



THE THORNTON PRACTICE

Summer Newsletter 2021

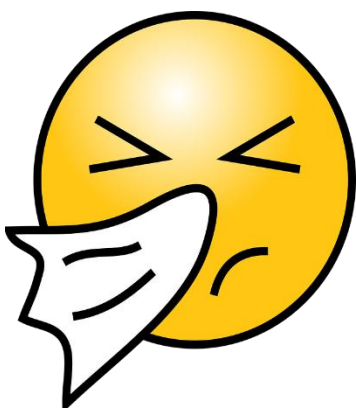




It's that time of year again when the FLU Vaccine is upon us. We have again hired [Thornton Little Theatre](#) to ensure a Covid secure/social distanced clinic in a facility that will allow the numbers we need to get through the door in the timescales we need them to.

Flu vaccination appointments are now available to book online. Details are on our website. Our initial Flu clinic will take place on 25/9/21 at Thornton Little Theatre (NOT the Medical Centre). For the consideration of others please wear a face covering. If you have any COVID symptoms, please do not attend. NB - Toilet facilities will not be available.

If you are not able to book your appointment online, please contact the surgery to arrange your appointment.





CORONAVIRUS

**GOT SYMPTOMS?
GET TESTED NOW**

Stay safe if you have any symptoms get a test and protect your friends and family by going to:

[NHS.UK/Coronavirus](https://www.nhs.uk/coronavirus) or call 119.



MENTAL HEALTH AND COPING DURING CORONAVIRUS

REACTIONS YOU MAY FEEL INCLUDE:

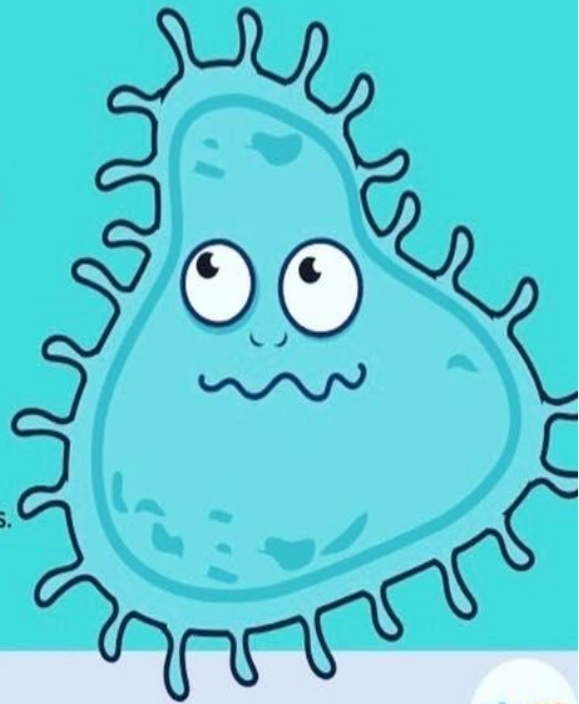
- Fear and worry about your own health status and that of your loved ones.
- Changes in sleep or eating patterns.
- Difficulty concentrating.
- Worsening of chronic health problems.
- Increased use of alcohol, tobacco, or other drugs.

THINGS YOU CAN DO TO SUPPORT YOURSELF:

- Avoid excessive exposure to media coverage of Coronavirus.
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs.
- Make time to unwind and remind yourself that strong feelings will fade.
- Connect with others and share your concerns and how you are feeling with friends or family members.
- Maintain healthy relationships.
- Maintain a sense of hope and positive thinking.

TAKING CARE OF YOUR WELLBEING:

- Connect with people
- Decide on your routine
- Try to keep active
- Keep your mind stimulated
- Take care with news and information
- Find ways to relax and be creative



**** IT'S TIME TO TALK ****

These are just a few of the helplines that are available on the NHS website. For more details log on to: <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines>.

ANXIETY UK.

Charity providing support if you have been diagnosed with an anxiety condition.

Website: www.anxietyuk.org.uk

Phone: 03444 775 774 (Mon to Friday 9am to 5.50pm)

PAPYRUS.

Young suicide prevention society.

Website: www.papyrus-uk.org.

Phone: HopelineUK on 0800 068 4141 (Mon to Fri 10am to 5pm and 7pm to 10pm.
Weekends 2pm to 5pm)

SAMARITANS.

Confidential support for people experiencing feeling of distress or despair.

Website: www.samaritans.org

Phone: 116 123 (free 24-hour helpline)

BIG WHITE WALL.

A safe and anonymous space for you to express yourself and the way you feel. Provides support if you're feeling down and think that nobody understands.

Website: www.bigwhitewall.com.

OPT-OUT/OPT-IN

There has been ongoing concern regarding the NHS sharing patient's health data with third parties. Please see below for further information about this topic. You can also find more information on our practice website www.thedoctors.co.uk



Your Data Matters to the NHS

Information about your health and care helps us to improve your individual care, speed up diagnosis, plan your local services and research new treatments.

In May 2018, the strict rules about how this data can and cannot be used were strengthened. The NHS is committed to keeping patient information safe and always being clear about how it is used.

You can choose whether your confidential patient information is used for research and planning.

To find out more visit: nhs.uk/your-nhs-data-matters



For more information about your data rights please visit the Your Data Matters campaign at ico.org.uk



Patient Participation Group (PPG)

We have been working tirelessly throughout the COVID. You will have seen our smiley faces at Thornton Little Theatre where we volunteered rain or shine. We have been distributing parcels in and around Thornton and have kept the neighbourhood up to date with current health advice and latest news.

An important issue regarding the sharing of patient records was opposed by PPG's across the country until further information was given to patients. Our practice was brilliant in providing forms to opt out. The whole issue has been put back now, so any deadlines have been withdrawn until further notice. Result!

We have had 2 major events recently. Firstly, the retirement of Dr Wendy Ford. We wished Dr Wendy Ford a fond farewell after being at the practice for 25 years. Thornton patient group were determined that this occasion would not be dampened by Covid restrictions, so an outdoor afternoon tea was held on the park adjacent to the practice. All members brought their own tables, chairs and food and a surprise afternoon tea was enjoyed by all. Joining the group were practice managers who have been supporting the group over the past 6 years.

Dr Ford was visibly surprised when she arrived and was presented with flowers and gift vouchers from the patient group. Dr Ford says that she is going to be spending a lot of time in her garden, especially her green house! Described by patients as 'The doctor with a heart of gold' Dr Ford said that she is sad to be leaving as she has been so proud to have been part of The Thornton Practice team.

Those from the practice who were unable to leave their desks and consulting rooms were taken their afternoon tea over to the surgery to enjoy in their break time.

Farewell and Good Luck Dr Wendy Ford, you will be missed by all.



Two Real Diamonds

Who would have thought a first date under the clock at Central Station Blackpool?

would have resulted in Thornton couple, Peter and Patricia Exon, celebrating their Diamond Wedding this week. Peter met Patricia whilst she was working at the Co Op offices in Blackpool and started leaving a chocolate bar on her desk. The rest is history you might say. From their wedding in Blackpool at the Salvation Army Church Coronation St on Mar 25th, 1961, to now, they have had a wonderful and inspiring life together.

They both entered Theological College in London and after two years they were ordained as Salvation Army Ministers in 1968 in the Royal Albert Hall. Their ministry was to take them from London to Londonderry where they gave comfort to those in the military and church who were caught in the troubles in the early 1970s. Then onwards to Liverpool with their two daughters and soon to be adopted son, carrying on their caring roles with very needy children.

During the 80s they spent their time in Newcastle where they were involved in a Youth Project with vulnerable youngsters. This project was highly praised by Queen Elizabeth when the couple were invited to a lunch attended by the Queen and Prince Philip.

Back in Lancashire Peter was appointed to Preston Prison as chaplain and was to be involved with a Victim Awareness Course which received an award for innovation.

Now they are retired, living in Thornton where Peter enjoys gardening and walking their beloved Labrador, Star. Patricia is a lifelong supporter of Blackpool FC and enjoys playing the drums and reading. However, with her compromised health it did not look like there would be any possibility of sharing the event with her children, 5 grandchildren and four great grandchildren as she has been shielding for the last year. Patricia has been a member of the Thornton Practice PPG for the last five years, in the key role as Web Administrator and the PPG was not prepared to let this special occasion go unmarked.

The PPG had made plans to have a distanced event in the park next to the Medical Centre, but this had to be abandoned sadly as it was against current Covid rules. It was decided that the day was to be marked by a specially made cake alongside tributes and surprises for the most deserving couple. Patricia's next big outing will be to get her second Covid jab. Cheers and Congratulations to a lovely couple!

Friday, April 2, 2021

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Peter and Patricia Exon, above and below, celebrated their diamond wedding anniversary

Drive-by for a diamond couple

By James Graves
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@jamesgraves

A Thornton couple looking forward to celebrating their diamond wedding anniversary didn't feel left out last week after friends and colleagues did a drive-by celebration outside their home.

Peter, 80, and Patricia Exon, 82, met while working at the Co-Op offices in Blackpool and had their first date under the clock at the resort's now long-gone Central Station. They were expected to have big celebrations for the special anniversary however with the ongoing pandemic that wasn't to be. Also with Patricia's compromised health it didn't look like there would be any possibility of sharing the event with her children, five grandchildren and four great grandchildren as she has been shielding for the last year.

However Patricia's colleagues at the Thornton Practice patient participation group were not prepared to let the day go unmarked.

Genima Jackson, chairman of the PPG, said: "Patricia has been member of the Thornton Practice PPG for the last five years, in the key

role as web administrator and the PPG had made plans to have a distanced event on the park next to the medical centre but this had to be abandoned sadly as it was against current Covid rules. It was decided that the day was to be marked by a specially made cake alongside tributes and surprises for the most deserving couple."

Patricia said after: "It has been a difficult year but it was absolutely fabulous to see everyone and it was such a nice surprise they had organised for Peter and I."

The happy couple wed at the Salvation Army Church on Coronation St on March 25, 1964 and describe the marriage as a "wonderful and inspiring life together".

Their marriage has not always been spent in Blackpool. The couple both entered Theological College in London and after two years they were ordained as Salvation Army Ministers in 1968 in the Royal Albert Hall.

Their ministry was to take them from London to London-derry where they gave comfort to those in the military and church who were caught in the troubles in the early 1970s.

Then onwards to Liverpool with their two daughters and soon to be adopted son, carry-



ing on their caring roles with very needy children.

During the 80s they spent their time in Newcastle where they were involved in a Youth Project with vulnerable youngsters.

This project was highly praised by Queen Elizabeth when the couple were invit-

ed to a lunch attended by the Queen and Prince Philip.

A job offer for Peter as Preston Prison's chaplain brought the couple back to the red rose county and now they are retired living in Thornton.

Patricia said her next big outing will be to get her second Covid jab.



THORNTON PRACTICE AUGUST BANK HOLIDAY CLOSURE.

The Practice will be closed from Friday 27th
August and will re-open on Tuesday 31st
August at 8am.

Please remember prescriptions will not be processed over these days so please make sure you have ordered your medication to carry you over this period.

Who's Who at The Thornton Practice.

Recently there have been some changes in our staff. Sadly, Dr Wendy Ford and Sister Karen Davis have retired, and we have welcomed a new GP Dr Lola Akpachiogu and Dr Peter Ndilemeni. Lorraine Guy (PA) has also retired. We also have a new Operations Manager Mr Sean Talbott.

General Practitioners (GP's):

Dr Tony Naughton (m)

Dr Judith Chaloner (f)

Dr Felicity Guest (f)

Dr Michael Power (m)

Dr Peter Kell (m)

Dr Carsten Ezard (m)

Dr Peter Ndilemeni (m)

Dr Lola Akpachiogu (f)

Dr Mark Khonje (m) (Locum)

Dr Sandeep Kumar (m) (GP Trainee)

Dr Faran Akbar (m) (GP Trainee)

Advanced Nurse Practitioners (ANP's):

Mrs Victoria Longworth (f)

Mrs Rebecca Power (f)

Pharmacists

Mrs Denise Morley – Senior Pharmacist

Mr Waj Kidiwhala

Practice Nurses:

Sr Zoe Heaton – Nurse Manager

Sr Danielle Bartlett

Sr Dawn Taylor

Sr Jane Palmer

Sr Margaret Dixon

Healthcare Assistants (HCA's):

Jessica Leybourne

Bethany Allen

Rebecca Staves

Management

Mrs Amy Sissons – Practice Business Manager

Mr Sean Talbott – Operations Manager

Mrs Jackie Marsden – Carleton Branch Manager

Mrs Michelle Marsh – HR Manager/ Business Support

Mr James Doran – Patient Services Manager

Secretaries

Patricia Dingle

Emma Gartside

Administration

Steve Abernethy

Louise Latham

Olivier Tattersall

Lynne Doige

Carolyn Clarke

Patient Advisors

Emily Young

Elaine Jones

Sue Gillet

Kate Taylor

Lisa Bennison

Zoe Hynes

Prescriptions

Jodie Tracy

Helen Jenkinson

Danielle Garside

Receptionists

Sandra Bland

Stacey Stokes

Primary Care Network (PCN):

Mrs Lisa Banks – PCN Manager

Lee Kenworthy

Ginny Currey

Together
WE
Achieve
More





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

Thornton Branch Opening Times:

Mon: 8.00am – 6.30pm
Tues: 8.00am – 6.30pm
Wed: 8.00am – 6.30pm
Thurs: 8.00am – 6.30pm
Fri: 8.00am – 6.30pm
Sat – CLOSED
Sun: CLOSED

Carleton Branch Opening Times:

Mon: 8.30am – 6pm
Tues: 8.30am – 1pm
Wed: 8.30am – 1pm
Thurs: 8.30am – 6pm
Fri: 8.30am – 1pm
Sat – CLOSED
Sun – CLOSED

Practice Email: Fwccg.thorntonpractice@nhs.net