ANPs (Thornton) – 12
HCAAs (Carleton) – HCAAs (Thornton) – 31	HCAAs (Carleton) – 7 HCAAs (Thornton) – 21	HCAAs (Carleton) – 7 HCAAs (Thornton) – 39
Nurses (Carleton) – Nurses (Thornton) – 37	Nurses (Carleton) – 5 Nurses (Thornton) – 33	Nurses (Carleton) – 11 Nurses (Thornton) – 42
<b>TOTAL – 111</b>	<b>TOTAL – 116</b>	<b>TOTAL – 160</b>

**GRAND TOTAL OF MISSED APPOINTMENTS = 387**

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 August 2018 to October 2018 **has cost the NHS approximately £13,932.**





Thanks to all patients for cancelling their appointments.

Well done everyone!!



## From 1 July 2018, some treatments for the following conditions will be unavailable on prescription\*:

- Acute sore throat
- Cold sores
- Conjunctivitis
- Coughs, colds and nasal congestion
- Cradle cap
- Haemorrhoids
- Infant colic
- Mild cystitis
- Contact dermatitis
- Dandruff
- Diarrhoea (adults)
- Dry eyes/sore (tired) eyes
- Earwax
- Excessive sweating
- Head lice
- Indigestion and heartburn
- Infrequent constipation
- Infrequent migraine
- Insect bites and stings
- Mild acne
- Mild dry skin/sunburn
- Mild to moderate hay fever/seasonal rhinitis
- Minor burns and scalds
- Minor conditions associated with pain, discomfort and/or fever (eg aches and sprains, headache, period pain, back pain)
- Mouth ulcers
- Nappy rash
- Oral thrush
- Prevention of dental caries
- Ringworm/athletes foot
- Teething/mild toothache
- Threadworms
- Travel sickness
- Warts and verrucae
- Probiotics
- Vitamins and minerals

If you are suffering from one of these conditions, please purchase medication from a local pharmacy or shop. Your pharmacist will be able to advise you on the best course of treatment.

\*Some people will still be prescribed medicine for these illnesses. For example people who have a long-term illness like arthritis or a more serious illness like cancer.

## PATIENT PARTICIPATION GROUP NEWS



The PPG have had a very busy time since September starting with their Road Show at Morrisons where PPG members, Practice Managers and Nurses worked alongside the staff from the Pharmacy to encourage and inform people about getting the Flu vaccine. It was a real combination of Team Work at its best where hundreds of people were given

health advice and many took up the chance to have their hearts monitored at the same time.

The Manager, at Morrisons, was one of the first candidates and despite his stressful role he was pronounced fit ! Feedback from shoppers was wonderful as well staff from Morrisons Pharmacy who said 'it is great that we can work as a Community'.



Staff from the Practice made advanced appointments for Flu jabs and the PPG thought it had been a brilliant day. Thanks to everyone.

The PPG were also on hand to help at the Flu Clinic on October 6<sup>th</sup>. This proved to be a very hectic day and the Practice had to work under very stressful conditions which were beyond their control. The new vaccine, though ordered well in advance, was rationed thus resulting in shortages throughout the country. Hopefully by the time you read this all those wanting the vaccine will have received it.

Thanks to all staff who worked like Trojans that day and for your understanding.

You will also have noticed PPG members' presence in the waiting room twice monthly when we have our Listening Tables. We are there to help and listen to your complaints, praise or queries.

**You Say we Listen and the Practice Acts.**

## **Self-Care Week 12 to 16 November 2018**

Again we were in the Practice all week helping patients with any issues or queries and focusing on Health Issues, encouraging **Healthy Exercise**, taking up **Routine testing for Smears, Bowel and In House Reviews** alongside using the **Heart Check App**.

So as Christmas approaches the best Christmas present you can give yourself is to look after that most precious thing ..... your health !





# FRIENDS AND FAMILY TEST RESULTS

## October 2018

### Feedback



This is the latest word cloud generated by comments received on the Practice's Friends and Family Test.

The bigger the word, the more often it has been used in comments from patients.



Self-care means knowing how to keep fit and healthy, how to deal with medicines appropriately, manage self-treatable conditions and when to seek appropriate clinical help.

If you have a long-term condition, self-care is about understanding that condition and how to live with it.

This year's Self Care Week takes place from 12 to 18 November. The event is run by the Self Care Forum and aims to help you become more knowledgeable about health and lifestyle options that will impact positively on your physical and mental wellbeing.

Events will be held across England and you can find out more details on your clinical commissioning group (CCG) or local authority websites.

Find out more at [www.selfcareforum.org](http://www.selfcareforum.org)







# Can the Pharmacist help with your symptoms?

The pharmacist is an excellent source of advice for many common ailments, such as:

Low Back Pain  
Eczema  
Heartburn and Indigestion  
Fever in Children  
Constipation  
Headache  
Coughs in Adults  
Acne (spots)  
Sprains and Strains  
Sore Throat  
Ear Ache  
Common Cold  
Sinusitis








## HEALTH AWARENESS DATES FOR YOUR DIARY





<p>1 – 30 November 2018</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">https://uk.movember.com</a></p>
<p>1 – 30 November 2018</p> 	<p>Lung Cancer Awareness Month</p>	<p>The aim of the Lung Cancer Awareness campaign is to raise awareness to encourage people displaying the common symptoms of lung cancer, such as a persistent cough, breathlessness or unexplained weight-loss, to visit their GP. During the month, many people throughout the country and the world come together for the lung cancer community.</p> <p><a href="http://www.awarenessdays.com/lung-cancer-awareness-month-2018">www.awarenessdays.com/lung-cancer-awareness-month-2018</a></p>
<p>1 – 30 November 2018</p> 	<p>COPD Awareness Month</p>	<p>COPD (Chronic Obstructive Pulmonary Disease) affects millions of people across the UK, and describes a group of lung conditions that make it difficult to empty air out of the lungs because your airways have been narrowed. COPD Awareness Month helps to raise awareness of this condition, particularly as many people are living with it without realising.</p> <p><a href="http://www.awarenessdays.com/copd-awareness-month-2018">www.awarenessdays.com/copd-awareness-month-2018</a></p>
<p>7 November 2018</p> 	<p>International Stress Awareness Day</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 webpages for more information about stress in the workplace.</p> <p><a href="https://isma.org.uk/national-stress-awareness-day">https://isma.org.uk/national-stress-awareness-day</a></p>








## HEALTH AWARENESS DATES FOR YOUR DIARY

<p>14 November 2018</p> 	<p>World Diabetes Day</p>	<p>World Diabetes Day falls every year on 14 November and is a day when millions of people around the world come together to raise awareness of diabetes, and what it's really like to live with the condition. It's a global campaign led by the International Diabetes Federation (IDF) with activity taking place around the world.</p> <p><a href="http://www.diabetes.org.uk">www.diabetes.org.uk</a></p>
<p>12 – 16 November 2018</p> 	<p>Anti- Bullying Week</p>	<p>This Anti-Bullying Week the theme is "Respect". Take a look at our webpages for more information about tackling bullying, and read our case study to see how London Ambulance Service have tackled bullying and harassment.</p> <p><a href="http://www.anti-bullyingalliance.org.uk/anti-bullying-week">www.anti-bullyingalliance.org.uk/anti-bullying-week</a></p>
<p>14 November 2018</p> 	<p>World Diabetes Day</p>	<p>World Diabetes Day brings together millions of people around the world to raise awareness of diabetes, and what it's really like to live with the condition. This is a global campaign led by the International Diabetes Federation (IDF) with activity taking place around the world.</p> <p><a href="http://www.diabetes.co.uk/World-Diabetes-Day">www.diabetes.co.uk/World-Diabetes-Day</a></p>
<p>19 – 25 November 2018</p> 	<p>Alcohol Awareness Week</p>	<p>It is estimated that the cost of alcohol on society is in excess of £21 billion. The aim of Alcohol Awareness Week is to get people to think about alcohol – how it affects us as individuals, families, communities and society as a whole. See our infographic for more information on alcohol awareness.</p> <p><a href="http://www.alcoholconcern.org.uk/alcohol-awareness-week">www.alcoholconcern.org.uk/alcohol-awareness-week</a></p>
<p>25 November to 10 December 2018</p> 	<p>16 Days of Action Against Gender- Based Violence</p>	<p>The 16 Days of Activism against Gender-Based Violence Campaign is a time to galvanize action to end violence against women and girls around the world.</p> <p><a href="http://equalityupdates.org.uk/event/16-days-of-action-against-gender-based-violence">http://equalityupdates.org.uk/event/16-days-of-action-against-gender-based-violence</a></p>

## HEALTH AWARENESS DATES FOR YOUR DIARY

<p>1 December 2018</p> 	<p>World Aids Day</p>	<p>World AIDS Day is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV and to commemorate people who have died.</p>
<p>1 – 31 January 2019</p> 	<p>Dry January</p>	<p>Dry January challenges you to go alcohol free for 31 days and aims to raise awareness of the effects of alcohol. Click on the link to download workplace resources and also see our infographic for more information on alcohol awareness.</p>
<p>21 – 27 January 2019</p> 	<p>Cervical Cancer Prevention Week</p>	<p>Every day in the UK 9 women are diagnosed with cervical cancer and 3 women lose their lives from the disease every day. Cervical cancer is the most common cancer in women aged 35 and 75 per cent of cervical cancers are prevented by cervical screening (smear tests), however one in four women do not attend this potentially life-saving test.</p>
<p>1 – 28 February 2019</p> 	<p>Raynaud's Awareness month</p>	<p>Raynaud's Phenomenon is a condition thought to affect up to ten million people in the UK and it can be incredibly painful. With Raynaud's, the small blood vessels in the extremities are over-sensitive to changes in temperature, which can cause a Raynaud's attack. February is Raynaud's Awareness Month in which the aim is to highlight Raynaud's and the work of the RSA by asking you to "LOVEyourGLOVES!". February is statistically the coldest month of the year and it is vital to wrap up warm and protect your extremities.</p>

## HEALTH AWARENESS DATES FOR YOUR DIARY

<p>4 February 2019</p> 	<p>World Cancer Day</p>	<p>World Cancer Day is the ideal opportunity to spread the word and raise awareness of cancer in people's minds and the world media. This global event takes place every year on 4 February and aims to save millions of preventable deaths each year by encouraging individuals to take action.</p>
<p>7 February 2019</p> 	<p>Time To Talk Day</p>	<p>It's easy to think there's no right place to talk about mental health. But the more we talk about it, the better life is for all of us. Too many people with mental health problems are made to feel isolated, worthless and ashamed. Time to Talk Day is a chance for all of us to be more open about mental health – to talk, to listen, to change lives. Wherever you are – at home, at work or up the top of a mountain! – have your conversation about mental health this Time to Talk Day.</p>
<p>18 – 24 February 2019</p> 	<p>OCD Week Of Action</p>	<p>Obsessive-compulsive disorder (OCD) is a clinically recognised disorder which affects around one-two per cent of the population. People with OCD experience intensely negative, repetitive and intrusive thoughts, combined with a chronic feeling of doubt or danger (obsessions). OCD Week of Action is a campaigning week run by OCD Action to encourage as many people as possible to take action and fight OCD.</p>
<p>25 February – 3 March 2019</p> 	<p>Eating Disorders Awareness week</p>	<p>Eating Disorders Awareness week is an international awareness event, fighting the myths and misunderstandings that surround eating disorders. Awareness is raised to spotlight the impact eating disorders can have on an individual and highlight what individuals, colleagues and employers can do to support someone's recovery.</p>
<p>28 February 2019</p> 	<p>Rare Disease Day</p>	<p>Rare Disease Day takes place on the last day of February each year and the main objective is to raise awareness among individuals about rare disease and their impact on patients' lives. Since the beginning of 2008, thousands of events have taken place throughout the world and has notably contributed to the advancement of national plans and policies for rare diseases. Take a look at our 2018 campaign.</p>



Find us on  
**Facebook**



Search for The Thornton Practice

Like and share our page. We are nearly at 500 likes 😊  
Thanks for all your support.

The screenshot shows the Facebook profile page for 'The Thornton Practice'. At the top, there is a search bar with the text 'The Thornton Practice' and a magnifying glass icon. Below the search bar are navigation tabs for 'Page', 'Notifications' (with a red notification badge), 'Insights', and 'Publishing Tools'. The profile picture is a stylized logo featuring a red cross with a black house silhouette inside it. The page name is 'The Thornton Practice' with the handle '@thethorntonpractice'. A left-hand navigation menu includes 'Home', 'About', 'Services', 'Events', 'Photos', 'Videos', 'Posts', 'Community', and a 'Promote' button with a sub-link 'Manage Promotions'. The main content area shows a post with a photo of two women exercising, overlaid with a red triangle graphic. The text on the photo reads 'your move' and 'Helping You Get Healthy. Your Way!'. Below the photo are two smaller images: one of a yellow 3D character with a magnifying glass over a smartphone, and another of the practice's logo.

NEW MEMBERS WELCOME

# ASPERGERS

Group



Find us on  
**Facebook**



## Aspergers 16+ Blackpool Area Connect

A group for like-minded adults to occasionally meet for intelligent conversation (no small talk) & optional activities e.g. meals out in quiet restaurants, bowling at Thornton YMCA, etc



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



Becky\_boo1967@yahoo.co.uk



07884 255139





COMMUNITY  
**TRUST**

'achieving your goals'

**HEALTHIER  
FLEETWOOD**  
connecting our community

# SPORTING MEMORIES

HIGBURY STADIUM, RED & WHITES



**OVER 40s**

Opportunity to discuss and reminisce about sporting history and memories with your peers.

The second part of the weekly session will include a small part of physical activity where achievable challenges will be set for everybody.

**Where: Highbury Stadium, Red & Whites**

**When: Fridays, 2:30pm - 4:00pm**



Contact Details: John Hartley - 01253 208442 - [John.Hartley@fleetwoodtownfc.com](mailto:John.Hartley@fleetwoodtownfc.com)



COMMUNITY  
**TRUST**  
*'achieving your goals'*

## **EX-FORCES FITNESS SESSIONS**

Come and improve your health and wellbeing

### **POOLFOOT FARM**

Butts Road, Thornton Cleveleys, FY5 4HX

Every Wednesday

**4:30PM  
TIL 6PM**



LIVE ON A small blue square logo with the text 'LIVE ON' and a red poppy icon.

Contact Dave Whitworth

dave.whitworth@fleetwoodtownfc.com | 07825698506



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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 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 – 21:00 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





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## **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.'



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## 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.





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## **Fleetwood Town Community Trust 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  
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Achieving your goals

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## **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.



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## **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!!





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



## NOVEMBER

Date	Time	Start Point	Grade
Sunday 4	2pm	<b>Wyre Estuary Country Park</b> , Stanah	All/Easy T *
Tuesday 6	2pm	<b>Great Eccleston</b> Village Centre	Moderate
Wednesday 7	10.30am	<b>Memorial Park</b> , Fleetwood	All T
Saturday 10	10.30am	<b>Cleveleys</b> Community Centre	Easy *
Tuesday 13	2pm	Marsh Mill Tavern, <b>Thornton</b>	Easy
Wednesday 14	2pm	<b>Knott End</b> Café	Moderate T
Friday 16	10.30pm – 12.30pm	<b>Shard Bridge Legstretcher</b> (Shard Riverside Inn)	Moderate £
Saturday 17	2pm	Marine Hall, <b>Fleetwood</b>	All T *
Tuesday 20	2pm	<b>Great Eccleston</b> Village Centre	Moderate
Wednesday 21	10.30am	<b>Wyre Estuary Country Park</b> , Stanah	All/Easy T *
Saturday 24	10.30am	<b>Cleveleys</b> Community Centre	Easy *
Tuesday 27	2pm	Marsh Mill Tavern, <b>Thornton</b>	Easy
Wednesday 28	2pm	<b>Knott End</b> Café	Moderate T

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 tramper for a health walk. Please note that where the £ sign is displayed, there is a charge for participating

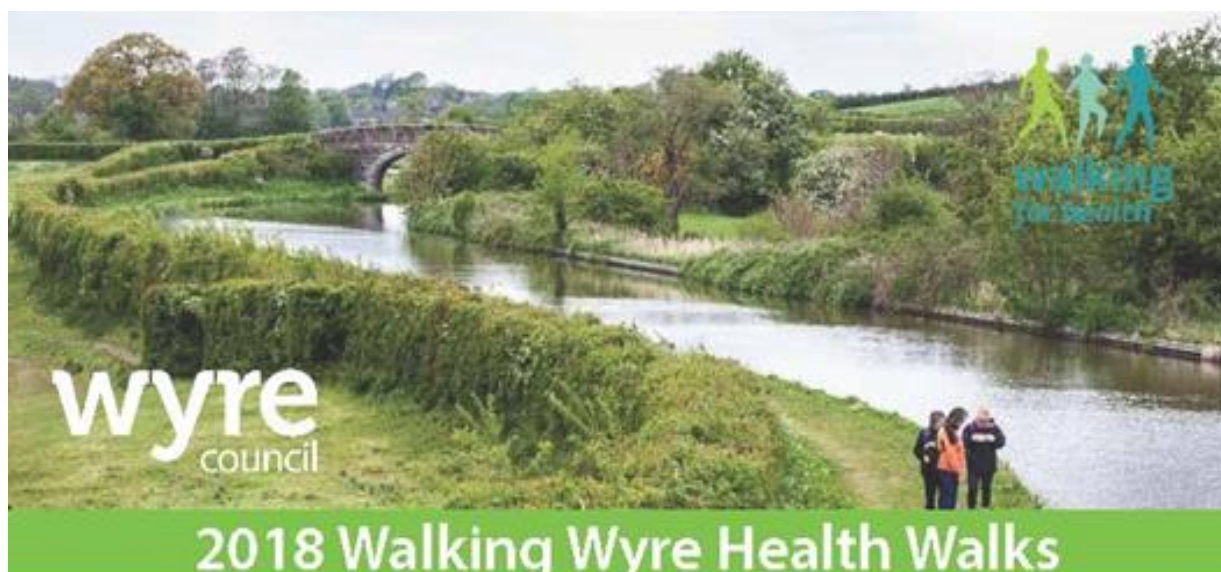


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E: garstang@wyre.gov.uk





# December

Date	Time	Start Point	Grade
Saturday 1	2pm	Marine Hall, Fleetwood	All T *
Tuesday 4	2pm	Great Eccleston Village Centre	Moderate
Wednesday 5	10.30am	Wyre Estuary Country Park, Stanah	All/Easy T *
Saturday 8	10.30am	Cleveleys Community Centre	Easy *
Tuesday 11	2pm	Marsh Mill Tavern, Thornton	Easy
Wednesday 12	2pm	Knott End Cafe	Moderate T
Friday 14	10.30am – 12.30pm	Skippool Legstretcher (Skipool Picnic Area)	Moderate £
Sunday 16	2pm	Wyre Estuary Country Park, Stanah	All/Easy T *

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 tramper for a health walk.

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## What's On @ rossallpoint

Winter opening Thursday to Sunday, 11am - 3pm

### November 2018

**Thursday 1, 8, 15, 22 & 29**

**Love My Beach**

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 at the top of the Tower for the views of over Morecambe Bay. Please wear outdoor clothing and footwear. Time: 10.30am – 12pm. Price: Free

**Sunday 25**

**Rossall Point Conservation Day**

Try your hand at practical coastal management, build a board walk, open up pathways, look after the sand dunes 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. Bring your gloves and all weather clothing and footwear. Time 10am – 2pm. Price: Free

### December 2018

**Thursday 6, 13, 20 & 27**

**Love My Beach**

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 at the top of the Tower for the views of over Morecambe Bay. Please wear outdoor clothing and footwear. Time: 10.30am – 12pm. Price: Free

**Sunday 16**

**Rossall Point Conservation Day**

Try your hand at practical coastal management, build a board walk, open up pathways, look after the sand dunes 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. Bring your gloves and all weather clothing and footwear. Time 10am – 2pm. Price: Free





## Beach and Estuary Cleans in Wyre 2018 November

### Love My Beach

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

Rossall Point, Fleetwood

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 at the views over Morecambe Bay.

Please wear outdoor clothing and footwear.

Free, 1 mile, tramper, wheelchair, dogs

### Cleveleys Beach Care

**Sunday 4 & 18 10.30am – 11.30am**

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

### Beach Clean and a Brew

**Monday 5 9.30am – 11.30am**

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 Promenade, Cleveleys 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](http://rossallbeach.org.uk) for details and date changes.

Free, 2 hours

### Knott End Beach Clean

**Tuesday 13 10am – 11.45am**

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.wyriverstrust.org](http://www.wyriverstrust.org) for further information closer to the time of each beach clean.

Free, 1 mile, dogs



/wyrecouncil

[wyre.gov.uk](http://wyre.gov.uk)

T: 01995 602125

E: [garstang@wyre.gov.uk](mailto:garstang@wyre.gov.uk)



## Beach and Estuary Cleans in Wyre 2018

### November (2)

#### **Fleetwood LMB Group**

**Saturday 17 10.30am – 12pm**

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

#### **Harbour Village Clean Up**

**Wednesday 21 10am - 11.30am**

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

#### **Rossall Point Conservation Day**

**Sunday 25 10am – 2pm**

Rossall Point, Fleetwood

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 at the views over Morecambe Bay. Please wear outdoor clothing and footwear.

Free, 4 hours

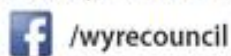
#### **Wyre Big Beach Clean**

**Wednesday 28 10.30am – 12.30pm**

Dronsfield Sunken Car Park, Fleetwood

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



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## Beach and Estuary Cleans in Wyre 2018 December

### **Cleveleys Beach Care**

**Sunday 2 & 16 10.30am – 11.30am**

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

### **Beach Clean and a Brew**

**Monday 3 9.30am – 11.30am**

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 Promenade, Cleveleys 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](http://rossallbeach.org.uk) for details and date changes.

Free, 2 hours

### **Love My Beach**

**Thursday 6, 13, 20 & 27 10.30am – 12pm**

Rossall Point, Fleetwood

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 at the views over Morecambe Bay.

Please wear outdoor clothing and footwear.

Free, 1 mile, tramper, wheelchair, dogs


### **Knott End Beach Clean**

**Tuesday 11 10am – 11.45am**

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.wyriverstrust.org](http://www.wyriverstrust.org) for further information closer to the time of each beach clean.

Free, 1 mile, dogs

 /wyrecouncil

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E: [garstang@wyre.gov.uk](mailto:garstang@wyre.gov.uk)





## Beach and Estuary Cleans in Wyre 2018 December (2)

### Harbour Village Clean Up

**Wednesday 12 10am - 11.30am**

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

### Fleetwood LMB Group

**Saturday 15 10.30am – 12pm**

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

### Rossall Point Conservation Day

**Sunday 16 10am – 2pm**

Rossall Point, Fleetwood

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 at the views over Morecambe Bay. Please wear outdoor clothing and footwear.

Free, 4 hours

### Wyre Estuary Big Clean Up

**Wednesday 19 10.30am – 12.30pm**

Fleetwood Marsh car park

Come and join us to help improve the River Wyre's estuary for the benefit of both us, its wildlife and the environment. Everyone welcome we provide the equipment. Just put on your wellies and come along to help out. Join us for a tea and coffee after. Please wear outdoor clothing and footwear.

Free, 2 hours

 /wyrecouncil

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## What's On at Wyre Estuary Country Park

### November 2018

#### Stanah Squirrels Watch Group

Saturday 10

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. Time: 10.30am – noon/12.30pm. Price £1

#### Wyre Estuary Country Park Health Walk

Sunday 4

Urban/rural walk through the Wyre Estuary Country Park, comfortable footwear required also suitable for beginners. Muddy at all times. Grade: all/easy, Price: free, tramper accessible. Time: 2pm – 3pm

#### Wyre Estuary Country Park Health Walk

Wednesday 21

Urban/rural walk through the Wyre Estuary Country Park, comfortable footwear required also suitable for beginners. Muddy at all times. Grade: all/easy, Price: free, tramper accessible. Time: 10.30am – 11.30am

### December 2018

#### Wyre Estuary Country Park Health Walk

Wednesday 5

Urban/rural walk through the Wyre Estuary Country Park, comfortable footwear required also suitable for beginners. Muddy at all times. Time: 10.30am – 11.30am. Grade: all/easy, Price: free, tramper accessible.

#### Stanah Squirrels Watch Group

Saturday 8

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. Time: 10.30am – noon/12.30pm. Price £1

#### WECP Christmas Fayre

Sunday 9

Christmas crafts & stalls for all the family. Time: 10am – 1pm. Free (some activities may be charged), drop-in

#### Wyre Estuary Country Park Health Walk

Sunday 16

Urban/rural walk through the Wyre Estuary Country Park, comfortable footwear required also suitable for beginners. Muddy at all times. Grade: all/easy, Price: free, tramper accessible. Time: 2pm – 3pm





**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

**Sunday 4 & 18 - 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

**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](http://rossallbeach.org.uk) for details and date changes. Free, 2 hours

**Saturday 10 - 10am – noon/12.30pm**

**Stanah Squirrels Wildlife Watch Group**

Wyre Estuary Country Park, Stanah

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

**Tuesday 13 - 10am – 11.45am**

**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.wyriverstrust.org](http://www.wyriverstrust.org) for further information closer to the time of each beach clean. Free, 1 mile, dogs

[wyre.gov.uk](http://wyre.gov.uk)

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## November 2018 (2)

**Friday 16 - 10.30am – 12.30pm**

**Shard Bridge Legstretcher - Shard Riverside Inn**

A pleasant two hour walk around the footpaths of Hambleton/Out Rawcliffe.  
£3.50/£2.50, Grade: moderate, boots, 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

**Saturday 17 - 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

**Wednesday 21 - 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

**Sunday 25 – 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

**Wednesday 28 – 10.30am – 12.30pm**

**Wyre Big Beach Clean – Dronsfield Sunken Car Park, Fleetwood**

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

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## DECEMBER 2018

**Saturday 1 - 9am – 4pm**

**Wyre and Myerscough Hedgelaying Competition - Venue tbc**

The competition is part of a series of competitions in the Lancashire & Westmorland Hedgelaying Grand Prix. A FREE workshop, for complete Beginners, will be held on the day, where you can try your hand at this ancient rural skill, under the expert guidance of a professional.

Booking for workshop essential. Free, Grade: Moderate

**Saturday 1 - 6pm - 8pm**

**Wreath Workshop - The Pavilion, Memorial Park, Fleetwood**

Learn how to make a Christmas wreath to decorate your home this Christmas. Booking essential as spaces limited. To book please call 01253 891000. £10

**Sunday 2 & 16 - 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

**Sunday 2 – 1pm - 3pm**

**Wreath Workshop - The Pavilion, Memorial Park, Fleetwood**

Learn how to make a Christmas wreath to decorate your home this Christmas. Booking essential as spaces limited. To book please call 01253 891000. £10

**Monday 3 - 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. Check [rossallbeach.org.uk](http://rossallbeach.org.uk) for details and date changes. Free, 2 hours

**Thursday 6, 13, 20 & 27 – 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

[wyre.gov.uk](http://wyre.gov.uk)

T: 01995 602125

E: [garstang@wyre.gov.uk](mailto:garstang@wyre.gov.uk)





## DECEMBER 2018 (2)

**Saturday 8 - 10am – noon/12.30pm**

**Stanah Squirrels Wildlife Watch Group**

Wyre Estuary Country Park, Stanah

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

**Sunday 9 - 10am – 1pm**

**WECP Christmas Fayre - Wyre Estuary Country Park, Stanah**

Christmas crafts and stalls for all the family.

Free (some activities may be charged), drop-in

**Sunday 9 - 2.30pm – 3.30pm**

**Goose Spectacle - Pilling Lane Ends**

Come and witness the magnificent fly past of pink footed geese. Free

**Tuesday 11 - 10am – 11.45am**

**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.wyriverstrust.org](http://www.wyriverstrust.org) for further information closer to the time of each beach clean.

Free, 1 mile, dogs

**Wednesday 12 - 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

**Friday 14 - 10.30am – 12.30pm**

**Skippool Legstretcher - Skippool Picnic Area**

A circular walk along tracks, paths and lanes around Skippool, Thornton.

£3.50/£2.50, Grade: moderate, boots, medication, light refreshments, dogs

[wyre.gov.uk](http://wyre.gov.uk)

T: 01995 602125

E: [garstang@wyre.gov.uk](mailto:garstang@wyre.gov.uk)



## DECEMBER 2018 (3)

**Saturday 15 - 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

**Tuesday 15 - 12noon until 3pm**

**Crafty Aft – Christmas Bauble Crafts for children - The Pavilion, 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 Christmas crafts. Booking essential please ring 01253 891000. £3.00

**Sunday 16 – 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

**Sunday 16 - 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

**Wednesday 19 - 10.30am – 12.30pm**

**Big Estuary Clean Up – Fleetwood Marsh Car Park**

Come and join us to help improve the River Wyre for the benefit of both us, its wildlife and the environment. Everyone welcome we provide the equipment. Just put on your wellies and come along to help. Join us for tea & coffee after. Please wear outdoor clothing & footwear. Free, 1 mile, 2 hours

**Thursday 27 - 10.30am – 2.30pm**

**Over Wyre Ramble - Stalmine**

A walk by coast and over fields to shake off the Christmas blues in Over Wyre. Booking essential £3.50/2.50, Grade: Moderate

## Volunteering in Wyre

Do you have spare time on your hands?

Would you like to put something back into your community?

You can apply to become a volunteer using the online form at [www.wyre.gov.uk/volunteering](http://www.wyre.gov.uk/volunteering)



There are lots of areas to volunteer in:

- Coast and countryside
- Discover Wyre
- Marsh Mill
- Marine Hall/Thornton Little Theatre
- Fleetwood Memorial Park
- Parks and open spaces
- CCTV
- Gardening in Cleveleys
- Adult and social care
- Garstang community recycling and reuse centre
- Community cars volunteer driver

## Contact us

Contact the Volunteer Co-ordinator on 01253 887504 or email [volunteering@wyre.gov.uk](mailto:volunteering@wyre.gov.uk).

## PARKRUN LAUNCHES IN FLEETWOOD

A new parkrun has got off to a flying start as over 150 people turned up to take part in the first Fleetwood parkrun earlier this month.

This new event has been organised by Wyre Council in conjunction with parkrun and Healthier Fleetwood who are now encouraging people of all ages and fitness levels to come along and take part.



Setting off on the promenade outside Fleetwood YMCA at 9am every Saturday, Fleetwood's parkrun is part of a worldwide series of 5k events. It doesn't matter what you're wearing or how fast you go. What matters is taking part. If you'd like to take part you can walk, jog or run, or even take up a role as an event volunteer.

Sue Ashton, Event Director at Parkrun comments, "We encourage people of every ability to take part; from those taking their first steps in running to Olympians; from juniors to those with more experience; we welcome you all."

The format of parkrun is simple: register once, print your barcode, then turn up and take part. The Fleetwood route takes you past Rossall Point Tower and then back again, giving participants the chance to take in the breath taking views this stretch of coastline has to offer.

Councillor Lynne Bowen, Leisure, Health and Community Engagement Portfolio Holder at Wyre Council comments, "We are so pleased to bring parkrun to Fleetwood. This weekly event is all about inclusiveness and wellbeing. We want people to feel part of a community and know that anyone is welcome to come along, enjoy the views of our beautiful



coastline and boost their fitness. Taking place every Saturday morning, it's a great way to start your weekend.

“We are really grateful to everyone who has helped to get this event off the ground including the parkrun team, Healthier Fleetwood and all the volunteers. The volunteers are local people with a passion to make a difference in their local community and have given up their time to learn a variety of roles in addition to all the organising and planning that goes into establishing a parkrun.”

All parkrun events are organised by a group of dedicated, local volunteers and there is still a variety of roles available for people to get involved in. You can find out more at

[www.parkrun.org.uk/fleetwoodpromenade/volunteer](http://www.parkrun.org.uk/fleetwoodpromenade/volunteer)

Dr Mark Spencer of Mount View Practice played a key role in setting up the Healthier Fleetwood project and says: “The health benefits of exercise are well known. Parkrun isn't a race against others, it's purely for anyone who wants to give themselves a challenge and to get a bit fitter. More than that though it's an opportunity for the community to come together, not just to take part but also to volunteer to be a steward or to cheer people on as a spectator. I've never taken part in a parkrun. Fleetwood will be my first one and I'm really looking forward to it.”

Those who have never run before needn't be put off, as walking is an option. However for those wanting to give it a try, Fylde Coast YMCA are running free couch to 5k sessions on Wednesdays at 6.30pm from Cleveleys promenade (near Vue Cinema) and Thursdays at 7pm from YMCA Fleetwood.

To take part you need to register with Parkrun before an event as registration is not available at the run. Simply go to [www.parkrun.org.uk/register](http://www.parkrun.org.uk/register) then just turn up at your event. Once registered you can take part in any parkrun as often as you want and you will never need to register again. Under 11s need to be accompanied by an adult.

For more details of the run and the route visit [www.parkrun.org.uk/fleetwoodpromenade](http://www.parkrun.org.uk/fleetwoodpromenade)

## Macmillan Meetup – Gardening workshops at The Grange (previously City Learning Centre)

A gardening group at '@ The Grange' (previously city learning centre) has been scheduled to take place in an evening so that people who work day time hours can go along and receive support and it will be fun for all the family if they want to take children along. There will also be a café and a quiet area. As well as being fun, it will also be attended by Macmillan professionals who will be on hand to sign post and provide information, advice and support to those who need it. I have attached a flyer for this event.



### Free gardening workshops @TheGrange for people affected by cancer

**A chance to meet other people, find support and have some fun. Refreshments provided. All ages and abilities welcome!**



#### CALENDAR

##### 2018

- 16 August - Planting out
- 13 September - Sowing perennial seeds
- 18 October - Harvest celebration
- 15 November - Making a rustic Christmas tree
- 13 December - Christmas decorations

##### 2019

- 17 January - Bird feeders
- 14 February - Taking cuttings
- 14 March - Planting potatoes
- 18 April - Sowing vegetable seeds
- 16 May - Make a planter
- 13 June - Nursery work
- 18 July - Make a hanging basket

**Events held from 6-8pm at The Grange, Bathurst Avenue, Blackpool, FY3 7RJ**





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**

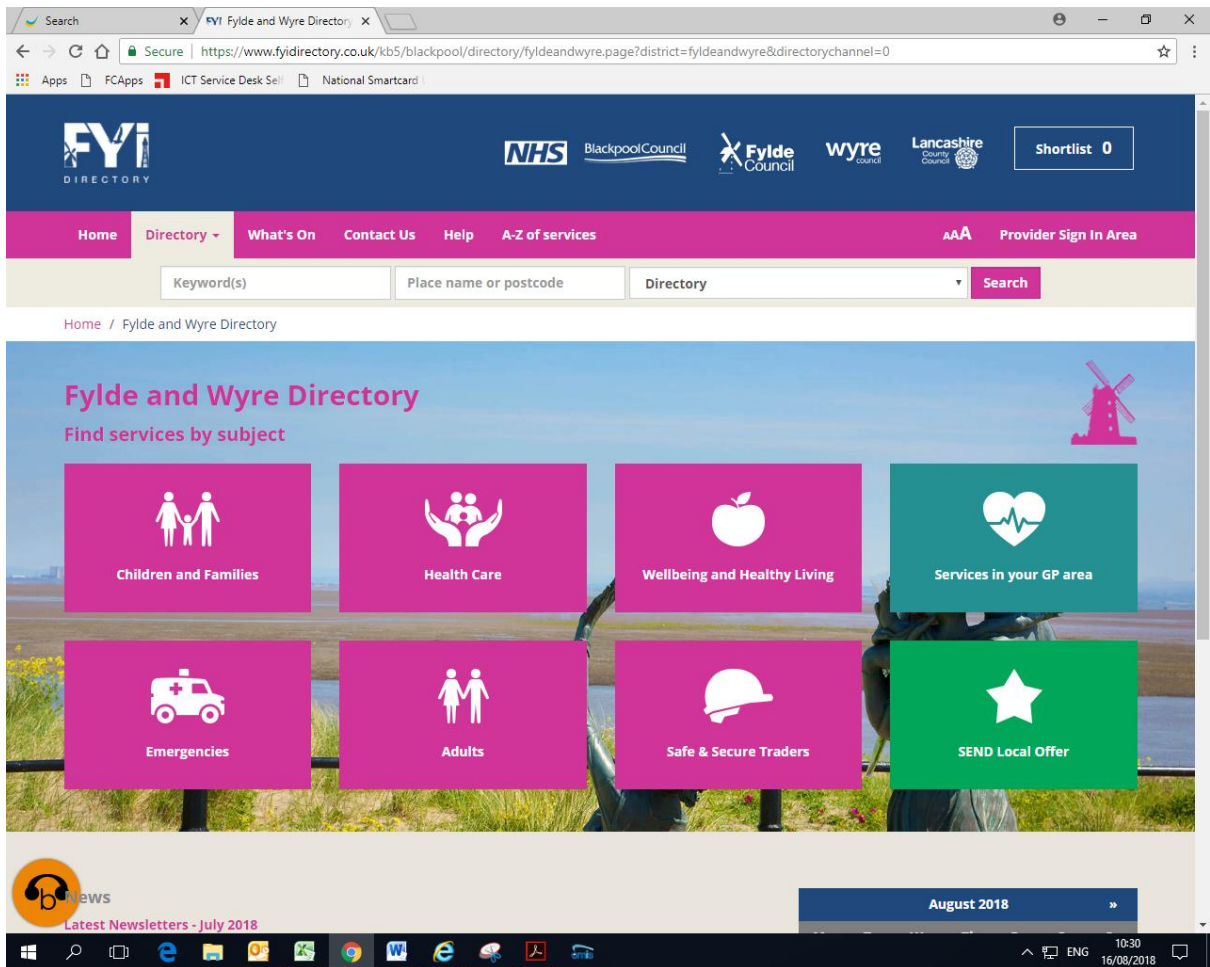
Accessible online at [www.fyidirectory.co.uk](http://www.fyidirectory.co.uk), the directory allows you to search for services nearest to you, based upon your interest or requirement.

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?**

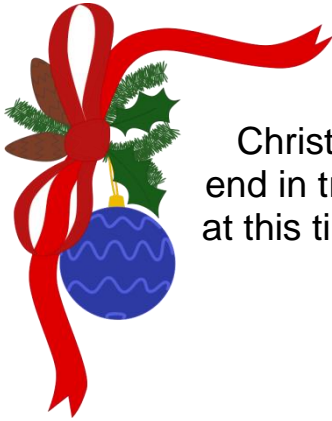
Don't worry, you can still find out the information you want about local services by calling the **dedicated FYi directory helpline on 0800 092 2332** (9am – 5pm, Monday – Thursday and 9am – 4.30pm on Friday). You'll be able to speak to a member of the team who can assist in providing you with any information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





## How to Stay Safe at Christmas



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

### Fairy Lights

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

### Decorations

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

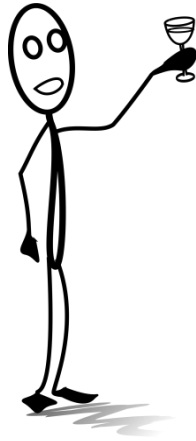


### Christmas Trees

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



## Be Aware of Over-Indulging!!



### Hangovers

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

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

### What causes a hangover?

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

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

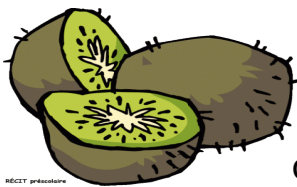
- Keep track of what you're drinking and stay within the government's guidelines.
- Avoid alcohol on an empty stomach. Food helps slow down the rate your body absorbs alcohol.

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

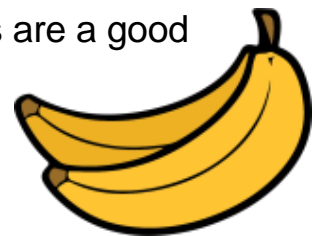
### How can you treat the symptoms of a hangover?



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



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



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

## 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? Want to lose weight before Christmas? 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](http://www.yourmoveprogramme.co.uk)

# **Lancashire Victim Services**

## **0300 323 0085**

**FOR SUPPORT WHEN YOU NEED IT**

**WHEN YOU'RE READY FOR IT**

Lancashire Victim Services has been established by the Police and Crime Commissioner, which has the public task of providing services to victims, witnesses and family members affected by crime. This is regardless of it being reported to the police or not. It is a free and confidential service, and we respond to around 80,000 people affected by crime each year. Within our service we have various specialities:

- Domestic Abuse
- Sexual Abuse
- Hate Crime
- Multi-Crime

Nest, our children's service, supports young vulnerable people aged 5 to 19 years old (up to 25 years where additional help is required).

We support victims and witnesses of crime across Lancashire and are based in four hubs: Accrington, Blackpool, Preston and Lancaster.

We are accessible and are open: Mon: 8am-9pm Tues-Fri: 8am-8pm Sat: 9am-1pm. Our Live Web-Chat is accessible through our website between 9am-6pm. The out of hours Supportline is available 24/7. Our phones will automatically divert to the Supportline when the office isn't open.

Please visit the website for more information

[www.lancashirevictimservices.org](http://www.lancashirevictimservices.org)

## CCG AND LOCAL NHS NEWS



### **NHS 111 Online goes live - FOR INFO**

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

The service has been trialled in Leeds for the past year and uses the same clinical assessment and triaging tools that support the national NHS 111 telephone service.

There will be a soft launch to enable the system to flex to demand.

Initially people calling NHS 111 will be told about the new online service via an in-queue message while waiting to speak to a call handler.

This message will play to callers 24/7.

## 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 Peter Kell (m)

Dr Mariam Mati (f)

Dr Carsten Ezard (m)

Dr Nathan Gregory (m)





## **Admin staff**

Reception: Sandra, Nancy, Elaine

Patient Advisors: Lorraine, Sian, Emily, Rebecca

Pharmacy/Prescriptions: Denise, Jodie, Helen, Danielle

Secretaries: Trish, Jacqueline, Bev

Medical Admin: Lynne, Louise, Carolyn, Steve

Practice Management: Amy, Liz

Nurse Manager: Karen

Carleton Branch Supervisor: Jackie

Patient Services Manager: James

Patient Operations and HR Manager: Michelle

Nurses: Danielle, Dawn, Jacqui, Jane

Health Care Assistants: Jessie, Bethany

Health Advisor: Margaret

Admin Apprentices: Olivia, Megan





**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-6.00pm

**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**

01253 95 62 82

**Fax**

01253 95 62 83

**Email**

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

