



THE THORNTON PRACTICE.

Spring/Summer Newsletter 2025

Celebrating 10 years of
Our Patient
Participation Group!





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

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 / ask at reception / e-mail:
LSCICB-FW.THORNTONPRACTICE@NHS.NET

Bank Holiday Closures Spring/Summer 2025



April - (Easter)

Friday 18th April – Good Friday - **CLOSED** all day

Monday 21st April – Easter Monday – **CLOSED** all day

May

Monday 5th May – Bank Holiday Monday – **CLOSED** all day

Monday 26th May – Bank Holiday Monday - **CLOSED** all day

August

Monday 25th August – Bank Holiday Monday - **CLOSED** all day

Fond Farewells and Warm Welcomes.

Dr Power has now retired from The Thornton Practice and on behalf of the practice we would like to wish him a fond farewell and a happy, relaxed retirement.



We would like to welcome Dr Pavani Aduri who has joined us here at Thornton Practice, as our new GP. Kaitlan Taylor-King and Bless Rycroft have also joined us at the practice. Kaitlan has joined our secretary team, and Bless has joined our Reception Team.





HM Government



PHARMACY FIRST

**services available
without a prescription**

For patients in eligible age ranges

Earache

1 to 17 years

Impetigo

1 year and over

Infected insect bites

1 year and over

Shingles

18 years and over

Sinusitis

12 years and over

Sore throat

5 years and over

**Uncomplicated
urinary tract
infections**

Women 16-64 years

**Think Pharmacy First, see your pharmacist, help us,
Help You.**

Local Pharmacies – Opening Hours:

**Allied Pharmacy – Fleetwood Road 8.30am – 6.15pm Mon/Fri.
Tel: 821695.**

**Boots – Victoria Road West, Cleveleys 9.00am – 5.30pm
Mon/Fri, 9.30 – 5.30 Sat, 10.00am – 4.00pm Sun.
Tel: 853168.**

**Carleton Pharmacy – 8.30am – 6.00pm Mon/Fri.
Tel: 896878.**

**Cleveleys Pharmacy – The Crescent 9.00am – 6.00pm
Mon/Fri.
Tel: 852215.**

**Allied Pharmacy – Thornton Village 9.00am – 5.00pm
Mon/Sat.
Tel: 821695.**

**Morrisons – Amounderness Way, Cleveleys 9.00am – 8pm
Mon/Fri, 9.00am – 6.00pm Sat, 10.00am – 4.00pm Sun.
Tel: 852376.**



ASK A PHARMACIST



If you are feeling unwell, do not wait – get advice from your nearest pharmacist. Pharmacists are fully qualified to advise on your best course of action. This can be the best and the quickest way to help you recover and get back to normal. If you cannot get to the pharmacist yourself, ask someone to go for you or call your local pharmacy for advice.

Your pharmacy may be able to help with:

- mild skin conditions, such as acne, eczema, psoriasis, impetigo, athlete's foot
- coughs and colds, including blocked nose (nasal congestion), and sore throats
- bruises, sunburn, and minor burns and scalds
- constipation and piles (haemorrhoids)
- hay fever, dry eyes, and allergies (including rashes, bites, and stings)
- aches and pains, including earache, headache, migraine, back pain, and toothache
- vomiting, heartburn, indigestion, diarrhoea, and threadworms
- period pain, thrush, and cystitis
- head lice (nits)
- conjunctivitis, cold sores, and mouth ulcers
- warts and verruca's
- nappy rash and teething





Hay fever is usually worse between late March and September, especially when it is warm, humid, and windy. This is when the pollen count is at its highest.

Hay fever is usually worse between late March and September, especially when it is warm, humid, and windy. This is when the pollen count is at its highest.

Hay fever will last for weeks or months, unlike a cold, which usually goes away after 1 to 2 weeks.

Symptoms of hay fever include:

- sneezing and coughing
- a runny or blocked nose
- itchy, red, or watery eyes
- itchy throat, mouth, nose, and ears
- loss of smell
- pain around your temples and forehead
- headache
- earache
- feeling tired

If you have asthma, you might also:

- have a tight feeling in your chest
- be short of breath

- wheeze and cough

There are a number of over-the-counter medications that can help you combat the symptoms of hay fever. If you experience any of the above symptoms your local pharmacist can advise of the correct medication.



INSECT BITES & STINGS

- ✿ Wash the area
- ✿ Avoid scratching the area
- ✿ Antihistamine tablet to reduce swelling
- ✿ Use a cold compress to reduce swelling

→ Find out more at [#NHSinform](#)





Prescriptions

Prescriptions are available to order on the NHS App. If you have not already got the NHS app, please see the information on the next page 'Introducing the NHS App' where you can use the QR code provided to download the App. Alternatively you can visit our practice website for further information.

The prescription line is open between 9.30am and 12pm Monday to Friday for queries and patients that are unable to access the internet.

Between 12-6pm you can leave a message on our voicemail, and we will action this within 24hours. Please allow 48 hours for your prescription to be at your pharmacy.

Introducing the NHS App

You can use the NHS App **wherever you are, at any time of the day or night**. You can use it to access a range of NHS services.

The NHS App will not replace existing services. You can still contact your GP surgery in the usual ways if you prefer. For example, by visiting or telephoning your practice.

Use the app to:



book and cancel appointments

book, view and cancel appointments at your GP surgery



view your record

access your GP medical record securely



order repeat prescriptions

see your available medicines and place an order



check your symptoms

find trusted NHS information on hundreds of conditions and treatments and get instant advice



register your organ donation decision

choose to donate some or all of your organs and check your registered decision



find out how the NHS uses your data

choose if data from your health records can be shared for research and planning

Download the NHS App



Your NHS, your way



Extended Access/Wellbeing Hub

EXTENDED ACCESS SERVICES AVAILABLE TO PATIENTS

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

Evening and weekend appointments are now available with **GPs, practice nurses and other healthcare professionals** for routine appointments such as bloods, ECG's, Blood pressure checks, GP appointments, ANP appointments and ear syringing (subject to availability). If you:



find it difficult to attend an appointment during the working day or you are a busy parent with children



or rely on working carers to take you to appointments then this service is here to support you.

**TO BOOK THESE APPOINTMENTS, PLEASE TELEPHONE
THE SURGERY. (01253 204212)**

Where to go

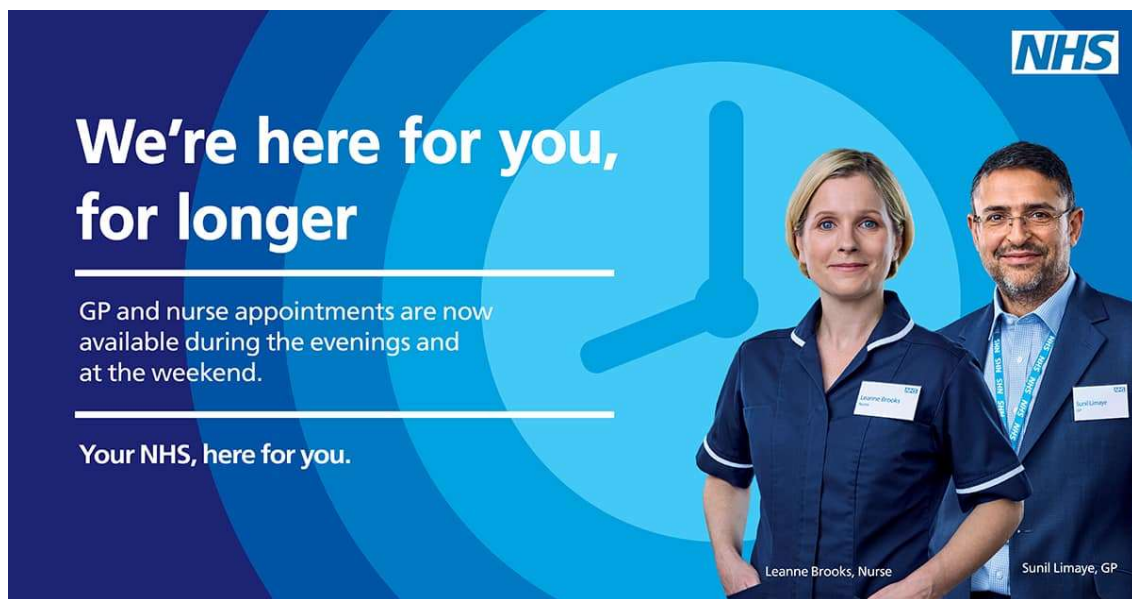
**Cleveleys Group Practice
Kelso Ave,
Blackpool,
Thornton-Cleveleys,
FY5 3LF**

Appointments

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

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

Should you need to **cancel your appointment please contact Cleveleys Group Practice directly on 01253 204188.**





Community Occupational Therapy – ‘The Hub’ – Adult Social Care

What do we do?



- Assess for equipment to support you at home
- Complete recommendations to adapt properties under the Disabled Facilities Grant where low level options have been exhausted.
- Assess for seating when a person has postural support needs
- Assess Manual handling needs

What do we not do?



- We do not provide walking aids
- We do not review equipment at regular intervals. Please complete a new referral if functional needs have changed
- We do not provide a rehabilitation service
- We do not provide wheelchairs



You can referral yourself to Community Occupational Therapy.....



How to self-refer?

Please call 0300 123 6720 to refer to community occupational therapy. You can do this yourself or a family member can complete the referral for you.

People are prioritised according to risk – there may be a wait for assessment. Should your case be placed on the waiting list you will receive a letter notifying you of this.



Other Services:

Wheelchair services – For new referrals, please refer through your GP. For support with your current wheelchair, please call 01772 726921



Celebrating 10 years of our PPG!



Ten years ago, a small group of patients were called to a meeting regarding the formation of a Patient Participation Group. This was part of the GP contract that every practice should have patient representative feedback.

The assembled group were unsure what their role should be and decided that the only way to get real patient feedback was by listening to patients. So began the regular event of PPG members being in the waiting room listening. This has proved invaluable for patients as compliments and complaints were fed directly back and acted upon.



Once established with identity badges and a logo the PPG went from strength to strength and began their first project which was to deliver food parcels. This was the beginning of a massive mission when covid arrived and not only did the patients benefit but all the schools in the area. The Co-Op, Morrisons and North Fylde Rotary pitched in to help and is still going strong with thousands of parcels going out to the most needy and vulnerable patients and the families who were identified by the schools. Thus, Helping thousands.



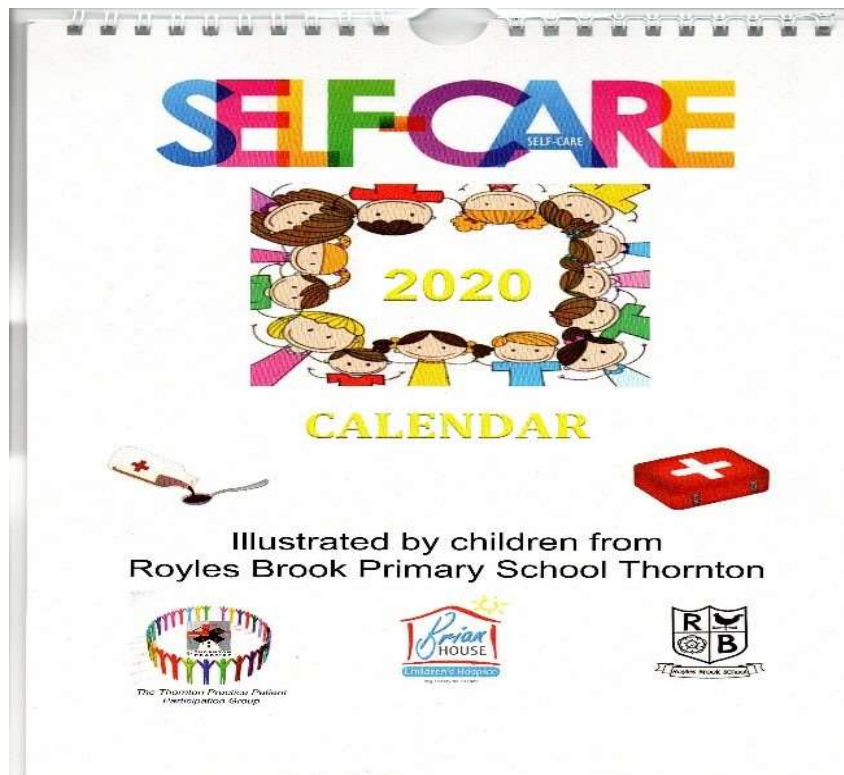
School Projects.

The schools in the area have featured right through with healthy eating being a topic along with childhood Health and Wellbeing an intrinsic part of the PPG activities. Northfold Primary School was the first to be visited and joined our Healthy Heros Campaign. This saw them win the Education Health and Wellbeing Award, which was presented to them at The Tower Ballroom. This was an

extremely proud night for both the school and our PPG members.



Our schools' projects were to continue with Royles Brook School and their artwork based on health advice. After a visit from our practice nurse to the school the children collaborated to design a beautiful calendar which was sold and raised £400 for Brian House. This was much praised by NHSE and RCGP's for its innovation and engagement. What an endorsement!



Alzheimer's Memory Mornings



The PPG have always been supportive of patients with Dementia and have become trained as Dementia Friends incredibly early on. We held regular events at the practice where the 'Memories are Made of This' mornings began with the wonderful Jimmy O'Donnell where laughter, joy and songs were the prescription.

Campaigning Access and Information.

Tackling medical aid waste and the inequalities of health provision have always been upper most in response to patient feedback. The extent of medical aid waste was shocking, and the PPG having alerted their MP were determined that this should be addressed. They arranged medical aids to be dropped off at the hospice where they could be recycled then hired out for a fee. Formerly 80% of these were trashed!



Screening Self Care and Information.

Getting easy access to screening for our patients has been a constant, and when it looked like the local Breast Screening hubs were disappearing from local sites. Again, through campaigning and constant demanding the hub came back to Poulton and other local sites. There is some light now after evidence from our local groups that Breast Cancer diagnosis rates before the age of 50 is increasing and that screening must be offered at an earlier age, and this is what is happening!

We must listen and act and that is what we do! We have supported Breast Cancer Now and raised funds over the last four years with afternoon teas, raffles and so on. Result: The Breast Checker Hub Brought Back!



We also highlighted BP, Atrial Fibrillation, Prostate and Aneurysm checks with local landlines for access. We have all trained in AF, CPR and BP. We have consistently offered checks in practice, Supermarket Roadshows, and the local Football Club.





AF if undetected is a hidden killer and just a simple test is key!
Campaign, Campaign, Campaign!!

You will find all our information in one place at the practice.





Our Proudest Moment!

Being awarded the 'Most Outstanding Patient Group in UK.'

Having been awarded many local awards by our NHS we were delighted to be honoured at the National Conference in Nottingham with this prestigious award.



The Greatest Test of All for Our Patient Group.



The pandemic that changed everything! We were already experienced marshals, as we volunteer at every flu clinic. The Patient Group have been on hand at every vaccine session, in all weathers, inside and out, guiding the queues in our cheerful way. We were awarded special recognition badges by Lancashire and South Cumbria for our superb efforts.



Recovery, Resetting and Celebration

There were celebrations, and to celebrate the Queens Jubilee, we had a Party in the Park where we also placed a Wheelchair Access Picnic Table in the Park next to the Surgery with also a Rowan tree. The money that we won from a national award funded it as we wanted the whole Community to benefit from it. It was held at lunchtime so the whole practice could join in.



Onwards and upwards we continue to support health projects in schools and especially environmental projects like the Bioblitz at Stanah Country Park.



This Team has been amazing over the last ten years in supporting the Practice, the Patients and the whole community. They will celebrate in the summer with a Party in the Park, and a plaque will be unveiled celebrating the work and achievements.



To all our doctors, nurses, management, admin and Charlie we are glad to be part of such a wonderful Team!



The practice has received a 'Big Thank you' to our PPG from the National Association for Patient Participation for everything they have done for our patients and the local community. The letter reads as below:

Dear Gemma,

I hope that you are well.

I wanted to take a moment to say thank you, genuinely, for everything you've done. Your dedication to the practice, to N.A.P.P., and most importantly to patients in general, has been truly remarkable. You have been a passionate and committed advocate for positive change, and it's been clear to everyone just how much thought and care you have put into your work.

I still think about what your PPG achieved during the pandemic, pulling together over 200 hampers for families and vulnerable adults in Thornton-Cleveleys. It

wasn't just generous; it was deeply compassionate and spoke volumes about the values you lead with. The way you worked with district nurses and schools to identify those in need was inspiring.

Your ongoing work, from listening tables and patient newsletters, to promoting community events and supporting social prescribing, has helped build something really special. You've brought people together, given them a voice, created stronger links between patients and clinical teams, and served as an inspiration for PPGs across the country. Your willingness to support others, shows just how much you've invested in sharing your experience and helping others grow.

We know that you have always focused on making a difference locally, and we absolutely respect that. However, we'd love to keep the door open for you to work with N.A.P.P. in some capacity if you'd be interested. Your dedication and insight could be invaluable and having you as an ambassador to support other PPGs would be incredibly impactful.

You have made a lasting difference. Thank you for your generosity, energy, and commitment. You have left a legacy within N.A.P.P. that will continue to grow, and I hope you feel proud of everything you have achieved.

Kind regards,

Folarin Majekodunmi
National Association for Patient Participation

WHAT WE HAVE DONE SINCE 2015

- Healthy eating campaigns in school
- Campaigned against medical aid waste
- Restored accessible breast screening hubs
- Raised money for breast cancer now
- Delivered hundreds of food parcels
- Raised money for Brian House and Trinity Hospice
- Volunteered at every Covid vaccine session
- Volunteered at every Flu clinic for the last nine years
- Listened to hundreds of feedback since 2015
- Upskilled our training in CRP, AF, and BP
- Collaborated with local primary schools to produce a healthy hero's calendars/posters for GP surgery.

WE HAVE BEEN YOUR VOICE!



Help shape the future of your practice

at our regular meetings

Would you like to be part of a team
that helps improve your GP practice?

Join us to discuss issues affecting
you and other patients.



Please ask at reception about the Patient Participation Group.



Patient Stories

Being diagnosed with Guillain-Barre Syndrome.....

My story started in December 2023 with pins and needles in my hands and feet. An appointment with Dr Ezard followed. His initial thoughts were b12 deficiency or thyroid problem, but on doing some further reading he saw the symptoms of Guillain-Barre Syndrome. I was admitted to Blackpool Victoria Hospital where the diagnosis was confirmed. Guillain-Barre Syndrome is an auto-immune disorder that attacks the nerve endings in the body. I became totally paralysed and was moved to critical care. The treatment for GBS is 5 x IVIg (immunoglobulin infusions) which were given to me., and following this, I was moved to the neuro rehab unit at Preston Royal Hospital in mid-January. At this stage I was unable to do anything by myself and needed all the attention given to a baby.

I slowly regained the use of my upper body and arms but towards the end of April I began to regress and was given a further course of IVIg and told I would need a booster every 3 weeks. I was also told that the diagnosis of GBS had changed to CIDP (Chronic Inflammatory Demyelinating Polyneuropathy, a variation of GBS). Thanks to a strong physio regime I began to improve and was transferred to Brain kind Neurological Rehab Centre (formerly known as Sue Ryder) in July, where I stayed until the end of November. During my time at Brain Kind, I regained the use of most of my body, the last thing being my legs and feet and learning to walk again.

There is still a long way to go, but my neurologist seems positive that I will get almost full use of my body back once the myelin shield grows back around the nerve endings, but he will not give me a timescale, and it could take a few years. I have

learnt to take each day as it comes, and be thankful for any improvements, no matter how small.

Since returning home after spending 1 months, 1 week and 2 days in hospital and rehab, my recovery continues, and I am receiving community physio. Progress is slow and there are good days and bad days. I can now walk with the aid of a walker, but I am still wheelchair dependant on longer trips outside.

*Gain Charity is dedicated to helping people in the UK affected by GBS and CIDP and adopts the turtle as its logo – **Slow and Steady Wins the Race!***



My Day as a Carer

*“When looking after a family member who is your husband you do not think of yourself as a carer and yet you are 24hours a day, seven days a week. Having been diagnosed with two life limiting illnesses, my husband has needed more care than I could give as it was having a serious effect on me. It was at this stage that I was able to get help through **Lancashire Carers**. They are made up of **N/Compass, Lancs CC, Carer’s Link and NHS**. This was the turning point for me in feeling supported. Through them, arrangements were made to deliver aids that would help and a suitable bed for someone who was confined to being in bed. They also treated me to a Pamper Day at Ribby Hall where they provided care during the day for my husband whilst I had an away day being pampered. This was so good for me both mentally and physically. As my husband’s condition worsened, extra help with a frailty team was put in place which has been a godsend, I have an emergency number to ring 24 hours a day and a dedicated medic who can come to the house at any time. The medication is reviewed and monitored, and my life has been made more bearable. I cannot express my gratitude enough as I was spiralling into a very dark place and knew that it would be useless if I was to become ill.”*

Why do I care?



For nearly eight years I have been a paid carer and would just like to give you a little idea of what my average day involves. I do around 18 visits per day and my patients are aged between 50 and 82 all with varying health conditions and needs. At the moment I have Stroke, MS, COPD, Mental Instability and Frailty cases. I am allowed to spend 30 mins with each patient which is never enough time in most of the cases. My main duties are washing, making breakfast and whatever other food is needed, making beds, administering meds, making emergency calls if necessary. If I arrive and my patient is on the floor I am not allowed to lift as this could cause damage to that person. Having to call an ambulance can totally disrupt my day and cause problems for those who are waiting for their visit. I must do the best I can and work many hours per week for which I receive no pay. You probably wonder why I do this as it can be very upsetting when a person goes into hospital as there a good chance they will not return home as they are very poorly. It is difficult not to become attached especially when you have been caring for a person for a long time. My wish would be to have sufficient time as that is vital to do all the things you need to do. Families pay very high rates for care

My Dad was so surprised when I changed career to be a carer and thought I wouldn't stick it but here I am 7 years later and it's certainly not for the wage but for love.



enquiries@lancscarers.co.uk

Recipe of the month that you can create with the kids!!



Sweet Chicken Salad



RECIPE CARD

Serves 8

¾ lb. baby spinach, washed, dried
8 each chicken breasts, grilled
¼ cup orange juice, concentrate
2 Tbsp. sugar
2 Tbsp. vinegar
¼ tsp. salt
½ cup vegetable oil

Cooking Instructions:

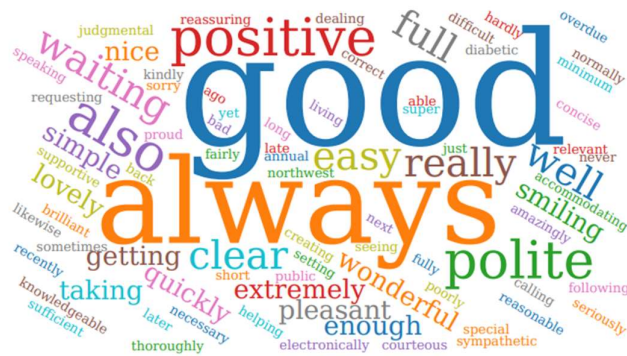
1. Cut chicken into thin strips.
2. In a blender combine the juice concentrate, sugar, vinegar, and salt. Gradually add in the oil. Transfer to a small pitcher or bowl and refrigerate at least 1 hour.
3. Toss baby spinach with dressing just before serving.
4. On plates place baby spinach leaves and top with grilled chicken breast strips.

Suggestions:

- Let children assemble their own salads.
- Serve with mandarin oranges (can use as another topper for the salad).
- Serve with wheat bread and make homemade croutons as another topping.



FRIENDS AND FAMILY TEST RESULTS



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 the comments from patients.

Thank you for all your comments.





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

Like and share our page.



In **JANUARY**, Thornton Practice had a total of:

- **185** missed face to face and telephone appointments with our clinicians.

In **FEBRUARY**, Thornton Practice had a total of:

- **160** missed face to face and telephone appointments with our clinicians.

Missed appointments heavily contribute to reduced appointment availability – Please let us know if you cannot attend your appointment



Who's Who at The Thornton Practice

General Practitioners

Dr Felicity Guest (f) - Senior Partner

Dr Tony Naughton (m) – Non-Clinical Partner

Dr Peter Kell (m) – GP Partner

Dr Carsten Ezard (m) – GP Partner

Dr Judith Chaloner (f) – General Practitioner

Dr Oliver Hopkins (m) – General Practitioner

Dr Olu Adebambo (m) – General Practitioner

Dr Pavarni Aduri (f) – General Practitioner

Management

Mrs Amy Sissons – Practice Business Partner

Mrs Jackie Marsden –Administration Manager

Mrs Michelle Marsh – HR Manager/ Business Support

Mrs Emily Bradshaw –Operations Manager

Mr Sanjay Tanna – Lead Clinical Pharmacist

Advanced Nurse Practitioners (ANP's):

Mrs Victoria Munroe (f)

Mrs Aimee Zeinah (f)

Practice Nurses

Sr Zoe Heaton – Senior Nurse

Dawn Taylor – Practice Nurse

Michalina Pawlowska – Practice Nurse

Emma Nickson-Cartwright –Practice Nurse

Rhiann Rowles – Practice Nurse

Nursing Assistant

Rebecca Hughes

Healthcare/GP Assistants (HCA's)

Bethany Allen

Laura Hill

Rebekah Staves

Secretaries

Patricia Dingle

Kate Hulley

Kaitlan Taylor-King

Administration

Louise Latham – Business Analyst

Olivier Tattersall – Coding/Summarising and Medication support

Lynne Doidge – Coding/Summarising

Rachel Lettice – Scanning/Coding

Prescriptions

Jodie Tracy – Pharmacy Technician

Helen Jenkinson – Prescription Clerk

Danielle Garside - Prescription Clerk

Patient Advisors

Elaine Jones

Lisa Bennison

Zoe Hynes

Sue Gillett

Lyndsey Stevenson

Daisy Meredith

Sam Rakocovic

Ruby Gratrix

Cathy Tattersall

Receptionists

Stacey Stokes

Bless Rycroft

Site Supervisor

Charlie Garrett

Health Awareness Days **Spring 2025**



APRIL

1 - 30	Bowel Cancer Screening Month
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1 - 30	Stress Awareness Month
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30th	Stop Food Waste Day
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MAY

1 - 30	National Walking Month
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3rd	National Fitness Day
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5th	National Midwife Day/World Hygiene Day
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12th	International Nurses Day
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12 - 16	Sun Awareness Week/Mental Health Awareness Week
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17th	World Hypertension Day
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JUNE

1 - 30	Skin Cancer Awareness Month
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9 - 13	Healthy Eating Week/Men's Health Week/National Carers Week/Diabetes Week
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14th	Blood Donor Day
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16 - 20	Learning Disabilities Week
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23 - 27	Deaf/Blindness Awareness Week
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27th	PTSD Awareness Day
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You can find further information regarding our health awareness campaigns on our practice website, Facebook and on our noticeboards throughout the surgery.

SUN SAFETY

SUMMER SKIN PROTECTION



WEAR
BROAD HAT



USE SUNGLASSES



WEAR PROTECTIVE
CLOTHING



AVOID SUN BETWEEN
11 AM AND 3 PM



USE SUNSCREEN



DRINK MORE
WATER



REFLECTION
CAUTION

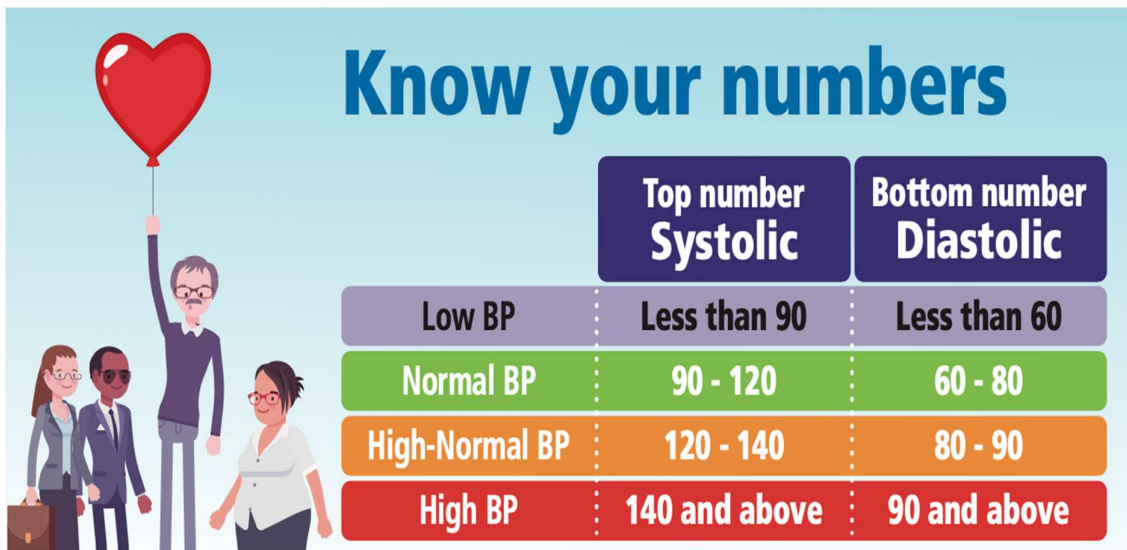


SEEK SHADE



AVOID DIRECT
SUNLIGHT





CHECKING YOUR BLOOD PRESSURE AT HOME

NHS

Do your reading before eating, taking medication or vigorous exercise. Don't drink caffeine or smoke for 30 minutes before your reading.

It is important that you only use upper arm, validated machines (further information below). Finger and / or wrist BP devices are not recommended.

Don't measure your BP if you don't feel comfortable or you are stressed or in pain. Sit quietly for 5 minutes before taking your reading.

Use a cuff that fits the top half of your arm properly. Sit in a relaxed position with the cuff at the heart level.

Sit with both feet flat on the ground, with the top half of your arm bare and your back and arm supported.

Take your measurements for a minimum of 4 days in a row at around the same time in the morning and evening. Each time you measure your BP, take two measurements, 1 minute apart.

This graphic has been adapted from a Heart Foundation (Aus) resource

Torentum PCN

A Primary Care Network is a collaboration of GP Practices, who are geographically close together and serve the same community. They range in size, serving populations of around 30,000 to 50,000 patients. A PCN also employs additional roles that help reduce the pressure on GPs, for example our Advanced Clinical Practitioner Paramedic Katie Adamson-Benz. Below are some of the examples of the work the team are doing:-



THURS, 6 OCT 2022
Walk & Talk - Torentum Social Prescribing link workers.



MacMillan Coffee Morning Oct 2022



Care Coordinators

Care coordinators play an important role within a PCN and they proactively work with patients across all 3 GP practices.

What can we help you with?

- Bereavement
- Weight management
- Cancer diagnosis support
- Care Home support
- Enhanced Health Checks
- Data and information



**MINDSET
MATTERS
GROUP**



Benchmark The Thornton Practice against organisations in Torentum PCN		ACHIEVED		REMAINING TO ACHIEVE	
		POINTS		POINTS	
Clinical Activity		532.34		28.66	
V002: MMR given (at least 1 dose) between age of 12-18m old	<div><div></div></div>	£185,282.17	532.34 / 561	£8,022.90	28.66
V003: DTap/IPV given (booster dose) + MMR given (>= 2 doses) between 1-5y old	<div><div></div></div>	£3,651.40	12.79 / 18	£1,487.61	5.21
MH012: HbA1c or blood glucose done in last 12m	<div><div></div></div>	£1,530.16	6.9 / 8	£244.83	1.1

Social Prescribers

Social Prescribing involves Link Workers focusing on “what matters to the patient”. They connect people to community groups or statutory services for practical and emotional support. [Our Social Prescriber Team](#) also work with external services to help patient with housing and debt issues, getting back to work, helping them find a volunteering opportunity or supporting those who are lonely or isolated with a range of befriending services and events. They also run groups for carers, the bereaved, those living with dementia etc

Take control of your health and wellbeing

The PCN Team are delivering a range of activities to support practices with their workload e.g. running BP and bloods clinics, reviewing medications, running ACP and Mental Health clinics, undertaking SMI reviews, enhanced health checks and supporting patients living with pain. Their latest project focuses on supporting patients with a high BMI to gain a healthy weight.

Mental Health Practitioners

The Mental Health Practitioners aim to improve the mental health and wellbeing of our patients. The team of 3 are running clinics in the practices which would otherwise have to be covered by a GP.



Clinical Pharmacists

The PCN Clinical Pharmacist works with patients who are on many different types of medication to review their prescriptions and ensure they understand what each of their medications is for. They are also working on a range of IIF and QoF indicators, supporting patient care and bringing income in to the practices.

For more information please visit www.torentumpcn.nhs.uk

Social Prescribers Dates for your Diaries



19th May – Creative reset – Help reduce negative thought patterns and stress

23rd May – Bereavement Group – Peer support group over a compassionate cuppa

27th May – Walk and Talk – Social prescribers monthly walk and talk for all abilities

12th May – Chair Based Exercise – A chance to keep moving and have fun for all abilities

For more information, please contact us on 01253 204171

Helpful Telephone Numbers



QUIT SQUAD – STOP SMOKING HELP 0800 3286297

EMERGENCY DENTIST 0300 123 4010

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)

MEDICAL AIDS HOSPICE FURNITURE SHOP

01253 878995

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

BREAST SCREENING

[01524 583050](tel:01524583050)

MINDS MATTER 01253 955943

For mental health support.

SOCIAL SERVICES (Hub) 0300 123 6720

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

WOMENS AID

01253 752014

INSPIRE 01253 877633

For alcohol and drug support.

NUPAS 0333 004 6666

BEREAVEMENT SUPPORT 0800 258 5669

SAMARITANS 08457 909 090

SEXUAL HEALTH CLINIC 0300 1234 154

YOUTH THERAPY

0800 121 7762

Mental health support for 11–25-year-olds

MACMILLAN 01253 955710

CAHMS 01253 957166

N-COMPASS 03450 138 208

MARIE CURIE 0800 090 2309

CITIZENS ADVICE 0300 330 1166

Fleetwood Walk in Centre 0300 123 1144

NOTES



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

Practice Email: iscicb-fw.thorntonpractice@nhs.net