THE THORNTON PRACTICE

SUMMER 2019

NEWSLETTER

Hello Summer
People's Choice Award: Surgery of the Year

As voted for by the general public!

This award offers patients and members of the local community the chance to give thanks and show their appreciation for their health care team. This one is for the entire practice team!
Thornton Practice is very honoured to have been nominated for the Health Care Professional category Practice of the Year award

The public vote will open on 16 July and close on 16 August and during this time WE NEED YOUR HELP by voting for us.

You can vote 3 ways:

**By post**
Please write to: Jessica Cornish, Cogora Ltd, 140 London Wall, London, EC2Y 5DN

Please include “CHOICE82” when you write. You are welcome to include comments about why we should win as after the Awards each surgery will receive a document with all the lovely things people have said included!

**The deadline for receipt of postal votes is: 1st August**

**By online form**
This will go live on 1 July and the web address will be publicised in the Practice prior to this.

Or search for HCP Practice of the Year Award

**By text**
Please text “CHOICE82” to 60777

Please could we ask you to make it clear you can’t vote until 1 July as votes won’t be counted and your text could still be charged if you text before then.

Thank you!
All the staff at Thornton Practice are hugely proud of our wonderful PPG. A few weeks ago we heard the news that the PPG have won the prestigious Corkill Award from the National Association for Patient Participation (NAPP).

The Award is a cash payment of £500 to the successful Group and a plaque or framed photograph of the presentation for display within the winning Practice. The prize money can be used in any way that the PPG chooses.

The Award recognises outstanding work by a PPG in the preceding year which demonstrates achievement. Each year, the criteria are designed to highlight the developments and scope of PPG activities and how they are meeting the challenges in a fast-changing NHS.

The following message came from Gemma Jackson, the Chair of our PPG, to her team of volunteers.

“In whatever capacity you work in at Thornton Practice you are very special. You all have contributed to us being awarded the Corkill Award which recognises us as being the most Outstanding PPG in the Country which, in my eyes, is like winning an Olympic Gold.

“Thank you each and everyone of you as together we have all made a difference to the lives of our patients.”

The valuable work of volunteers can never be underestimated. Volunteers do not necessarily have the time; they just have the heart.
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 fwccg.thorntonpractice@nhs.net
We would like to introduce the following new member of the Team to you:

Clinical staff

- Dr Mike Power has joined the Practice as our long term locum. He will be doing 8 sessions a week for us at both Thornton and Carleton branch.

Admin staff

- Sue Gillett is our new Patient Adviser. Sue joins us from Lancashire County Council Special Educational Needs Inclusion Service.
# Doctors' and Nurse Practitioners' Clinic Days

## Clinic Days

<table>
<thead>
<tr>
<th>GPs</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
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</thead>
<tbody>
<tr>
<td>Dr Naughton (m)</td>
<td>AM</td>
<td>AM</td>
<td>AM &amp; PM</td>
<td>AM</td>
<td>AM</td>
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<tr>
<td>Dr Ford (f)</td>
<td>AM</td>
<td>AM</td>
<td>AM &amp; PM</td>
<td>AM</td>
<td>AM</td>
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<tr>
<td>Dr Chaloner (f)</td>
<td>AM &amp; PM</td>
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<td>AM &amp; PM</td>
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<tr>
<td>Dr Guest (f)</td>
<td>AM &amp; PM</td>
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<td>AM</td>
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<td>AM &amp; PM</td>
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<tr>
<td>Dr Kell (m)</td>
<td>AM &amp; PM</td>
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<td>Dr Ezard</td>
<td>AM &amp; PM</td>
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<tr>
<td>Dr Power (m)</td>
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## Nurse Practitioners

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<thead>
<tr>
<th>Nurse Practitioners</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
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<tbody>
<tr>
<td>Victoria Longworth</td>
<td>AM &amp; PM</td>
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<td>PM</td>
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<tr>
<td>Rebecca Power</td>
<td>AM &amp; PM</td>
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<td>AM &amp; PM</td>
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Useful Numbers for Screening Programmes

Bowel Screening – 0800 707 6060
The NHS BCSP offers screening every 2 years to all men and women aged 60 to 74

Breast Screening – 01524 583588
Breast screening is currently offered to women aged 50 to 70 in England. You’ll first be invited for screening between your 50th and 53rd birthday.

Abdominal aortic aneurysm (AAA) Screening – 0191 445 2554
The NHS abdominal aortic aneurysm (AAA) screening programme is available for all men aged 65 and over in England.

Cervical Screening (Jo’s Trust) – 0808 802 8000
All women who are registered with a GP are invited for cervical screening:
- aged 25 to 49 – every 3 years
- aged 50 to 64 – every 5 years
- over 65 – only those with recent abnormal tests
Fylde Coast Breast Cancer Support Group

If you or someone you love has been affected by breast cancer, please come along to The Fylde Coast Breast Cancer Support Group for a chat and a cuppa. This is the opportunity to make new friends and talk to other people who have been affected by breast cancer.

WHERE: The Cube Poulton.
WHEN: Every second Wednesday of the month.
TIME: 6.30-8pm

2019 dates
- 9th January
- 13th February
- 13th March
- 10th April
- 8th May
- 12th June
- 10th July
- 14th August
- 11th September
- 9th October
- 13th November

For more information, please contact Hannah McKearen on:
E: hannah.mckearen@nhs.net
T: 07879428970
What We Do
The Silver Line operates the only confidential, free helpline for older people across the UK that’s open 24 hours a day, seven days a week.

The helpline number is: 0800 4 70 80 90.

We also offer telephone friendship schemes where we match volunteers with older people based on their interests; facilitated group calls; and help to connect people with local services in their area.

The Silver Line Helpline
The Silver Line is the only confidential, free helpline for older people across the UK open every day and night of the year. Our specially-trained helpline team:

- Offer information, friendship and advice.
- Link callers to local groups and services.
- Offer regular friendship calls.
- Protect and support older people who are suffering abuse and neglect.
- 68% of calls to the helpline are made at night and weekends.

Who can use The Silver Line
The Silver Line is a helpline and friendship service for people aged 55 and over.

The Silver Line Helpline is free to callers.

All costs of calls are covered by The Silver Line. We rely entirely on donations from organisations and people who care about the welfare and safety of older people. Find out more about how to support The Silver line here. The Silver Line is a confidential helpline.

Callers are free to express their feelings, and describe their lives honestly, and can trust us to respect their privacy.
In cases of abuse or neglect, with the callers’ permission, we will involve specialist safeguarding organisations such as Action on Elder Abuse or the appropriate social services team.

**Silver Line Telephone Friends**
If callers would like to be put in touch with a Silver Line Friend, they can enjoy a regular weekly friendship telephone call. Silver Line Friends are volunteers who have contacted The Silver Line because they enjoy talking to older people.

Calls are free for both parties, as costs are covered by The Silver Line through donations.

We match the older person to like-minded volunteers, based on their interests and preferences. It is not a counselling service and Silver Line Friends will not meet, or know the telephone numbers of the people they speak to.

**Silver Circles**
Silver Circles are facilitated group telephone calls where people with shared interests can discuss topics that interest them with a wider group. This is enjoyed by people who would like to speak with more than one person at a time.

Calls are free for people taking part, as costs are covered by The Silver Line.

**Silver Connects**
The Silver Connects team provides older people with more intensive support, advice, and help with connecting to local services. Since launching in November 2015, the team has worked on issues ranging from housing and health issues, to finding lunch clubs and even financial concerns.
Just as we were going to print, news came in that our PPG have been awarded National PPG of the Year. Absolutely fabulous news!

This is a fantastic accolade for the Practice and the Chair and Patient Manager will go to the National Conference in Cheltenham on June 15th to receive £500 with a framed photo and certificate. More news with photos will be in the Autumn Newsletter so watch this space.

The PPG members are always a very active presence in the waiting room. You will have seen them promoting screening in all areas where take up is now well above national and local averages. Also they have been promoting various health issues including Mental Health, Heart, Healthy Exercise, Stroke and High Blood Pressure.

The PPG members are no strangers when it comes to engaging with schools and this is the third year running that they have combined health campaigns in the surgery with those in local schools.

This time the children from Class 6, Royles Brook Primary in Thornton came up with brilliant work entitled Mindful Mondays where they investigated Sleep and the importance of relaxation. As a result they produced a wonderful set of leaflets and posters with hints on healthier lifestyles and the benefits to health of a good night’s sleep. Class 6 were all invited to the Practice to show the medical staff, PPG members and patients exercises on relaxation and mindfulness.

After this the class were taken in smaller groups to see behind the scenes in General Practice where the admin team were working, the
Practice Nurse demonstrated all the equipment she used and also they were given a brief overview of a bowel screening kit.

The day finished with a presentation of Easter Nests and Certificates of Excellence. When asked what they’d enjoyed most about the visit, Head Girl Erin Hill replied ‘Seeing our leaflets produced professionally and put in the Surgery so patients can read them’.

Youngsters given top health tips

By Gemma Jackson

Youngsters from Year 6 attended

6

FYI IN THE COMMUNITY

THE WORK OF BLACKPOOL COUNCIL TRUST
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 **February 2019 to** are as follows:

<table>
<thead>
<tr>
<th>Month</th>
<th>GPs (Carleton)</th>
<th>GPs (Thornton)</th>
<th>ANPs (Carleton)</th>
<th>ANPs (Thornton)</th>
<th>HCAs (Carleton)</th>
<th>HCAs (Thornton)</th>
<th>Nurses (Carleton)</th>
<th>Nurses (Thornton)</th>
<th>TOTAL</th>
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</thead>
<tbody>
<tr>
<td>FEBRUARY 2019</td>
<td>7</td>
<td>36</td>
<td>2</td>
<td>24</td>
<td>6</td>
<td>30</td>
<td>12</td>
<td>44</td>
<td>161</td>
</tr>
<tr>
<td>MARCH 2019</td>
<td>3</td>
<td>34</td>
<td>3</td>
<td>23</td>
<td>0</td>
<td>25</td>
<td>9</td>
<td>36</td>
<td>133</td>
</tr>
<tr>
<td>APRIL 2019</td>
<td>10</td>
<td>37</td>
<td>4</td>
<td>12</td>
<td>1</td>
<td>28</td>
<td>13</td>
<td>43</td>
<td>148</td>
</tr>
<tr>
<td>MAY 2019</td>
<td>9</td>
<td>42</td>
<td>1</td>
<td>24</td>
<td>4</td>
<td>26</td>
<td>7</td>
<td>33</td>
<td>146</td>
</tr>
</tbody>
</table>

**GRAND TOTAL OF MISSED APPOINTMENTS = 588**

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...
Thanks to all patients for cancelling their appointments.

Well done everyone!!
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
Thornton Practice (including Carleton Branch) will be closed on Monday 26 August but will reopen as usual on Tuesday 27 August.

Please remember to order your prescriptions early!!
FIVE TIPS TO REDUCE HAY FEVER SYMPTOMS

Your lifestyle can affect how severe your hay fever symptoms are.

According to the charity Allergy UK, hay fever can adversely affect many areas of your life including your social life, your emotional wellbeing, your performance at work or school, and your self-esteem.

A survey undertaken by the National Pollen and Aerobiology Research Unit of more than 2,000 people with hay fever, found that lifestyle factors, such as stress and exercise, can have a major impact on hay fever.

Although there are many prescribed and over-the-counter treatments for hay fever, the following lifestyle tips can also help to ease the symptoms.

1. **Reduce your stress**

Try to reduce your stress levels. The survey showed a clear link between stress and the severity of hay fever symptoms. Almost seven out of 10 stressed-out hay fever sufferers rate their symptoms as unbearable or debilitating. As stress levels drop, symptoms become milder.

2. **Exercise more**

Regular exercise can improve your hay fever. The survey found that people with hay fever who exercise most have the mildest symptoms. Exercise will help reduce your stress levels, too.
Aim to do 150 minutes (two and a half hours) of moderate-intensity aerobic exercise, such as cycling and fast walking, every week. However, during hay fever season, it’s best to avoid exercising outdoors when the pollen count is high. This is generally first thing in the morning and early evening. Instead, exercise in late morning or afternoon when pollen counts tend to be lowest. If pollen counts are really high, stick to indoor exercise, for example at your local gym or swimming pool.

3. **Eat well**

The survey suggests that people with hay fever who eat a healthy diet are less likely to get severe symptoms.

Eat a varied, balanced diet with plenty of fruit and vegetables, but be aware than some healthy foods can make hay fever symptoms worse. Foods that can worsen hay fever symptoms for some people include apples, tomatoes, stoned fruits, melons, bananas and celery.

Eat foods rich in omega 3 and 6 essential fats which can be found in oily fish, nuts, seeds, and their oils. These contain anti-inflammatory properties, and may help reduce symptoms of hay fever.

4. **Cut down on alcohol**

Watch how much you drink at your summer picnics and BBQs! Alcohol worsens hay fever. Beer, wine and spirits contain histamine, the chemical that sets off allergy symptoms in your body. As well as making you more sensitive to pollen, alcohol also dehydrates you, making your symptoms seem worse.

5. **Sleep well**

Try to avoid too many late nights during the hay fever season. The survey found that people with hay fever who get a good night’s sleep tend to have the mildest symptoms. Just one in eight (13%) people who had at least seven hours sleep a night reported severe symptoms, compared with one in five (21%) who regularly had five hours sleep or less a night.
Flu Clinics 2019

This year's Flu Clinics will be taking place on Saturday 28 September and Saturday 12 October from 8:00 to 13:00 on both days. You are eligible for a vaccine if:

- You are aged 65 or over
- Aged 2, 3 or 4 years old
- Pregnant
- Have Asthma, COPD, Diabetes, Dementia, Angina or any other heart related condition
- You have had a stroke/transient ischaemic attack (TIA)
- You have had a splenectomy, organ transplant or organ removal
- You are immunosuppressed
- You are pregnant

If you are unsure whether you are eligible for a flu vaccination, please speak to our receptionist or telephone the surgery and speak to one of our admin team on 01253 95 62 82 who will advise you.

Allotted time slots / Appointments will be available to book online for the Saturday Flu Clinics or via reception / telephone for the Saturday Clinics to avoid peak rush times and so that we can plan our stock accordingly.

Time slots will be by 2 minutes, however, please endeavour to come within 15 minutes of the allocated 2 minute slot time so that we have a steady flow of patients without huge queues.

Following the Saturday Clinics, additional clinics will be planned according to stock availability so keep a look out in the waiting rooms / Website / Facebook etc… for notices about these clinics weeks commencing 14 October.
This is the latest word cloud, generated from comments received from patients. The bigger the word, the more often it has been used. A few of the comments received from patients are listed below.

- Really eloquent & reassuring
- All appointments I have attended for myself and my children have been fantastic by friendly, knowledgeable, and professional staff who obviously care for @e for us as patients. I felt well looked after and listened too. Extremely happy with the service. Thank you! @you!
- I’ve been using the Practice for approximately 4 yrs and find the staff friendly and very efficient.
- Nurses in my experience are efficient and friendly.
- Always looked after well by all members of staff especially Bethany and Rebecca.
- Efficient.
- First visit as newly signed patient. Practice was clean, organised even though it was very busy and Dr Power made me feel welcome, didn't rush me and explained everything too. @too.
- I have had a few treatments recently. Everyone one was very good.
- Appointment was on time, nurse very helpful, efficient and effective, I was out with the minimum of delay or fuss.
- Good service.
- The genuine interest and care shown by all medical & nursing staff.
- The service and advice given is always constructive and clear.
- I received a prompt, efficient and informative consultation at my annual review. I understand the findings of my test results and where I can make adjustments.
- The nurse was amazing!
- Easy sign in. Helpful information at the desk. Very good understanding, advice and help from Dr W Ford regards the problem I have. Every member of staff @staff I saw dealt with me with courtesy, pleasantness and good advice. @vice.
- On time appointment. Pleasant and helpful staff.
- Really good service.
- Usually good service. The only reason I didn’t reply with 11 is that it can be difficult to get an appointment within a couple of days without ringing @ing first thing on the day or being very lucky with the online booking through patient access @cess.
- Excellent consultation, actually getting the appointment no so good.
- Because since I joined the practice, I have been very pleased with the services available.
- Very good service.
- 1st class care thru out.
- Had a good service with the asthma nurse very thorough.
### HEALTH AWARENESS DATES FOR YOUR DIARY

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Information</th>
<th>Website</th>
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<tbody>
<tr>
<td>June 2019</td>
<td>MND Awareness Month</td>
<td>Motor Neuron Disease describes a group of diseases that affect the nerves (motor neurones) in the brain and spinal cord that tell your muscles what to do. With MND, messages from these nerves gradually stop reaching the muscles, leading them to weaken, stiffen and waste.</td>
<td><a href="http://www.mndassociation.org">www.mndassociation.org</a></td>
</tr>
<tr>
<td>10 – 14 June</td>
<td>Healthy Eating Week</td>
<td>BNF Healthy Eating Week is a dedicated week in the year to encourage organisations across the UK (including workplaces, universities, and schools) to focus on healthy eating and drinking, and physical activity, and celebrate healthy living.</td>
<td><a href="http://www.nutrition.org.uk">www.nutrition.org.uk</a></td>
</tr>
<tr>
<td>10 – 16 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, and remember to get involved with @carersweek. Have a look at our web page.</td>
<td><a href="http://www.carersweek.org">www.carersweek.org</a></td>
</tr>
<tr>
<td>10 – 16 June</td>
<td>Cervical Screening Awareness Week</td>
<td>Cervical Screening Awareness Week aims to raise awareness of the importance of cervical screening, and encourages women to get checked.</td>
<td><a href="http://www.jostrust.org.uk">www.jostrust.org.uk</a></td>
</tr>
<tr>
<td>15 August</td>
<td>Cycle to Work Day</td>
<td>Cycle to Work Day is the UK’s biggest cycle commuting event. Every year since 2012 we’ve seen thousands of enthusiastic riders hit the streets to celebrate everyday cycling. All you need to take part is a bike – new or old – and the desire to ride. You can go solo or be the change your workplace needs and organise an event for you and your colleagues. Whatever you do, however far your ride – have fun!</td>
<td><a href="http://www.cycletoworkday.org">www.cycletoworkday.org</a></td>
</tr>
<tr>
<td>1 – 8 September</td>
<td>Migraine Awareness Week</td>
<td>Migraine Awareness Week (MAW) is an annual campaign to draw attention to migraine, educate the public and reduce stigma</td>
<td><a href="http://www.migrainetrust.org">www.migrainetrust.org</a></td>
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<tr>
<td>Date</td>
<td>Event</td>
<td>Description</td>
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<tr>
<td>3 – 9 September</td>
<td>Organ Donation Week</td>
<td>The campaign is to: promote public awareness about organ donation and transplant, encourage people to join the NHS Organ Donor Register and encourage people to share their donation decision with their family and friends</td>
<td><a href="http://www.organdonation.nhs.uk">www.organdonation.nhs.uk</a></td>
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<tr>
<td>9 September</td>
<td>National Dementia Carers Day</td>
<td>National Dementia Carers Day is an annual day which raises awareness and gives support and recognition to the thousands of informal dementia carers across the country. There are currently 850,000 people living with dementia in the UK, with many cared for by friends or family members. 39% of these informal carers are estimated to spend more than 100 hours per week caring for the person with dementia. The national day was created by Alzheimer's Society, Dementia UK and Sweet Tree Home Care Services</td>
<td><a href="http://www.nationaldementiacarersday.co.uk">www.nationaldementiacarersday.co.uk</a></td>
</tr>
<tr>
<td>10 September 2019</td>
<td>World Suicide Prevention Day</td>
<td>World Suicide Prevention Day promotes worldwide commitment and action to prevent suicides. The sponsoring organisation, International Association for Suicide Prevention, the co-sponsor WHO and other partners, advocate for the prevention of suicidal behaviour, provision of adequate treatment and follow-up care for people who attempted suicide, as well as responsible reporting of suicides in the media.</td>
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<tr>
<td>24 – 30 September</td>
<td>National Eye Health Week</td>
<td>National Eye Health Week (NEHW) is about healthcare professionals joining forces to encourage more people to have regular sight tests and make lifestyle choices that benefit their vision and general well-being. NEHW raises awareness of how we can improve the UK's eye health, contribute towards a reduction in avoidable blindness and enhance people's everyday lives.</td>
<td><a href="http://www.visionmatters.org.uk">www.visionmatters.org.uk</a></td>
</tr>
<tr>
<td>28 September</td>
<td>World's Biggest Coffee Morning</td>
<td>Get involved in a coffee morning to raise funds for Macmillan Cancer Support</td>
<td><a href="http://www.coffeemacmillan.org.uk">www.coffeemacmillan.org.uk</a></td>
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<tr>
<td>1 – 30 September</td>
<td>Sickle Cell Awareness Month</td>
<td>Sickle cell disease is a name of inherited conditions that affect red blood cells. Sickle cell disease mainly affects people of African, Caribbean, Middle eastern, Eastern Mediterranean, and Asian origin. In the UK it’s particularly common with people with an African or Caribbean family background. Sickling occurs when the red blood cells become sickle or crescent moon shaped and sticky, clumping together restricting and blocking blood vessels causing extreme pain and in most cases organ failure and in extreme causes death</td>
<td><a href="http://www.sicklecellsociety.org">www.sicklecellsociety.org</a></td>
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# Quit Squad North Lancs Session Locations

FREE consultations with Quit Squad Specialist Advisors available at:

## Lancaster/Morecambe/Carnforth

<table>
<thead>
<tr>
<th>Location</th>
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<tbody>
<tr>
<td>Ashton Community Clinic, Lancaster</td>
<td>Queen Sq Surgery, Lancaster</td>
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<tr>
<td>Meadowside Practice, Lancaster</td>
<td>Owen Rd Surgery, Lancaster</td>
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<tr>
<td>West End Practice, Morecambe</td>
<td>Heysham Primary Care Centre</td>
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<tr>
<td>Westgate Medical Practice, Morecambe</td>
<td>Morecambe Health Centre</td>
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<tr>
<td>Ash Trees Surgery, Carnforth</td>
<td>Carnforth Clinic</td>
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<tr>
<td>Garstang Health Centre</td>
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## Fylde

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<th>Location</th>
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<tbody>
<tr>
<td>Lytham Primary Care Centre</td>
<td>St Annes Primary Care Centre</td>
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<tr>
<td>Kirkham Clinic</td>
<td>Ash Tree House, Kirkham</td>
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<tr>
<td>Freckleton Health Centre</td>
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## Wyre

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<thead>
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<th>Location</th>
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<tbody>
<tr>
<td>Thornton Medical Centre</td>
<td>Cleveleys Health Centre</td>
</tr>
<tr>
<td>Fleetwood Surgery</td>
<td>Mount View Practice, Fleetwood</td>
</tr>
<tr>
<td>Over Wyre Medical Centre</td>
<td></td>
</tr>
</tbody>
</table>

For further information or to make an appointment

Freephone 0800 328 6297
WELLBEING IN WYRE

(THORNTON PRACTICE IN LIAISON WITH WYRE COUNCIL)

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
GP Practices in Poulton, Thornton and Cleveleys are working in collaboration with Wyre Council, YMCA and a qualified midwife to organise Bump and Buggy Walks for all new mums, new dads and expectant mums. The walks will take place on King George’s Playing Field at Thornton, ending up at the YMCA in Thornton for coffee and a chat and a chance to share your new parent experiences.

There is no need to pre-book.

Please keep an eye on our website / Facebook page for dates from July onwards.

Meet new parents, improve your fitness and join us at one of these new walks.

More details will be available through your midwife or your GP Practice.
# CHILD HEALTH CLINICS

<table>
<thead>
<tr>
<th>Day</th>
<th>Morning</th>
<th>Afternoon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
<td>Garstang Medical Centre</td>
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<td>Kepple Lane</td>
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<td>Garstang</td>
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<td>Preston PR3 1PB</td>
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<td>13:30 – 15:30</td>
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<tr>
<td>Tuesday</td>
<td>Knott End Methodist Church</td>
<td>Thornton Childrens Centre</td>
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<tr>
<td></td>
<td>Lancaster Road</td>
<td>Heys Road</td>
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<td>Knott End</td>
<td>Thornton</td>
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<td></td>
<td>Poulton le Fylde FY6 0AU</td>
<td>Thornton Cleveleys FY5 4JP</td>
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<td>10:00 – 11:30</td>
<td>13:30 – 15:30</td>
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<td></td>
<td>Flakefleet Childrens Centre</td>
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<td></td>
<td>Northfleet Avenue</td>
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<td></td>
<td>Fleetwood FY7 7ND</td>
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<td>9:00 – 11:00</td>
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<tr>
<td>Wednesday</td>
<td>Poulton Health Centre</td>
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<td></td>
<td>Princess Avenue</td>
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<td></td>
<td>Poulton le Fylde FY6 8HG</td>
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<td>9:00 – 11:00</td>
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<tr>
<td>Thursday</td>
<td>Great Eccleston Health Centre</td>
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<td>Raikes Road</td>
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<td>Great Eccleston</td>
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<td>9:00 – 11:00</td>
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<tr>
<td>Friday</td>
<td>Cleveleys Health Centre</td>
<td>Kemp Street Childrens Centre</td>
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<td></td>
<td>Kelso Avenue</td>
<td>Kemp Street</td>
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<td>Cleveleys FY5 3LF</td>
<td>Fleetwood FY7 6JX</td>
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<td></td>
<td>9:00 – 11:00</td>
<td>13:30 – 15:30</td>
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</tbody>
</table>
# WYRE’S GREAT OUTDOORS 2019
(Thornton Practice in liaison with Wyre Council)

## HEALTH WALKS 2019

### JUNE

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Difficulty</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday 2</td>
<td>2pm</td>
<td>Wyre Estuary Country Park (WECP), Stanah</td>
<td>All/Easy T*</td>
</tr>
<tr>
<td>Mondays, 3, 10, 17 &amp; 24</td>
<td>1pm</td>
<td>Wyreside Café, WECP, Stanah</td>
<td>Easy</td>
</tr>
<tr>
<td>Tuesdays 4, 11, 18 &amp; 25</td>
<td>1:30pm</td>
<td>Fleetwood Leisure Centre</td>
<td>Easy</td>
</tr>
<tr>
<td>Tuesday 4</td>
<td>2pm</td>
<td>Scorton Village Centre</td>
<td>Moderate</td>
</tr>
<tr>
<td>Wednesday 5</td>
<td>2pm</td>
<td>St Michaels, The Grapes</td>
<td>Moderate</td>
</tr>
<tr>
<td>Thursdays 6, 13, 20 &amp; 27</td>
<td>11am</td>
<td>Fleetwood Leisure Centre</td>
<td>Easy</td>
</tr>
<tr>
<td>Thursday 6</td>
<td>2pm</td>
<td>Stalmine – Seven Stars Pub</td>
<td>Moderate</td>
</tr>
<tr>
<td>Fridays 7, 14, 21 &amp; 28</td>
<td>12:30</td>
<td>Garstang Leisure Centre</td>
<td>Easy</td>
</tr>
<tr>
<td>Saturday 8</td>
<td>2pm</td>
<td>Churchtown, St Helens Church</td>
<td>Moderate</td>
</tr>
<tr>
<td>Tuesday 11</td>
<td>2pm</td>
<td>Great Eccleston Village Centre</td>
<td>Moderate</td>
</tr>
<tr>
<td>Wednesday 12</td>
<td>10:30</td>
<td>WECP, Stanah</td>
<td>All/Easy T*</td>
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<tr>
<td>Saturday 15</td>
<td>10:30</td>
<td>Larkholme, Fleetwood</td>
<td>Easy</td>
</tr>
<tr>
<td>Tuesday 18</td>
<td>2pm</td>
<td>Singleton Church</td>
<td>Easy</td>
</tr>
<tr>
<td>Wednesday 19</td>
<td>10:30</td>
<td>Visit Garstang Centre</td>
<td>Moderate</td>
</tr>
<tr>
<td>Thursday 20</td>
<td>2pm</td>
<td>Castle Gardens, Carleton</td>
<td>Moderate</td>
</tr>
<tr>
<td><strong>Friday 21</strong></td>
<td><strong>10:30 – 12:30</strong></td>
<td><strong>Scorton Legstretcher</strong></td>
<td><strong>Moderate £</strong></td>
</tr>
<tr>
<td>Saturday 22</td>
<td>2pm</td>
<td>Marine Hall, Fleetwood</td>
<td>All T*</td>
</tr>
<tr>
<td>Tuesday 25</td>
<td>2pm</td>
<td>Marsh Mill Tavern, Thornton</td>
<td>Easy</td>
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<tr>
<td>Wednesday 26</td>
<td>2pm</td>
<td>Knott End Café</td>
<td>Moderate T</td>
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<tr>
<td>Friday 28</td>
<td>2pm</td>
<td>The Shovels Pub, Hambleton</td>
<td>Easy</td>
</tr>
<tr>
<td>Sunday 30</td>
<td>2pm</td>
<td>WECP, Stanah</td>
<td>All/Easy T*</td>
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</table>
## JULY

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Difficulty</th>
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<tbody>
<tr>
<td><strong>Mondays 1, 8, 22 &amp; 29</strong></td>
<td>1pm</td>
<td>Wyreside Café, WECP, Stanah</td>
<td>Easy</td>
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<tr>
<td><strong>Tues 2, 9, 16, 23 &amp; 30</strong></td>
<td>1:30</td>
<td>Fleetwood Leisure Centre</td>
<td>Easy</td>
</tr>
<tr>
<td>Tuesday 2</td>
<td>2pm</td>
<td>Scorton Village Centre</td>
<td>Moderate</td>
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<tr>
<td>Wednesday 3</td>
<td>10:30</td>
<td>Memorial Park, Fleetwood</td>
<td>All T*</td>
</tr>
<tr>
<td><strong>Thursday 4, 11, 18 &amp; 25</strong></td>
<td>11am</td>
<td>Fleetwood Leisure Centre</td>
<td>Easy</td>
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<tr>
<td>Thursday 4</td>
<td>2pm</td>
<td>Stalmine – Seven Stars Pub</td>
<td>Moderate</td>
</tr>
<tr>
<td><strong>Fridays 5, 12, 19 &amp; 26</strong></td>
<td>12:30</td>
<td>Garstang Leisure Centre</td>
<td>Easy</td>
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<tr>
<td>Saturday 6</td>
<td>10:30</td>
<td>Cleveleys Community Centre</td>
<td>Easy</td>
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<tr>
<td>Tuesday 9</td>
<td>2pm</td>
<td>Great Eccleston Village Centre</td>
<td>Moderate</td>
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<tr>
<td>Wednesday 10</td>
<td>10:30</td>
<td>WECP, Stanah</td>
<td>Easy T*</td>
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<tr>
<td><strong>Friday 12</strong></td>
<td></td>
<td><strong>Out Rawcliffe Leg Stretcher</strong></td>
<td>Moderate £</td>
</tr>
<tr>
<td>Saturday 13</td>
<td>2pm</td>
<td>Skippool Picnic Area, Thornton</td>
<td>Easy</td>
</tr>
<tr>
<td>Tuesday 16</td>
<td>2pm</td>
<td>Singleton Church</td>
<td>Easy</td>
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<tr>
<td>Wednesday 17</td>
<td>10:30</td>
<td>Visit Garstang Centre</td>
<td>Moderate</td>
</tr>
<tr>
<td>Thursday 18</td>
<td>2pm</td>
<td>Carleton, Castle Gardens</td>
<td>Moderate</td>
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<tr>
<td>Saturday 20</td>
<td>2pm</td>
<td>Marine Hall, Fleetwood</td>
<td>All T*</td>
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<tr>
<td>Tuesday 23</td>
<td>2pm</td>
<td>Marsh Mill Tavern, Thornton</td>
<td>Easy</td>
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<tr>
<td>Wednesday 24</td>
<td>2pm</td>
<td>Knott End Café</td>
<td>Moderate T</td>
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<tr>
<td>Friday 26</td>
<td>2pm</td>
<td>The Shovels Pub, Hambleton</td>
<td>Easy</td>
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<tr>
<td>Sunday 28</td>
<td>2pm</td>
<td>WECP, Stanah</td>
<td>Easy T*</td>
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<tr>
<td>Tuesday 30</td>
<td>2pm</td>
<td>Scorton Village Centre</td>
<td>Moderate</td>
</tr>
<tr>
<td>Wednesday 31</td>
<td>2pm</td>
<td>The Grapes, St Michaels</td>
<td>Moderate</td>
</tr>
</tbody>
</table>
## AUGUST

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Difficulty</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 1, 8, 15, 22 &amp; 29</td>
<td>11am</td>
<td>Fleetwood Leisure Centre</td>
<td>Easy</td>
</tr>
<tr>
<td>Thursday 1</td>
<td>2pm</td>
<td>Stalmine, Seven Stars Pub</td>
<td>Moderate</td>
</tr>
<tr>
<td>Friday 2, 9, 16, 23 &amp; 30</td>
<td>12:30</td>
<td>Garstang Leisure Centre</td>
<td>Easy</td>
</tr>
<tr>
<td>Saturday 3</td>
<td>2pm</td>
<td>St Helens Church, Churchtown</td>
<td>Moderate</td>
</tr>
<tr>
<td>Monday 5, 12, 19 &amp; 26</td>
<td>1pm</td>
<td>Wyreside Café, WECP, Stanah</td>
<td>Easy</td>
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<tr>
<td>Tuesday 6, 13, 20 &amp; 27</td>
<td>1:30</td>
<td>Fleetwood Leisure Centre</td>
<td>Easy</td>
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<tr>
<td>Tuesday 6</td>
<td>2pm</td>
<td>Great Eccleston Village Centre</td>
<td>Moderate</td>
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<tr>
<td>Wednesday 7</td>
<td>10:30</td>
<td>WECP, Stanah</td>
<td>All/Easy T*</td>
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<tr>
<td>Saturday 10</td>
<td>10:30</td>
<td>Larkholme, Fleetwood</td>
<td>Easy</td>
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<td>Tuesday 13</td>
<td>2pm</td>
<td>Singleton Church</td>
<td>Easy</td>
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<tr>
<td>Wednesday 14</td>
<td>10:30</td>
<td>Visit Garstang Centre</td>
<td>Moderate</td>
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<tr>
<td>Thursday 15</td>
<td>2pm</td>
<td>Castle Gardens, Garstang</td>
<td>Moderate</td>
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<tr>
<td><strong>Friday 16</strong></td>
<td><strong>10:30 – 12:30</strong></td>
<td><strong>Condor Green Legstretcher</strong></td>
<td><strong>Moderate £</strong></td>
</tr>
<tr>
<td>Saturday 17</td>
<td>2pm</td>
<td>Marine Hall, Fleetwood</td>
<td>All T*</td>
</tr>
<tr>
<td>Tuesday 20</td>
<td>2pm</td>
<td>Marsh Mill Tavern, Thornton</td>
<td>Easy</td>
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<tr>
<td>Wednesday 21</td>
<td>2pm</td>
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<tr>
<td>Sunday 25</td>
<td>2pm</td>
<td>WECP, Stanah</td>
<td>All/Easy T*</td>
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<tr>
<td>Tuesday 27</td>
<td>2pm</td>
<td>Scorton Village Centre</td>
<td>Moderate</td>
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<td>Wednesday 28</td>
<td>10:30</td>
<td>Memorial Park, Fleetwood</td>
<td>All T</td>
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<tr>
<td>Thursday 29</td>
<td>2pm</td>
<td>Seven Stars Pub, Stalmine</td>
<td>Moderate</td>
</tr>
<tr>
<td>Saturday 31</td>
<td>10:30</td>
<td>Cleveleys Community Centre</td>
<td>Easy</td>
</tr>
</tbody>
</table>

### Price guide

- **Health walks and guided walks** - (up to one hour duration) – free
- **Legstretchers** - half day walks (one to four hours) – adults £3.50, concessions and children £2.50
- **Full day walks** - (over four hours) - adults £4.50, concessions and children £3.50
- **Walks which have additional costs (such as minibus hire)** - £10+
Come along to any of our regular beach cleans to improve our coastal environment and tackle a global problem.

**Cleveleys Beach Care**
Monthly on Sunday, 10:30 – 11:30
Start from Sea Swallow Statue (top of Victoria Road, Cleveleys)

**Rossall Point Tower**
Meet every Thursday, 10:30 - noon
Enjoy a warming brew after a beach clean

**Knott End Beach Clean Up**
Monthly on a Tuesday, 10am – 11:45
Meet at Knott End Car park (behind Coast Guard station)
Check [www.wyrerivertrust.org](http://www.wyrerivertrust.org) for details and date changes

**Fleetwood Beach Care**
Monthly on a Saturday
Meet at Lower Lighthouse (Ferry Beach slipway), 10:30 – noon and café near Central Car Park, off Promenade Road, 1pm – 2:30

**Rossall Beach Cleans (Beach Clean and a Brew)**
Monthly on a Monday, 9:25 – 10:45
Meet at 9:25 on Rossall Promenade (near the flagpole) FY5 1LP, followed by a coffee at the Venue from 10:45 onwards. Ample parking, dress for the weather and bring suitable footwear for a pebble and shingle beach. Tel: 07813 962864 [www.rossallbeach.org.uk](http://www.rossallbeach.org.uk)

**Harbour Village Clean Up**
Monthly on a Wednesday, 10:30 – 11:30
Meet at Windward Avenue (Harbour Village, Fleetwood)

**Larkholme Grasslands and Beach Care**
Monthly on a Sunday, 10:30 – 12:30
Meet at Larkholme Parade, Fleetwood

**Wyre Big Beach and Estuary Cleans**
Monthly on a Wednesday, 10:30 – 12:30
Meet at different locations (see listings)
Further details contact Visit Garstang – 01995 602125 or garstangtic@wyre.gov.uk
JUNE

Cleveleys Beach Care
Sunday 2 10:30 – 11:30

Rossall Point Tower
Thursday 6, 13, 20, 27 10:30 – 12noon

Knott End Beach Clean
Tuesday 11 10:00 – 11:45

Fleetwood Beach Care
Saturday 15 Ferry Beach 10:30 – 12noon
Marine Beach 1pm – 2:30

Beach Clean and a Brew
Monday 17 Rossall Beach 9:25 – 11:30

Harbour Village Clean Up
Wednesday 26 10am – 11:30

Wyre Big Beach Clean Up
Wednesday 26 10.30 – 12:30
Knott End – Clarence Avenue to Pilling Lane.
Meet at Knott End Car Park

Larkholme Grasslands and Beach Care
Sunday 30 10:30 – 11:30
JULY

Rossall Point Tower
Thursday 4, 11, 18, 25  10:30 – 12noon

Knott End Beach Clean
Tuesday 9  10:00 – 11:45

Cleveleys Beach Care
Sunday 14  10:30 – 11:30

Beach Clean and a Brew
Monday 15  Rossall Beach  9:25 – 11:30

Fleetwood Beach Care
Saturday 15  Ferry Beach  10:30 – 12noon
  Marine Beach  1pm – 2:30

Wyre Big Estuary Clean Up
Wednesday 24  10.30 – 12:30
  Burrows Marsh, Stalmine

Larkholme Grasslands and Beach Care
Sunday 28  10:30 – 11:30

Harbour Village Clean Up
Wednesday 31  10am – 11:30
AUGUST

Rossall Point Tower
Thursday 1, 8, 15, 22, 29 10:30 – 12noon

Knott End Beach Clean
Tuesday 6 10:00 – 11:45

Cleveleys Beach Care
Sunday 11 10:30 – 11:30

Beach Clean and a Brew
Monday 12 Rossall Beach 9:25 – 11:30

Fleetwood Beach Care
Saturday 17 Ferry Beach 10:30 – 12noon
Marine Beach 1pm – 2:30

Wyre Big Beach Clean Up
Wednesday 21 10.30 – 12:30
Top of Chatsworth Avenue, Larkholme Grasslands, Fleetwood

Larkholme Grasslands and Beach Care
Sunday 25 10:30 – 11:30

Harbour Village Clean Up
Wednesday 31 10am – 11:30

For all beach cleans, please wear suitable outdoor footwear and outdoor clothing.

No experience needed.

Equipment will be supplied.
Like and share our page.

We are nearly at 600 likes 😊 Thanks for all your support.
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, 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 or ring 0800 092 2332
WALK IN THE PARK
Cancer Support Group

Free, 30 minute, gentle, wheelchair accessible walks for people affected by cancer. Our walks take place every 4th Thursday of the month, excluding December, at Stanley Park in Blackpool. There will be regular rest breaks to assist those suffering with fatigue. All walks begin at 1pm by the café.

2018 WALK DATES
♦ 25th January
♦ 22nd February
♦ 22nd March
♦ 26th April
♦ 24th May
♦ 28th June
♦ 26th July
♦ 23rd August
♦ 27th September
♦ 25th October
♦ 22nd November

CONTACT:
hannah.mckearnen@nhs.net
07879 428970

Find us on Facebook
www.facebook.com/walkintheparkblackpool
**WEEKLY LOCAL GROUP WITHIN THORNTON MEDICAL CENTRE**

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

We will continue to do our best to oblige!

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

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

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

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

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

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

Thank you.
To keep cool and healthy during hot weather, try following these eight summer health tips:

**Drink lots of water.** The rule of thumb is to drink half your body weight in ounces. So if you weigh 150 pounds, drink 75 ounces of fluid. However, check with your doctor to make sure your fluids aren’t restricted because of conditions or diseases you may have or medications you take.

**Stay away from caffeinated and alcoholic beverages.** While fluids can help replenish you, certain ones – such as coffee or alcoholic drinks – are diuretics. These can cause you to lose more fluids than you take in.

**Limit use of your stove and oven.** They make you and your house hotter.

**Look at your urine.** If you’re getting dehydrated, it will look darker or tea-coloured.
Stay indoors and limit activities. Between 10 am and 6 pm is the hottest part of the day. When it’s the hottest time of day, you should avoid exercising and also consider putting off working around the house, gardening and other strenuous activities.

Stay in air-conditioned areas. This keeps you cooler and lowers the humidity so you can sweat more efficiently. If you don’t have air conditioning at home, try keeping your windows open but close your curtains.

Dress for the weather. When it’s hot out, wear light-coloured, lightweight, loose-fitting clothes and a wide-brimmed hat. These, along with high SPF sunscreens, also help protect again sunburn.

Take cold baths or showers. If you don’t have air conditioning, this can be effective to cool you off.
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 Mike Power (m)
Dr Nathan Gregory (m)

**Advanced Nurse Practitioners (ANPs):**

Victoria Longworth
Rebecca Power
Practice Nurses
Karen Davis – Nurse Manager
Danielle Bartlett
Dawn Taylor
Jane Palmer
Jacqui Bailey

Health Advisor
Margaret Dixon

Health Care Assistants
Jessie Leybourne
Bethany Allen
Admin staff

Reception: Sandra, Nancy, Elaine

Patient Advisors: Lorraine, Emily, Ruby, Sue

Pharmacy/Prescriptions: Denise, Jodie, Helen, Danielle

Secretaries: Trish, Jacqueline, Sian, Bev

Medical Admin: Lynne, Louise, Carolyn, Steve

Practice Management: Amy, Liz

Carleton Branch Manager: Jackie

Patient Services Manager: James

Patient Operations and HR Manager: Michelle

Admin Apprentices: Olivia, Megan
Are you beginning to worry about your health? Those jeans tighter than you remember? Or do you just want to get out and be more active?

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

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

If you’d like to discuss any of the above, just give YourMove a ring on 01253 882105 or go on the website at www.yourmoveprogramme.co.uk
The Importance Of Sleep

Do you not get enough sleep? Well, scientists have proved if you do not get enough sleep it can cause problems such as lack of sleep and can affect your overall health like high blood pressure, obesity and heart disease.

Sleeping improves your memory.

Humans spend 1/3 of their lives sleeping.

Sleep helps the Brain!!

From research you will sleep better on a cool room.

An average person needs at least 7 to 9 hours of sleep.

Eating strong cheese before bed might give you nightmares.

Napping makes you smarter.

Fun Fact: You should never watch TV when you are about to sleep. Disturbs your sight.

Sleep is that buys back ENERGY!

Thanks to pupils from Royles Brook Primary School for these tips on the importance of sleep.
Thanks to pupils from Royles Brook Primary School for these tips on the importance of sleep.

Why we need sleep?

Sleep helps your body focus on your energy and your health. For example, did you know that your body does most of your growing while you are asleep? Sleep also gives you energy which helps fight germs!

How much sleep do we need?

<table>
<thead>
<tr>
<th>Age</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-3 months</td>
<td>14-17 hours</td>
</tr>
<tr>
<td>4-11 months</td>
<td>12-15 hours</td>
</tr>
<tr>
<td>1-3 years</td>
<td>11-14 hours</td>
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<td>4-6 years</td>
<td>10-13 hours</td>
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<td>7-13 years</td>
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<td>14-17 years</td>
<td>8-10 hours</td>
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<tr>
<td>18-25 years</td>
<td>7-9 hours</td>
</tr>
<tr>
<td>26-64 years</td>
<td>7-8 hours</td>
</tr>
<tr>
<td>65+ years</td>
<td>7 hours</td>
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</tbody>
</table>

1 hour before going to sleep make sure your turn off all your electrical equipment and you will sleep much better.
The Thornton Practice, Thornton Medical Centre, Church Road, Thornton-Cleveleys, FY5 2TZ

www.thedoctors.co.uk

THORNTON BRANCH OPENING TIMES

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

CARLETON BRANCH OPENING TIMES

Mon: 8:30 – 6:00pm
Tue: 8:30 – 6:00pm
Wed: 8:30 – 1.00pm
Thu: 8:30 – 6:00pm
Fri: 8:30 – 6:00pm
Sat: closed
Sun: closed

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