Easter and May Closures 2017

The Thornton Practice will be closed on Good Friday 14 April and Easter Monday 17 April 2017.

The Practice will also be closed on the 2 Bank Holidays in May:
- Monday 1 May 2017
- Monday 29 May 2017
Our PPG is the PPG of the Year!!

The Fylde and Wyre CCG held its PPG Awards on 2 March 2017 at Ribby Hall and we are proud to announce that the Thornton Practice PPG won the PPG of the Year award. To be given this award when the PPG has only been in place for just under 2 years is a fantastic achievement.

Thornton Practice PPG were announced as the Outstanding PPG out of 19 Practices across Fylde and Wyre.

This is a real success story for our Thornton Practice Patient Participation Group.

The PPG has been involved in numerous initiatives during the past year and the group has worked extremely hard and this is a well-deserved award.

The details of why our PPG won the award are listed below.

- Attendance at Flu Clinics to promote New Models of Care, Pharmacy+ scheme. Collecting smoking data and identifying carers.
- Participated at Carers’ Flu Clinic combined with a Macmillan Cancer Coffee morning to target carers alongside NCompass and Lancashire Wellbeing who gave advice.
- Attendance at surgeries during Self-Care week promoting Pharmacy+, Patient Access and distributing Medical Passports.
- Positive feedback received resulting in attendance at a PPG meeting by the Area Manager and Pharmacist from Lloyds Chemist to explain the Repeat Prescription system resulting in far more scrutiny and accountability.
- PPG members trained as Dementia Friends and Cancer Champions. The Chairman has been cascading this down to groups in the area.
- PPG has had presentations on Vanguard raising awareness for Community implications.
- Important input into a patient’s legacy. Patients will benefit from the purchase of a Health Check Machine, wrist watch monitors and ECG, and beds in consulting rooms.
- Continuous Links with local schools on Healthy Lifestyle and Wellbeing to produce an Art Exhibition in Surgery.
- Facebook page set up to link all NHS news locally and nationally and also inform patients of surgery news and initiatives.
- Production of a Healthy Living Exercise booklet. GPs using them as a reference for patients.

Congratulations!
Patient Participation Group News

The Thornton Practice PPG has been involved in a number of initiatives over the last 12 months:

- Attendance at Flu Clinics to promote New Models of Care, Pharmacy+ scheme. Collecting smoking data and identifying carers.
- Instigated Carers’ Flu Clinic combined with a Macmillan Cancer Coffee morning to target carers and cared-for people. Representatives from NCompass and Lancashire Wellbeing Service were on hand to give advice.
- Attendance at surgeries during Self-Care week promoting Pharmacy+, Patient Access and distributing Medical Passports. Positive feedback received resulting in attendance at a PPG meeting by the Area Manager and Pharmacist from Lloyds Chemist to explain the Repeat Prescription system resulting in far more scrutiny and accountability.
- PPG members trained as Dementia Friends and Cancer Champions. The Chairman has been cascading this down to other groups in the area. PPG has had numerous presentations on Vanguard therefore are more aware of Community involvement and implications for the Practice.
- Important input into a grateful patient’s legacy. Patients will benefit from the purchase of a Health Check Machine, wrist watch monitors and ECG, and new beds in consulting rooms.
- Links with local schools on Healthy Lifestyle and Wellbeing to produce an Art Exhibition in Surgery.
- Facebook page set up to link all NHS news locally and nationally and also inform patients of surgery news and initiatives.
- Production of a Healthy Living Exercise booklet. GPs using them as a reference for patients.
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 1 December 2016 to 28 February 2017 are as follows:

<table>
<thead>
<tr>
<th>Month</th>
<th>GPs</th>
<th>Advanced Nurse Practitioners</th>
<th>Health Care Assistants</th>
<th>Practice Nurses (Carleton)</th>
<th>Practice Nurses (Thornton)</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>December 2016</td>
<td>49</td>
<td>17</td>
<td>15</td>
<td>15</td>
<td>40</td>
<td>136</td>
</tr>
<tr>
<td>January 2017</td>
<td>51</td>
<td>8</td>
<td>25</td>
<td>16</td>
<td>49</td>
<td>149</td>
</tr>
<tr>
<td>February 2017</td>
<td>34</td>
<td>11</td>
<td>12</td>
<td>17</td>
<td>43</td>
<td>117</td>
</tr>
</tbody>
</table>

**Grand Total of Missed Appointments = 402**

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.

In order for the Thornton Practice/NHS to provide one GP appointment it costs £45 per GP appointment, therefore, on this basis the number of missed appointments at Thornton Practice for the period December 2016 to February 2017 has cost the NHS approximately £18,090.

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1 Ref: ITV News 22.5.2014
HOW TO HANDLE YOUR SPRING ALLERGIES

Spring is beautiful, but it's also a key time of year for seasonal allergies. As plants release pollen, millions of people with hay fever start to sniffle and sneeze. There's no cure but you can take steps to curb springtime allergies, from medication to household habits.

Causes
The biggest spring allergy trigger is pollen. Trees, grasses, and weeds release these tiny grains into the air to fertilize other plants. When they get into the nose of someone who’s allergic, they send the body's defences haywire. The immune system mistakenly sees the pollen as a danger and releases antibodies that attack the allergens. That leads to the release of chemicals called histamines into the blood. Histamines trigger the runny nose, itchy eyes, and other symptoms that are all too familiar if you have allergies. Pollen can travel for miles, so it's not just about the plants in your neighbourhood. Pollen counts tend to be particularly high on breezy days when the wind picks up these sneeze-inducing grains and carries them through the air. Rainy days, on the other hand, wash away the allergens.

Symptoms
You may have:
- Runny nose
- Watery eyes
- Sneezing
- Coughing
- Itchy eyes and nose
- Dark circles under the eyes

Tips to Keep Pollen at Bay
1. Try to stay indoors whenever the pollen count is very high. The counts usually peak in the mornings.
2. Keep your doors and windows closed during the spring months to keep allergens out. An air purifier may also help.
3. Clean bookshelves, vents, and other places in your home where pollen can collect.
4. Wash your hair after going outside, because the allergen can collect there.
5. Vacuum twice a week. Wear a mask, because vacuuming can kick up pollen, mould, and dust that are trapped in your carpet.
<table>
<thead>
<tr>
<th>Date</th>
<th>Health Awareness Event</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-31 March</td>
<td>Prostate Cancer Awareness Month</td>
<td>In the UK, about one in eight men will get prostate cancer at some point in their lives. Prostate Cancer UK is the largest men’s health charity and they aim to help more men survive prostate cancer and enjoy a better quality of life, so the aim in March is to raise awareness and invite the public to join the fight against prostate cancer by fundraising, campaigning and donating.</td>
</tr>
<tr>
<td>13-19 March</td>
<td>Nutrition and Hydration Week</td>
<td>This global movement aims to focus on nutrition and hydration as an important part of quality care, experience and safety improvement in health and social care settings.</td>
</tr>
<tr>
<td>13-19 March</td>
<td>Brain Awareness Week</td>
<td>This awareness week unites organisations worldwide in a celebration of the brain for people of all ages. Events include open days at neuroscience labs, exhibitions, lectures on brain-related topics and displays.</td>
</tr>
<tr>
<td>26 March</td>
<td>Epilepsy Awareness Purple Day</td>
<td>There are 50 million people that have been diagnosed with epilepsy worldwide and Purple Day is an international grassroots effort dedicated to increasing awareness about epilepsy worldwide. On March 26 annually people around the world are encouraged to wear purple and host events in support of epilepsy awareness. Purple Day is your chance to end stigma, improve healthcare and stand together!</td>
</tr>
<tr>
<td>Date</td>
<td>Event</td>
<td>Description</td>
</tr>
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<tr>
<td>10-16 April</td>
<td>Parkinson's Awareness Week</td>
<td>Parkinson's Awareness Week is the biggest opportunity of the year to reach more people affected by Parkinson's and change public attitude of the disease. Parkinson’s UK Charity has free materials available to organise events and promote awareness week.</td>
</tr>
<tr>
<td>24-30 April</td>
<td>Allergy Awareness Week</td>
<td>This week raises awareness of all allergic conditions (including food, respiratory, skin and children's allergies), food intolerance and the plight of allergy sufferers.</td>
</tr>
<tr>
<td>28 April</td>
<td>On your Feet Britain</td>
<td>Take part in our national day when workers across Britain unite together and participate in a variety of fun and simple activities to #SitLess and #MoveMore at work. The On Your Feet Britain Challenge dares you to convert 'sitting time' to 'standing time' by following some simple changes.</td>
</tr>
<tr>
<td>1-31 May</td>
<td>National Walking Month</td>
<td>National Walking Month encourages people to walk more throughout May. Initiatives include Walk to Work Week and Walk to School Week.</td>
</tr>
<tr>
<td>1-31 May</td>
<td>Action on Stroke Month</td>
<td>Make May Purple is the Stroke Association’s annual stroke awareness month, taking place every May. Individuals show their support for those who have been affected by stroke and help to raise awareness and essential funds for the Stroke Association. Join #MakeMayPurple on social media.</td>
</tr>
<tr>
<td>8-14 May</td>
<td>Sun Awareness Week</td>
<td>Get involved in raising awareness across the UK by ordering free posters and leaflets from the Sun Awareness range.</td>
</tr>
<tr>
<td>Date</td>
<td>Event</td>
<td>Description</td>
</tr>
<tr>
<td>-----------</td>
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<td>---------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>14-20 May</td>
<td>National Epilepsy Week</td>
<td>National Epilepsy Week is continuing Epilepsy Actions' work to empower people to seize control of their epilepsy, through better care and access to treatment. Out of 600,000 people living with epilepsy in the UK, 288,000 are still experiencing seizures. So make a difference and get involved with #epilepsyweek events.</td>
</tr>
<tr>
<td>8-14 May</td>
<td>Mental Health Awareness Week</td>
<td>Mental Health Awareness Week is a UK event supported by the Mental Health Foundation. The aim is to educate the public about mental health issues and to promote better mental health.</td>
</tr>
<tr>
<td>12-18 June</td>
<td>Carers Week</td>
<td>Carers Week is an annual campaign to raise awareness of caring by highlighting the challenges that carers face and recognise the contribution they make to families and communities throughout the UK. The campaign encourages others to organise activities and events throughout the UK. You can get involved by pledging your support. Remember to get involved with @carersweek.</td>
</tr>
<tr>
<td>11-17 June</td>
<td>Diabetes Week</td>
<td>Diabetes Week is an annual highlight in the Diabetes UK calendar, as it's a time when supporters are brought together to raise awareness of the condition and the vital funds required for future work.</td>
</tr>
<tr>
<td>12-18 June</td>
<td>Men's Health Week</td>
<td>Led by the Men's Health Forum, the purpose of Men’s Health Week is to raise awareness of preventable health issues and encourage men and boys to seek professional advice for health-related problems.</td>
</tr>
</tbody>
</table>
Your chance to ‘influence’ local healthcare

NHS Fylde and Wyre Clinical Commissioning Group (CCG) is urging people to have more of a say on local healthcare by signing up to its ‘Influence’ membership scheme.

Members of the scheme will receive the latest CCG news directly by email, as well as being given the opportunity to share their views on healthcare. They will also be invited to complete questionnaires/polls and may occasionally be asked to join one of the CCG’s focus group.

Kevin Toole, lay member for engagement at Fylde and Wyre CCG, said: ‘The Influence scheme is open to anyone living in Fylde and Wyre. As a member, you will be kept up to date about what is going on at the CCG, as well as having the chance to share your views on local healthcare.

‘Speaking to patients and the public is a huge priority for us. In taking the time to talk to local people, we understand what is important to them which helps us to develop high quality services.

‘The Influence scheme is a great way for us to engage with a larger number of people across Fylde and Wyre and we’d encourage as many people as possible to join us.’

You can find out more about Influence and sign up at www.fyldeandwyreccg.nhs/influence

You can also follow NHS Fylde and Wyre CCG on Facebook and Twitter.

What is Influence?
Influence is open to all Fylde and Wyre residents and individuals registered with a local GP. Patients, carers, the general public and employers of all ages are most welcome. Influence gives you the opportunity to share your views with us on local healthcare and to get involved in developing services locally.

Why should I join?
As a member, you can directly influence local health services and ensure that patients and the public are at the centre of what we do. You will receive news updates direct to your email inbox and will be invited to complete questionnaires relating to local healthcare. Occasionally, we may also ask you to join one of our focus groups so that we can gather detailed feedback about a specific issue or topic.

Is there a charge?
No the scheme is FREE to join.
NOTICE OF FEES

All letters £25 unless stated otherwise

Letters from GPs ................................................................. £25
Copy of NHS sick note............................................................ £15
Foreign pension confirmation of life form ......................... £15

HOLIDAYS
Fitness to travel letter .......................................................... £25
Holiday cancellation/sickness insurance forms/claim forms ... £25
Travelling with controlled drugs ............................................ £25
Letters by request from Airlines re medication .................. £25

Holiday vaccinations
Administration of travel vaccination assessment form........ £15
Subsequent vaccinations required ...................................... £15 each

MEDICAL EXAMINATIONS AND REPORTS
Private medical exam and report ......................................... £110
Medical exam and report for HGV/PSV/LGV/Taxi .............. £100
Racing Driver/Sports medical ............................................... £100
Power of Attorney form (Home Visit) ............................... £150
Power of Attorney form (Surgery Visit) ......................... £75
Pre-employment medicals (full medical report) .............. £164

RECORDS REQUESTED UNDER THE DATA PROTECTION ACT
1998
Access to medical records (view only) .......................... £10
Full copy of medical records ........................................ £50

Please note we do not do letters for Housing, Personal Independent Payments (PIP) or references.
Isn’t the NHS supposed to be free?

The NHS provides most health services to people free of charge, but there are some exceptions. Prescription charges have existed since 1951. Sometimes a charge is made because the service is not covered by the NHS; for example Medical Reports for Insurance Companies.

What is covered by the NHS and what is not?

The Government’s contract with GPs covers medical services to NHS patients. Sometimes the only reason that a GP is asked to provide information is because they hold a position of trust in the community, or because an insurance company wants to be sure that the information provided to them is true and correct.

Examples of Non-NHS services which GPs can charge their NHS patients:

- Accident/sickness insurance certificates and reports
- Certain travel/holiday vaccinations
- Private medical insurance reports
- Reports for ‘fitness to start a diet regime.’
- Medicals for HGV/Taxi/PSV
- Elderly Driver Medicals
- Holiday Cancellation forms
- Shotgun Certificate Verification
- Driving Licence Forms
- MMR Vaccination for Occupational purposes

Examples of non-NHS services which GPs can charge other institutions:

- Medical reports for an insurance company
- Some reports for the DSS/Benefits Agency

Examinations of local authority/Ofsted Reports

Why does it take so long for my GP to complete a form or report?

Time spent completing forms and preparing reports takes the GP away from the care of NHS patients. Our GPs have a heavy workload; this paperwork takes up an increasing amount of time and needs to be completed out of clinical time.
**I only need a doctor’s signature—what is the problem?**

When a doctor signs a certificate of report, it is a condition of the Medical Register that they only sign what they know to be true. In order to complete even the simplest of forms, the doctor might have to read a patient’s entire medical record.

**Non NHS Patients**

Appointment in surgery per hour - £100.00  
Home Visit per hour - £190.00  
Any medications/prescriptions charged in addition

For more information about charges visit the British Medical Association Website at: www.bma.org.uk
We would like to introduce the following new members of the Team to you:

Clinical staff
- Karen Davis Practice Nurse Manager
- Jane Palmer, Senior Practice Nurse
- Elaine Duncan, Practice Nurse
- Denise Morley, Practice Pharmacist

Admin staff
- Steve Abernethy, Business Analyst
- Emily Young, Patient Adviser

As you know, Dr Felicity Guest is currently on maternity leave and has given birth to a beautiful baby girl, Genevieve Emma.

Genevieve arrived on 1 December 2016.

We would like to welcome Dr Mariam Mati to our team as our newly employed Salaried GP, following completion of her Registrar training and passing her exams. We are very pleased to let you know that Mariam will join us working for 7 sessions a week from Monday 13 February and we are sure you will all welcome her.
Mad as a March Hare refers to the hare’s behaviour at the beginning of the long breeding season, which lasts from February to September, when unreceptive females use their forelegs to repel over-enthusiastic males.

Lewis Carroll made the March Hare famous in his 1865 book ‘Alice’s Adventures in Wonderland’.

March’s full moon is called the **Worm Moon** because as the frozen ground softens, earthworms show their heads. Christians called this moon the Lenten Moon. This year the full moon is on 12 March.

**20 March** is the Spring Equinox which is the event when the Sun can be observed to be directly above the equator. This gives 12 hours of daylight and 12 hours of darkness. It signifies the passing of Winter and is therefore the first day of Spring.

Lent is the period from Ash Wednesday (1 March) to Holy Saturday (15 April). The 40 day period is symbolic of the 40 days Jesus spent in the desert. Traditionally the 40 days in Lent are marked by fasting from foods and festivities.
The Thornton Practice, Thornton Medical Centre, Church Road, Thornton-Cleveleys, FY5 2TZ

www.thedoctors.co.uk

THORNTON BRANCH OPENING TIMES

Mon: 8.00am-6.00pm
Tue: 8.00am-6.00pm
Wed: 8.00am-6.00pm
Thu: 8.00am-6.00pm
Fri: 8.00am-6.00pm
Sat: closed
Sun: closed

CARLETON BRANCH OPENING TIMES

Mon: 8:15 – 6:15
Tue: 8:15 – 6:15
Wed: 8:15 – 1:15
Thu: 8:15 – 6:15
Fri: 8:15 – 6:15
Sat: closed
Sun: closed

Please note that Carleton Branch closes for lunch between 12:30 and 1:00

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fwccg.gp-P81079@nhs.net