

# THE THORNTON PRACTICE

AUTUMN 2018

NEWSLETTER



**FLU SEASON  
IS HERE!!**



***Important information enclosed  
within***

## CARLETON BRANCH FIRE

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



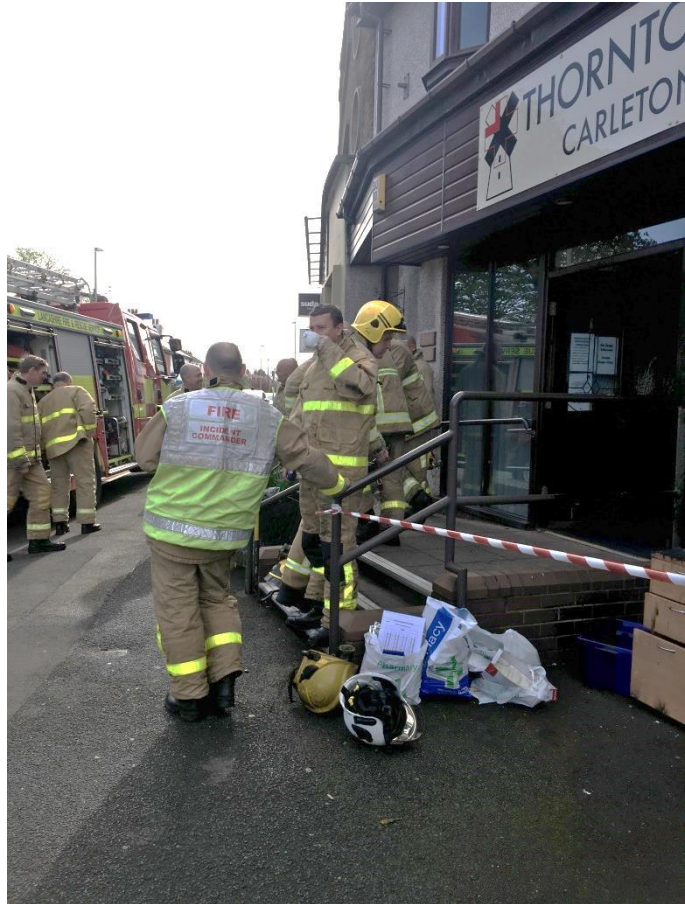
As you know in April 2018 we had a fire within one of our clinical rooms at Carleton Branch which caused significant damage to our clinical room and smoke damage throughout the whole building. Thankfully no one was hurt and no patient records were affected.

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

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

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

## CARLETON BRANCH FIRE



## GP practice in Carleton closed after fire



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

# CARLETON BRANCH FIRE



We would like to introduce the following new members of the Team to you:

### **Clinical staff**

- Dr Nathan Gregory, a new GP Registrar, joined the Practice in August. GP Registrars are fully qualified and registered doctors. By agreeing to see a GP Registrar, you are hopefully going to receive the excellent care you expect and also help bring on the next generation of GPs and contribute to the survival of our NHS.
- Dr Carston Ezard joined the Practice on 8 August



### **Admin staff**

- Megan-Louise Hopwood is our new Apprentice
- James Doran is our new Patient Services Manager

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

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

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

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

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

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





**Saturday walk in FLU  
clinics  
ONE day ONLY  
Saturday 20<sup>th</sup> October 8am-  
4pm**



**IMPORTANT NEWS ABOUT YOUR FLU VACCINE  
reserved just for you this year**

Patients aged 65 and over are at a greater risk of serious complication from the flu because human immune defences become weaker with age.

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

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

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

Pharmacies and Thornton Practice will not receive delivery of this new vaccine in any quantity until late October. Therefore our walk in **Flu Clinic** will be held for **ONE day ONLY**



**Saturday 20<sup>th</sup> October 8am-4pm.**





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

### Flu Vaccine (QIV) for:

- Children aged from 6 months to 2 years
- Adults from 18 years to less than 65 years of age who are at increased risk from flu because of a long term health condition
- Pregnant women
- Carers

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

### Nasal spray (LAIV) vaccine for:

- Children aged 2 & 3 can be vaccinated at your GP Practice. Children in reception class through to Year 5 will be given this at school via the School Nursing Team.

These vaccines will be available at our walk in **Flu Clinic** which will be held for **ONE day ONLY** at **The Thornton Practice.**

**Saturday 20<sup>th</sup> October 8am – 4pm.**



**CONTACT 01253 956282**



Public Health  
England

## PATIENTS WHO MISS APPOINTMENTS (DNAs)

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

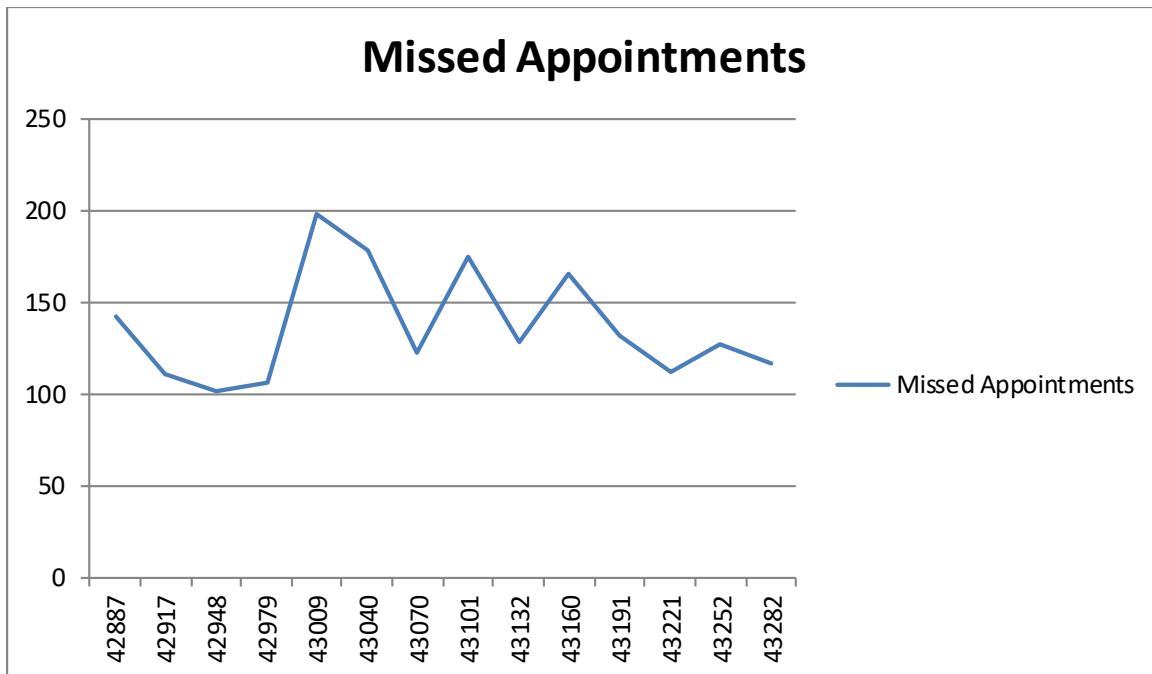
MAY 2018	JUNE 2018	JULY 2018
GPs (Carleton) – GPs (Thornton) – 34	GPs (Carleton) – GPs (Thornton) – 44	GPs (Carleton) – GPs (Thornton) – 29
ANPs (Carleton) – ANPs (Thornton) – 8	ANPs (Carleton) – ANPs (Thornton) – 4	ANPs (Carleton) – ANPs (Thornton) – 11
HCA's (Carleton) – HCA's (Thornton) – 34	HCA's (Carleton) – HCA's (Thornton) – 29	HCA's (Carleton) – HCA's (Thornton) – 26
Nurses (Carleton) – Nurses (Thornton) – 36	Nurses (Carleton) – Nurses (Thornton) – 50	Nurses (Carleton) – Nurses (Thornton) – 51
<b>TOTAL – 112</b>	<b>TOTAL – 127</b>	<b>TOTAL – 117</b>

**GRAND TOTAL OF MISSED APPOINTMENTS = 356**

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 May 2018 to July 2018 **has cost the NHS approximately £13,000.**





Thanks to all patients for cancelling their appointments.

Well done everyone!!



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

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

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

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

# PATIENT PARTICIPATION GROUP NEWS



The PPG recently held its Annual General Meeting and the Chair gave a resume of what the PPG had achieved over the last 12 months.

It has been a very successful year for the PPG with them being awarded PPG of the Year for the 2<sup>nd</sup> year running at the Fylde and Wyre CCG Conference held at Ribby Hall in March. They were also highly commended for the Most Engaged PPG and the Chair, Gemma Jackson, was highly commended as the Most Engaged Volunteer.



Following on from this success the PPG was nominated for a national award at the NAPP conference and were runners up their category winning a £250 cheque. To be recognised nationally is a fantastic achievement!!

The prize money will be spent on getting canvas prints made up of the paintings done by the children from Northfold and Thornton Primary Schools and will go on the walls in clinical rooms.

The PPG has various events coming up such as Flu Clinics and Self Care Week and are also hoping to attend the Grand Opening of Carleton Branch in September.

Here's to another busy and successful year.



- *My review yesterday with sister Bailey was for me was not stressful at all. I felt relaxed which normally I am very stressed.*
- Very kind listener, had time for me, not rushed.
- *Not a long wait time. Quick response from the doctor.*
- Because of Dr. Peter Kell
- *Staff are very friendly and polite. I take my father and he is very happy with his care.*
- Very impressed with the quality of the doctor, but after being told to make an appointment with the same doctor two weeks hence, I was advised by recepti@ceptionist
- this was not possible and to try on the day. Had this not been the case, I would have scored it as a 1. @ a 1.
- *Bec I'm deaf and I find they are friendly, helpful and willing sorted it soon*
- Appointment on time and doctor listened
- *Appointment more or less on time. Time and consideration of doctor seen.*
- Politeness and very professional service all around
- *Nurse appointment*
- Appointment was close to scheduled time and outcome was quick and efficient- further tests required but quickly put in place
- *Quick response*
- Quality of care and attention to detail
- *Doctor Kell. Very professional*
- Helpful friendly and professional
- *If I could actually see a Doctor on each appointment I would have given 1*
- I am always happy with the way the centre deals with my concerns
- *All the doctors and staff are great. Very happy with practice. Thanks.*
- Always very helpful and efficient all members of staff
- *Seen on time*
- Seen on time by an experienced nurse.
- *I have never had cause to say any different. Always have had good response to my problems.*
- Doctor was very understanding and listened. She always as helped me in the past and nothing seems to much trouble for her
- *Good service*
- Everybody mostly friendly and helpful
- *Never had any problems with the Thornton practice.*
- Because sr Karen Davies is excellent
- *Main thing would be getting an appointment. We cannot be poorly to a schedule, & we are often asked to phone back tomorrow morning after 08:30 for a same @ same day appointment, this is then, a next day appointment, if you see what I mean. @ean.*



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

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





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






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

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














## HEALTH AWARENESS DATES FOR YOUR DIARY






<p>1-30 September</p> 	<p>Urology Awareness Month</p>	<p>With an ageing population and the effects of today's lifestyle, urology conditions, diseases and cancers are becoming more prevalent. Through-out the month we focus on raising awareness to breakdown stigma and encourage people to actively take care of their urology health. We do this by working with local communities and businesses to promote <a href="#">urology health</a>, through health and wellbeing talks and providing information. You can get involved this year by helping raise awareness of urology health in your place of work or local community. Or join in the Big5 challenge and help raise money to research urology cancers.</p> <p><a href="http://www.theurologyfoundation.org">www.theurologyfoundation.org</a></p>
<p>1 – 30 September</p> 	<p>National Blood Cancer Awareness Month</p>	<p>Supported by some of the UK's biggest blood cancer charities, including Leukaemia &amp; Lymphoma Research and Anthony Nolan, September is the month to raise awareness of how to improve treatments for blood cancer and increase the number of lives saved. There are many opportunities to fund raise or increase awareness using the <a href="#">#BloodCancerAwarenessMonth</a> handle</p> <p><a href="http://www.bloodwise.org.uk">www.bloodwise.org.uk</a></p>
<p>1 – 30 September</p> 	<p>Vascular Disease Awareness Month</p>	<p>Vascular Disease is the collective term for diseases of the veins and arteries. It's as common as cancer and heart disease, and accounts for 40% of deaths in the UK, many of which are preventable. Help to increase awareness and raise money to fund research.</p> <p><a href="http://www.circulationfoundation.org.uk">www.circulationfoundation.org.uk</a></p>
<p>2 – 8 September</p> 	<p>Migraine Awareness Week</p>	<p>(MAW) is an annual campaign to draw attention to migraine, educate the public and reduce stigma.</p> <p><a href="http://www.migrainetrust.org">www.migrainetrust.org</a></p>

<p>3-9 September</p> 	<p>Organ Donation Week</p>	<p>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.</p> <p><a href="http://www.organdonation.nhs.uk">www.organdonation.nhs.uk</a></p>
<p>9 September</p> 	<p>National Dementia Carers Day</p>	<p>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.</p> <p><a href="http://www.nationaldementiacarersday.co.uk">www.nationaldementiacarersday.co.uk</a></p>
<p>10-16 September</p> 	<p>Know Your Numbers</p>	<p>Blood Pressure UK's flagship blood pressure testing and awareness campaign encourages adults to know their blood pressure numbers and take the necessary action to reach and maintain a healthy blood pressure. Hundreds of pressure stations will be offering free checks across the UK.</p> <p><a href="http://www.bloodpressureuk.org">www.bloodpressureuk.org</a></p>
<p>21 September</p> 	<p>Jeans For Genes Day</p>	<p>Genetic disorders are rare, but together they affect one in 25 children born in the UK. Jeans for Gene's day raises awareness and funds for Genetic Disorders in the UK to support families affected by genetic disorders. Whatever you do on this Friday, do it in your jeans! Join the hype and get involved with the conversation using #JeansForGenesDay on social media.</p> <p><a href="http://www.jeansforgenesday.org">www.jeansforgenesday.org</a></p>
<p>24 – 30 September</p> 	<p>Sexual Health Week</p>	<p>Sexual Health Awareness Week, led by FPA, offers support to parents on how to educate their children about sexual health, as well as campaigning for better sexual health services, and the right for all young people to have access to education regarding appropriate relationships and sex education.</p> <p><a href="http://www.fpa.org.uk/campaigns/sexual-health-week">www.fpa.org.uk/campaigns/sexual-health-week</a></p>



<p>24 – 30 September</p> 	<p>National Eye Health Week</p>	<p>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</p> <p><a href="http://www.visionmatters.org.uk">www.visionmatters.org.uk</a></p>
<p>26 September</p> 	<p>National Fitness Day</p>	<p>National Fitness Day encourages people all across the country to make 26 September the most active day of the year.</p> <p><a href="http://www.nationalfitnessday.com">www.nationalfitnessday.com</a></p>
<p>28 September</p> 	<p>World's Biggest Coffee Morning</p>	<p>Get involved in a coffee morning to raise funds for Macmillan Cancer Support.</p> <p><a href="https://coffee.macmillan.org.uk">https://coffee.macmillan.org.uk</a></p>
<p>1 – 28 October</p> 	<p>Stoptober</p>	<p>Stoptober is a campaign running throughout October which encourages people to stop smoking, and offers support to help them achieve this. Have a read of our case study on the staff nicotine replacement therapy programme at Sandwell and West Birmingham Hospitals.</p> <p><a href="http://www.nhs.uk/oneyou/stoptober">www.nhs.uk/oneyou/stoptober</a></p>
<p>1 – 31 October</p> 	<p>National Cholesterol Month</p>	<p>National Cholesterol Month is an entire month devoted to raising funds for HEART UK and raising awareness of the dangers of high cholesterol. You can help by joining in with our 100 mile Great Cholesterol Challenge; walk, run, cycle, row or even swim 100 miles in October, get fit, get sponsored and raise funds for HEART UK. Please get in contact if you would like further information on how you or your company can get involved with the challenge, or any other way you would like to contribute and help make a difference this October.</p> <p><a href="http://www.heartuk.org.uk/national-cholesterol-month">www.heartuk.org.uk/national-cholesterol-month</a></p>
<p>1 – 31 October</p> 	<p>Lupus Awareness Month</p>	<p>Lupus is an autoimmune disease that can affect anyone. 90% of cases are female and it is often invisible.</p>

<p>1 – 31 October</p> 	<p>Breast Cancer Awareness Month</p>	<p>An annual international health campaign organised by major breast cancer charities every October to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment and cure. The campaign also offers information and support to those affected by breast cancer.</p>
<p>1 – 5 October</p> 	<p>National Work Life Week</p>	<p>National Work Life Week aims to get both employers and their employees talking about wellbeing at work and work life fit. It's an opportunity for employers to show their employees, and potential candidates, how their organisation is striving for a family friendly and flexible working culture.</p>
<p>2 – 8 October</p> 	<p>National Dyslexia Awareness Week</p>	<p>Show your support for people with dyslexia during the dyslexia awareness week. The British Dyslexia Association is working to create a dyslexia friendly society.</p> <p><a href="http://www.bdadyslexia.org.uk">www.bdadyslexia.org.uk</a></p>
<p>7 – 13 October</p> 	<p>OCD Awareness Week</p>	<p>OCD Awareness Week is a global effort to raise awareness and understanding about OCD, with the goal of educating people and working towards removing misunderstanding and stigma that can be caused by misrepresentation of OCD.</p> <p><a href="http://www.ocduk.org">www.ocduk.org</a></p>
<p>8 – 12 October</p> 	<p>Back Care Awareness Week</p>	<p>The aim of the week-long event, organised by BackCare, is to raise awareness of the problems back pain can cause, as well as prevention and treatments. See our dedicated webpage for more information on musculoskeletal disorders.</p> <p><a href="http://www.backcare.org.uk">www.backcare.org.uk</a></p>
<p>9 – 16 October</p> 	<p>National Arthritis Week</p>	<p>We understand that the pain caused by arthritis can be constant and make the little things in life difficult. So this National Arthritis Week Arthritis Research UK are inviting you to join them by sharing your story and helping to highlight what it's like to live with the pain of arthritis as part of the Share your day.</p> <p><a href="http://www.arthritisresearchuk.org">www.arthritisresearchuk.org</a></p>

<p>16 – 22 October</p> 	<p>National Adoption Week</p>	<p>National Adoption Week is one of the biggest adoption awareness raising initiatives in the UK. This year you can show your support on social media using the hashtag #SupportAdoption and there's a wealth of information on the First4Adoption website for agencies and for people considering adoption as a means of growing their family.</p> <p><a href="http://www.first4adoption.org.uk/nationaladoptionweek">www.first4adoption.org.uk/nationaladoptionweek</a></p>
<p>1 – 30 November</p> 	<p>Movember Men's Health Awareness Month</p>	<p>Each year, Movember is responsible for thousands of mustaches on men's faces in the UK and around the world. The aim of Movember is to raise vital funds and awareness for men's health, specifically prostate cancer.</p> <p><a href="https://uk.movember.com">https://uk.movember.com</a></p>
<p>1 – 30 November</p> 	<p>Lung Cancer Awareness Month</p>	<p>The aim of the Lung Cancer Awareness campaign is to raise awareness to encourage people displaying the common symptoms of lung cancer, such as a persistent cough, breathlessness or unexplained weight-loss, to visit their GP. During the month, many people throughout the country and the world come together for the lung cancer community.</p> <p><a href="http://www.awarenessdays.com/lung-cancer-awareness-month-2018">www.awarenessdays.com/lung-cancer-awareness-month-2018</a></p>
<p>1 – 30 November</p> 	<p>COPD Awareness Month</p>	<p>COPD (Chronic Obstructive Pulmonary Disease) affects millions of people across the UK, and describes a group of lung conditions that make it difficult to empty air out of the lungs because your airways have been narrowed. COPD Awareness Month helps to raise awareness of this condition, particularly as many people are living with it without realising.</p> <p><a href="http://www.awarenessdays.com/copd-awareness-month-2018">www.awarenessdays.com/copd-awareness-month-2018</a></p>
<p>12 – 16 November</p> 	<p>Anti-Bullying Week</p>	<p>This Anti-Bullying Week the theme is "Respect". Take a look at our webpages for more information about tackling bullying, and read our case study to see how London Ambulance Service have tackled bullying and harassment.</p> <p><a href="http://www.anti-bullyingalliance.org.uk/anti-bullying-week">www.anti-bullyingalliance.org.uk/anti-bullying-week</a></p>

<p>19 – 25 November</p> <p><b>Alcohol Concern</b> Promoting health; improving lives</p>	<p>Alcohol Awareness Week</p>	<p>It is estimated that the cost of alcohol on society is in excess of £21 billion. The aim of Alcohol Awareness Week is to get people to think about alcohol – how it affects us as individuals, families, communities and society as a whole. See our infographic for more information on alcohol awareness.</p> <p><a href="http://www.alcoholconcern.org.uk/alcohol-awareness-week">www.alcoholconcern.org.uk/alcohol-awareness-week</a></p>
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 Find us on  
**Facebook**



Search for The Thornton Practice

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

**WELLBEING IN WYRE  
(THORNTON PRACTICE IN LIAISON WITH WYRE COUNCIL)**

**HEALTHIER  
FLEETWOOD**  
connecting our community

**Harmony and Health**  
**at Marine Hall, Fleetwood**  
1.30pm-3pm  
**and Little Theatre, Thornton**  
10.30am - noon  
**EVERY TUESDAY**



Improve your **WELLBEING** for **FREE** at our singing groups

**NO EXPERIENCE NECESSARY**

**THE BENEFITS**

Sing songs you love  
Relax and socialise

Tune your heart  
Improve your breathing

Tea/coffee and chat (beverages £1)

Lift your heart and voice in a physical and mental workout  
Revive your spirits in a calm environment with friendly people  
Integrate - don't isolate

**ALL ENQUIRIES - 01253 887693**

**little theatre**  
thornton

**marine hall**  
fleetwood



**Monday 3 - 10.30am – 2pm**

**Monday Walk Around Garstang - Visit Garstang Centre**

A monthly walk using different routes from Garstang  
 £3.50/£2.50, Grade: moderate, waterproofs, boots or wellies, drink, 3.5 hours

**Tuesday 4 - 10am – 12pm**

**Knott End Beach Clean**

Knott End Car Park (please note this may change so check before each event with Tom Myerscough on 07930 200059)

Everyone welcome! We provide all equipment. Just put on your wellies and come along to help out. Please check [www.wyriverstrust.org](http://www.wyriverstrust.org) for further information closer to the time of each beach clean. Free, 1 mile, dogs

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

**Love My Beach - Rossall Point**

Meet at the Tower to take part in litter picks and other beach care activities. A chance to help care for the coast with no long term commitment. Every Thursday of the month. Join us for a tea and coffee after and take a look up from the top of the Tower for the views of over Morecambe Bay. Please wear outdoor clothing and footwear.

Free, 1 mile, tramper, wheelchair

**Saturday 8 - 10am – 12/12.30pm**

**Stanah Squirrels Wildlife Watch Group**

Wyre Estuary Country Park, Stanah

An environmental/wildlife group for children aged 8 to 14 yrs who meet on the 2nd Saturday of the month (except August). Nature walks, wildlife surveys, practical work and lots of fun. For further details telephone 07989 579351. Booking essential. Parental consent required.

£1

**Sunday 9 10.30am – 11.30am**

**Cleveleys Beach Care - Sea Swallow statue, top of Victoria Road, Cleveleys Promenade**

Come and join Cleveleys beach care to help make a difference. Marine litter is a global problem, come along and join us to make your local coastal environment a better place for you, your children its wildlife and the environment. We will supply all the equipment just come along in your wellies and suitable outdoor clothing.

Free, 1 hour, 1 mile

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

T: 01995 602125

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



## September 2018 (2)

**Thursday 13 - 10am – 12pm**

### **Fleetwood Cemetery History Walk**

A chance to find out about the heritage of the cemetery.

Free, Grade: easy

**Thursday 13 - 10.30am – 2pm**

### **500 years of Garstang - Visit Garstang Centre**

A guided walk around the tracks and fields of Garstang to discover the history of the town.

Free, Grade: Moderate, 5 miles

**Thursday 2 – 1.30pm – 3.30pm**

### **Sea Watch**

Join Lancashire Wildlife Trust and Wyre Coast and Countryside team as we look for seals, porpoises and dolphins passing by. There will be plenty of sea birds to admire from the top deck too and if we are very lucky, we could even see a whale! No needs to be an expert as we have guides and binoculars to use.

Price: Free

**Thursday 13 - 2pm - 3.30pm**

### **Poulton Town Centre History Walk - Market Place, Poulton-le-Fylde town centre**

A guided walk around the centre of Poulton to discover the history of the town from medieval times to the present day.

Free, Grade: easy, 1 mile

**Friday 14 – 10.30am**

### **History of the Memorial Park and Surrounding Area - Memorial Park, Fleetwood**

A walk with Dick Gillingham looking at the history and origins of Fleetwood's Memorial Park.

Donation, 2.5 miles



### September 2018 (3)

**Friday 14 2pm - 3pm**

**Civic Centre Guided Tour - Wyre Civic Centre, Poulton-le-Fylde**

A tour explaining the history of the building, the history of the Council, and how the two came together. Please note this is a guided tour beginning at 2.00pm - no access at other times.

Booking essential

Free

**Friday 14 - 10am, 11am, 12pm, 1pm**

**Bleasdale Remembers Centenary 1916 - Bleasdale**

Two short local history walks.

Booking essential

Grade: easy

**Friday 14 - 10am - 4pm**

**Bleasdale - The lives of local people - Bleasdale Parish Hall**

Exhibition of local history at Bleasdale Parish Hall and Heritage Room. Tea and homemade cakes at extra cost. No need to book.

**Friday 14 - 8pm - 10pm**

**Stargazing Evening - Bowland by Night - Claughton**

Join Robert Ince for an evening of stargazing, wrap up warm!

Booking essential

**Saturday 15 - 1.30pm - 3.30pm**

**Heritage of the Wyre Estuary at Skippool - Skippool Picnic Area, Thornton**

Discover tales from times past about the wyre estuary and surrounding area with the rangers.

Free, Grade: easy, 3 miles, 2 hours

**Saturday 15 - 2pm - 4pm**

**Visit Garstang Quaker Meeting House walk - Garstang**

A guided walk and visit to Garstang Quakers Meeting House. Tea and homemade cakes at extra cost.

Booking essential

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

T: 01995 602125

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





## Wyre Walks, Family Activities and Conservation Days

### September 2018 (4)

**Saturday 15 - 12pm – 1pm**

**MCS Beachwatch - Rossall Point Observation Tower, Fleetwood**

Take part in the National MCS Beach Clean and Beachwatch event. Tools provided. Please wear appropriate clothing and footwear.

Free, 1 hour

**Sunday 16 - 9am – 10am**

**Autumn Birdwatch – Rossall Point Picnic Area and Car Park**

Watch the last of our summer and first wintering birds migrate over Rossall Point. We will walk to Rossall Point and watch from the observation tower.

Grade: easy, 1 mile, binoculars

**Sunday 16 - 1pm – 2pm**

**Rossall Point Heritage Walk**

Learn about the history of Rossall Point.

Grade: easy, 1 mile, binoculars

**Sunday 16 - 2pm – 3pm approx**

**MCS Beachwatch - Rossall Beach, Cleveleys**

Take part in the National MCS Beach Clean and Beachwatch event. Tools provided. Please wear appropriate clothing and footwear.

Check [rossallbeach.org.uk](http://rossallbeach.org.uk) for details and date changes.

Free

**Wednesday 19 – 10.30am – 12.30pm**

**Wyre Big Beach Clean – Larkholme Grasslands, Fleetwood**

Care about the seas, our beaches and our wildlife? Heard about all the marine litter in our seas? Let's all try and make a difference. Join the rangers and our team of coastal and countryside volunteers to clear our coastal beaches. We provide all equipment. Just put on your wellies and come along to help out.

Free, 2 hours



## September 2018 (5)

**Friday 21 - 7.30pm – 9.30pm**

**Garstang Bat Walk - Garstang**

An autumn night-time walk in search of bats.

Booking essential.

£3.50/2.50, Grade: easy, 2 miles approx., 2 hours, WC at start

**Saturday 22 - 10.30am – 2.30pm**

**Garstang and the Lancaster Canal Tramper Trek - Garstang**

Join the Wyre Rangers for a ramble (Tramper Trek) around the countryside close to Garstang and discover its wildlife and landscape. A walk with no stiles and gentle slopes.

Booking essential

£3.50/£2.50, Grade: easy, 5 miles, 4 hrs, trampers, packed lunch, WC at start

**Saturday 22 - 1pm - 3pm**

**Xplorer Orienteering for children - The Pavilion, Memorial Park, Fleetwood**

Xplorer is a family friendly navigation challenge using a simple map. The aim is to find a number of markers that are located around the park. At each marker children need to identify what is pictured and enjoy learning a fun fact.

50p per child

**Sunday 23 – 10am – 2pm**

**Rossall Point Conservation Day**

Try your hand at practical coastal management, build a boardwalk, open up pathways, look after the dunes and beaches and meet new people. Join us for a tea or coffee after and take a look up at the top of the Tower for the views of over Morecambe Bay.

Free, 4 hours

**Wednesday 26 – 1pm – 3.30pm**

**A Circuit Round Decimus Burton's Fleetwood - Fleetwood Museum**

A talk from Dick Gillingham followed by a walk taking in Decimus Burton's Fleetwood. This event is to commemorate Decimus Burton. The talk will start at 1pm followed by the walk at 2pm.

Donation, Grade: easy, max. 2.5 miles

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

T: 01995 602125

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



## September 2018 (6)

**Wednesday 25 - 10am - 11.30am**

**Harbour Village Clean Up - Windward Avenue, Harbour Village, Fleetwood**

Meet at the play area. Everyone welcome! We provide all equipment. Just put on your wellies and come along to help out. Please wear suitable clothing and footwear. Children welcome if with a responsible adult.

Free

**Friday 28 - 10.30am - 12.30pm**

**Pilling Legstretcher - Pilling Village Centre**

A circular walk around the village/parish of Pilling.

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

**Sunday 30 - 11am - 3pm**

**Xplorer - Wyre Estuary Country Park, Stanah**

Xplorer is the perfect outdoor activity for children and their families. Children will enjoy using a simple map to complete the navigational challenge. To take part simply register, collect your map and answer sheet and off you go.

50p per child

**Sunday 30 - 11am - 3pm**

**Family Craft Day with the Rangers - Wyre Estuary Country Park, Stanah**

Discover your creative side with a variety of activities in wood and natural materials. Fun for all the family. Drop-in event, any times between 11 and 3.

Free (individual activities may be charged), tramper, wheelchair, pushchair



## October 2018

**Monday 1 - 10.30am – 2pm**

**Monday Walk Around Garstang - Visit Garstang Centre**

A monthly walk using different routes from Garstang

£3.50/£2.50, Grade: moderate, waterproofs, boots or wellies, drink, 3.5 hours

**Tuesday 2 - 10am – 12pm**

**Knott End Beach Clean**

Knott End Car Park (please note this may change so check before each event with Tom Myerscough on 07930 200059)

Everyone welcome! We provide all equipment. Just put on your wellies and come along to help out. Please check [www.wyrivertrust.org](http://www.wyrivertrust.org) for further information closer to the time of each beach clean.

Free, 1 mile, dogs

**Thursday 4, 11, 18 & 25 – 10.30am – 12pm**

**Love My Beach - Rossall Point**

Meet at the Tower to take part in litter picks and other beach care activities. A chance to help care for the coast with no long term commitment. Every Thursday of the month. Join us for a tea and coffee after and take a look up from the top of the Tower for the views of over Morecambe Bay. Please wear outdoor clothing and footwear.

Free, 1 mile, tramper, wheelchair

**Sunday 7 & 21 - 10.30am – 11.30am**

**Cleveleys Beach Care - Sea Swallow statue, top of Victoria Road, Cleveleys Promenade**

Come and join Cleveleys beach care to help make a difference. Marine litter is a global problem, come along and join us to make your local coastal environment a better place for you, your children its wildlife and the environment. We will supply all the equipment just come along in your wellies and suitable outdoor clothing.

Free, 1 hour, 1 mile

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## October 2018 (2)

**Monday 8 - 9.30am – 11.30am**

### **Beach Clean and a Brew - Rossall Beach, Cleveleys**

Come along for a rewarding morning looking after the environment at Rossall Beach. Meet at 9.30am near the notice board on Rossall Prom for beach cleaning, followed by a coffee at The Venue from 10.45am onwards. You are welcome to come to both or one activity as you choose, and you're sure of a warm welcome and a glow of satisfaction from a job well done with a friendly group of people. Check [rossallbeach.org.uk](http://rossallbeach.org.uk) for details and date changes.

Free, 2 hours

**Saturday 13 - 10am – 12/12.30pm**

### **Stanah Squirrels Wildlife Watch Group**

Wyre Estuary Country Park, Stanah

An environmental/wildlife group for children aged 8 to 14 yrs who meet on the 2nd Saturday of the month (except August). Nature walks, wildlife surveys, practical work and lots of fun. For further details telephone 07989 579351. Booking essential. Parental consent required.

£1

**Sunday 14 - 1.30pm – 4pm**

### **Fungi Walk - Scorton**

A gentle stroll around Grizedale Valley in search of autumn fungi. Please note this is not a foray, we will not be collecting just looking.

Booking essential.

£3.50/2.50, Grade: easy, 2.5 hours

**Sunday 19 - 10am – 2pm**

### **Rossall Point Conservation Day**

Try your hand at practical coastal management, build a boardwalk, open up pathways, look after the dunes and beaches and meet new people. Join us for a tea or coffee after and take a look up at the top of the Tower for the views of over Morecambe Bay.

Free, 4 hours

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## October 2018 (3)

**Saturday 18 - 10.30am – 12pm**

**Fleetwood LMB Group - Ferry Beach Slipway**

Care about the seas, our beaches and our wildlife? Heard about all the marine litter in our seas? Let's all try and make a difference. Join the rangers and our team of coastal and countryside volunteers to clear our coastal beaches. We provide all equipment. Just put on your wellies and come along to help out.

Free, 1.5 hours

**Sunday 21 - 9am – 10am**

**Late Autumn Bird Watch - Rossall Point Tower**

Visit Rossall Point Tower observe our coastal birds. A slow walk.

Free

**Tuesday 23 - 12noon until 3pm**

**Crafty Aft - Halloween Crafts - The Pavilion, Memorial Park, Fleetwood**

Time slots: 12noon – 12.45pm – 10 spaces available; 1pm – 1.45pm – 10 spaces available; 2pm – 2.45pm – 10 spaces available

Join the Memorial Park Team for some spooky Halloween crafts for children. Booking essential please ring 01253 891000.

£3.00

**Wednesday 24 - 10am - 11.30am**

**Harbour Village Clean Up - Windward Avenue, Harbour Village, Fleetwood**

Meet at the play area. Everyone welcome! We provide all equipment. Just put on your wellies and come along to help out. Please wear suitable clothing and footwear. Children welcome if with a responsible adult.

Free

**Wednesday 24 - 10.30am – 12pm**

**Halloween Crafts at Stanah - Wyre Estuary Country Park**

Bring a pumpkin to carve and then create some spooky crafts.

£3.50 per child (parents/guardians free but they must stay with their children at all times)

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## October 2018 (4)

**Thursday 25 - 9.30am – 11.30am**

**Beginners Guide to the Birds of the Wyre Estuary Country Park - Wyre Estuary Country Park, Stanah**

Join the rangers to look at both the woodland/garden birds and the waders and wildfowl of the estuary.

£3.50/2.50, Grade: easy, 2 miles, 2 hours, tramper, binoculars

**Friday 26 - 10.30am – 12.30pm**

**Knott End Legstretcher - Knott End Cafe**

A circular walk through local countryside and seawall with views across Morecambe Bay to Lakeland Hills from Knott End. Refreshments available at the end of the walk (extra cost).

£3.50/2.50, Grade: moderate, 2 hours, 4¾ miles, boots, medication, light refreshments, dogs

**Saturday 27 - 11am – 1.30pm**

**Petrifying Pumpkin Carve - The Pavilion, Memorial Park, Fleetwood**

Free Pumpkin Carving from 11am until 1.30pm (first come first served); scary face painting and glitter tattoos; balloon crafting; scary luckydip. Tea, coffee and hot chocolate served by the Friends Volunteers.

Please be aware that there will be a small charge for individual activities as the Friends of the Memorial Park are fund raising

**Sunday 28 - 1pm - 3pm**

**Xplorer Orienteering for children - The Pavilion, Memorial Park, Fleetwood**

Xplorer is a family friendly navigation challenge using a simple map. The aim is to find a number of markers that are located around the park. At each marker children need to identify what is pictured and enjoy learning a fun fact.

50p per child

**Wednesday 31 - 10.30am – 12.30pm**

**Big Estuary Clean Up - Fluke Hall, Pilling**

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

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## 2018 Walking Wyre Health Walks September

Date	Time	Start Point	Grade
Saturday 1	2pm	Marine Hall, Fleetwood	All T *
Tuesday 4	2pm	Marsh Mill Tavern, Thornton	Easy
Wednesday 5	2pm	Knott End Café	Moderate T
Thursday 6	2pm	Carleton – Castle Gardens	Moderate
Sunday 9	2pm	Wyre Estuary Country Park, Stanah	All/Easy T *
Tuesday 11	2pm	Singleton Church	Easy
Wednesday 12	10.30am	Memorial Park, Fleetwood	All T
Thursday 13	2pm	Stalmine – Seven Stars Pub	Moderate
Saturday 16	10.30am	Cleveleys Community Centre	Easy *
Tuesday 18	2pm	Scorton Village Centre	Moderate
Wednesday 19	10.30am	Wyre Estuary Country Park, Stanah	All/Easy T *
Friday 21	2pm	The Shovels Pub, Hambleton	Easy
Saturday 22	2pm	Skippool Picnic Area, Thornton	Moderate
Tuesday 25	2pm	Great Eccleston Village Centre	Moderate
Wednesday 26	10.30am	Visit Garstang Centre	Moderate
Friday 28	10.30pm – 12.30pm	Pilling Legstretcher (Pilling Village Centre)	Moderate £
Saturday 29	2pm	Marine Hall, Fleetwood	All T *

All health walks are free and everyone is welcome no matter what their age or ability.

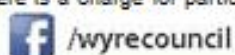
If one hour is a bit too long for you, our health walk leaders can help by starting you off at a gentle amble at 30 minutes. Please let the leader know if you would find this helpful when you join the group. The 30 minute walks will be available from Fleetwood, Cleveleys and the Wyre Estuary Country Park, these will start the same time as the 1 hour health walks – please see \* adjacent to the listing. All walk times are approximate, dependent upon pace of walkers.

Please arrive ten minutes before the start of the walk for a prompt departure.

It will be necessary for each new customer to complete a health questionnaire.

Please note we need 7 days' notice to book a trumper for a health walk.

Please note that where the £ sign is displayed, there is a charge for participating



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# October

Date	Time	Start Point	Grade
Tuesday 2	2pm	Marsh Mill Tavern, Thornton	Easy
Wednesday 3	2pm	Knott End Café	Moderate T
Thursday 4	2pm	Carleton – Castle Gardens	Moderate
Sunday 7	2pm	Wyre Estuary Country Park, Stanah	All/Easy T *
Tuesday 9	2pm	Singleton Church	Easy
Wednesday 10	10.30am	Memorial Park, Fleetwood	All T
Thursday 11	2pm	Stalmine – Seven Stars Pub	Moderate
Saturday 13	10.30am	Cleveleys Community Centre	Easy *
Tuesday 16	2pm	Scorton Village Centre	Moderate
Wednesday 17	10.30am	Wyre Estuary Country Park, Stanah	All/Easy T *
Friday 19	2pm	The Shovels Pub, Hambleton	Easy
Saturday 20	2pm	Skippool Picnic Area, Thornton	Moderate
Tuesday 23	2pm	Great Eccleston Village Centre	Moderate
Wednesday 24	10.30am	Visit Garstang Centre	Moderate
Friday 26	10.30am – 12.30pm	Knott End Legstretcher (Knott End Café)	Moderate £
Saturday 27	2pm	Marine Hall, Fleetwood	All T *
Tuesday 30	2pm	Marsh Mill Tavern, Thornton	Easy
Wednesday 31	2pm	Knott End Café	Moderate T

All health walks are free and everyone is welcome no matter what their age or ability.

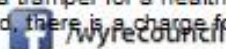
If one hour is a bit too long for you, our health walk leaders can help by starting you off at a gentle amble at 30 minutes. Please let the leader know if you would find this helpful when you join the group. The 30 minute walks will be available from Fleetwood, Cleveleys and the Wyre Estuary Country Park, these will start the same time as the 1 hour health walks – please see \* adjacent to the listing. All walk times are approximate, dependent upon pace of walkers.

Please arrive ten minutes before the start of the walk for a prompt departure.

It will be necessary for each new customer to complete a health questionnaire.

Please note we need 7 days' notice to book a trampoline for a health walk.

Please note that where the £ sign is displayed, there is a charge for participating



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LOVE My  
BEACH



## Beach and Estuary Cleans in Wyre 2018 September

### Knott End Beach Clean

**Tuesday 4 10am – 11.45am**

Knott End Car Park (please note this may change so check before each event with Tom Myerscough on 07930 200059)

Everyone welcome! We provide all equipment. Just put on your wellies and come along to help out. Please check [www.wyriverstrust.org](http://www.wyriverstrust.org) for further information closer to the time of each beach clean. Free, 1 mile, dogs

### Love My Beach

**Thursday 6, 13, 10 & 27 10.30am – 12pm**

Rossall Point, Fleetwood

Meet at the Tower to take part in litter picks and other beach care activities. A chance to help care for the coast with no long term commitment. Every Thursday of the month. Join us for a tea and coffee after and take a look up from the top of the Tower at the views over Morecambe Bay.

Please wear outdoor clothing and footwear.

Free, 1 mile, tramper, wheelchair, dogs

### Cleveleys Beach Care

**Sunday 9 10.30am – 11.30am**

Sea Swallow Statue, top of Victoria Road, Cleveleys Promenade

Come and join Cleveleys beach care to help make a difference. Marine litter is a global problem, come along and join us to make your local coastal environment a better place for you, your children its wildlife and the environment. We will supply all the equipment just come along in your wellies and suitable outdoor clothing.

Free, 1 hour, 1 mile

### MCS Beachwatch

**Saturday 15 12pm – 1pm**

Rossall Point Observation Tower, Fleetwood

Take part in the National MCS Beach Clean and Beachwatch event. Tools provided. Please wear appropriate clothing and footwear.

Free, 1 hour

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#### **MCS Beachwatch**

**Sunday 16 2pm – 3pm approx**

Rossall Beach, Cleveleys

Take part in the National MCS Beach Clean and Beachwatch event. Tools provided. Please wear appropriate clothing and footwear.

Check [rossallbeach.org.uk](http://rossallbeach.org.uk) for details and date changes.

Free

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

**Wednesday 19 10.30am – 12.30pm**

Larkholme Grasslands, Fleetwood

Care about the seas, our beaches and our wildlife? Heard about all the marine litter in our seas? Let's all try and make a difference. Join the rangers and our team of coastal and countryside volunteers to clear our coastal beaches. We provide all equipment. Just put on your wellies and come along to help out.

Free, 2 hours

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

**Wednesday 26 10am - 11.30am**

Windward Avenue, Harbour Village, Fleetwood

Meet at the play area. Everyone welcome! We provide all equipment. Just put on your wellies and come along to help out. Please wear suitable clothing and footwear. Children welcome if with a responsible adult.

Free

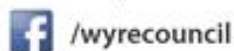
#### **Rossall Point Conservation Day**

**Sunday 23 10am – 2pm**

Rossall Point, Fleetwood

Try your hand at practical coastal management, build a boardwalk, open up pathways, look after the dunes and beaches and meet new people. Join us for a tea or coffee after and take a look up at the top of the Tower at the views over Morecambe Bay. Please wear outdoor clothing and footwear.

Free, 4 hours



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## Beach and Estuary Cleans in Wyre 2018 October

### Knott End Beach Clean

**Tuesday 2 10am – 11.45am**

Knott End Car Park (please note this may change so check before each event with Tom Myerscough on 07930 200059)

Everyone welcome! We provide all equipment. Just put on your wellies and come along to help out. Please check [www.wyriverstrust.org](http://www.wyriverstrust.org) for further information closer to the time of each beach clean. Free, 1 mile, dogs

### Love My Beach

**Thursday 4, 11, 18 & 24 10.30am – 12pm**

Rossall Point, Fleetwood

Meet at the Tower to take part in litter picks and other beach care activities. A chance to help care for the coast with no long term commitment. Every Thursday of the month. Join us for a tea and coffee after and take a look up from the top of the Tower at the views over Morecambe Bay. Please wear outdoor clothing and footwear.

Free, 1 mile, tramper, wheelchair, dogs

### Cleveleys Beach Care

**Sunday 7 & 21 10.30am – 11.30am**

Sea Swallow Statue, top of Victoria Road, Cleveleys Promenade

Come and join Cleveleys beach care to help make a difference. Marine litter is a global problem, come along and join us to make your local coastal environment a better place for you, your children its wildlife and the environment. We will supply all the equipment just come along in your wellies and suitable outdoor clothing.

Free, 1 hour, 1 mile

### Beach Clean and a Brew

**Monday 8 9.30am – 11.30am**

Rossall Beach, Cleveleys

Come along for a rewarding morning looking after the environment at Rossall Beach. Meet at 9.30am near the notice board on Rossall Promenade, Cleveleys for beach cleaning, followed by a coffee at The Venue from 10.45am onwards. You are welcome to come to both or one activity as you choose, and you're sure of a warm welcome and a glow of satisfaction from a job well done with a friendly group of people. Check [rossallbeach.org.uk](http://rossallbeach.org.uk) for details and date changes.

Free, 2 hours



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## Beach and Estuary Cleans in Wyre 2018

### October (2)

#### **Fleetwood LMB Group**

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

**Sunday 14 10am – 2pm**

Rossall Point, Fleetwood

Try your hand at practical coastal management, build a boardwalk, open up pathways, look after the dunes and beaches and meet new people. Join us for a tea or coffee after and take a look up at the top of the Tower at the views over Morecambe Bay. Please wear outdoor clothing and footwear. Free, 4 hours

#### **Saturday 20 10.30am – 12pm**

Ferry Beach Slipway

Care about the seas, our beaches and our wildlife? Heard about all the marine litter in our seas? Let's all try and make a difference. Join the rangers and our team of coastal and countryside volunteers to clear our coastal beaches. We provide all equipment. Just put on your wellies and come along to help out.

Free, 1.5 hours

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

**Wednesday 24 10am - 11.30am**

Windward Avenue, Harbour Village, Fleetwood

Meet at the play area. Everyone welcome! We provide all equipment. Just put on your wellies and come along to help out. Please wear suitable clothing and footwear. Children welcome if with a responsible adult.

Free

#### **Wyre Estuary Big Clean Up**

**Wednesday 31 10.30am – 12.30pm**

Fluke Hall, Pilling

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

Free, 1 mile, 2 hours



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## Family Craft Day

with the Rangers

Sunday 30 September 2018

@ Wyre Estuary Country Park

River Road, Stanah, Thornton FY5 5LR

11am to 3pm

A fun day for all the family using coppiced wood

Try your hand at something different

Have a go at making your own bird and bat boxes

Please note there is a small charge for individual activities

If you need any further information about the day

**call now on 01995 602125**

We hope to see you for a really great day!



### Other events at Wyre Estuary Country Park

Explorer

Wednesday 15 August and Sunday 30 September, 11am - 3pm

Beginners guide to Saltmarsh

Saturday 25 August, 2pm - 4pm

Heritage of the Wyre Estuary at Skipool

Saturday 15 September, 1.30pm - 3.30pm

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

## PARKRUN LAUNCHES IN FLEETWOOD

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

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



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

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

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

Councillor Lynne Bowen, Leisure, Health and Community Engagement Portfolio Holder at Wyre Council comments, "We are so pleased to bring parkrun to Fleetwood. This weekly event is all about inclusiveness and wellbeing. We want people to feel part of a community and know that anyone is welcome to come along, enjoy the views of our beautiful coastline and boost their fitness. Taking place every Saturday morning, it's a great way to start your weekend.

"We are really grateful to everyone who has helped to get this event off the ground including the parkrun team, Healthier Fleetwood and all the

volunteers. The volunteers are local people with a passion to make a difference in their local community and have given up their time to learn a variety of roles in addition to all the organising and planning that goes into establishing a parkrun.”

All parkrun events are organised by a group of dedicated, local volunteers and there is still a variety of roles available for people to get involved in. You can find out more at [www.parkrun.org.uk/fleetwoodpromenade/volunteer](http://www.parkrun.org.uk/fleetwoodpromenade/volunteer)

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

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

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

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





Heritage Open Days is England's largest festival of history and culture, bringing together over 2,500 organisations, 5,000 events and 40,000 volunteers. Every year in September, places across the country throw open their doors to celebrate their heritage, community and history. It's your chance to see hidden places and try out new experiences – and it's all free!

This year in Wyre we have a number of walks, talks and tours and the chance to go inside some of our beautiful buildings.

Read more on Wyre Council's website at [www.wyre.gov.uk/heritageopendays](http://www.wyre.gov.uk/heritageopendays) or contact Wyre Council



The FYi Directory is a one stop shop for **health, social and community services information** on the Fylde Coast. It's a new, unique information resource for people and professionals across Blackpool, Fylde and Wyre, bringing together information about a wide range of local health and council services, community clubs, social groups, wellbeing activities and events into one comprehensive source.

### **Activities, organisations, information and services at your fingertips**

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

A simple postcode search allows you to view information about the services you want nearest to your home. This information includes a description of what the service is, who can benefit from it, plus how and when you can access it, along with contact details for more information.

### **No computer or internet access?**

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

The Directory is run in conjunction with local councils and the NHS, so if you want to publicise any clubs, activities, etc you can log on to [www.fyidirectory.co.uk](http://www.fyidirectory.co.uk) or ring 0800 092 2332

Search FYI Fylde and Wyre Directory

Secure | https://www.fyidirectory.co.uk/kb5/blackpool/directory/fyldeandwyre.page?district=fyldeandwyre&directorychannel=0

Apps FCApps ICT Service Desk Sell National Smartcard

**FYI** DIRECTORY

NHS Blackpool Council Fylde Council wyre Lancashire County Council Shortlist 0

Home Directory What's On Contact Us Help A-Z of services **AAA** Provider Sign In Area


Keyword(s) Place name or postcode Directory Search

Home / Fylde and Wyre Directory

## Fylde and Wyre Directory

Find services by subject

- Children and Families
- Health Care
- Wellbeing and Healthy Living
- Services in your GP area
- Emergencies
- Adults
- Safe & Secure Traders
- SEND Local Offer

 NEWS Latest Newsletters - July 2018

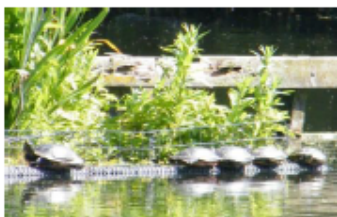
August 2018 »

10:30 16/08/2018

# 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](http://www.facebook.com/walkintheparkblackpool)

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

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



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

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



### CALENDAR

#### 2018

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

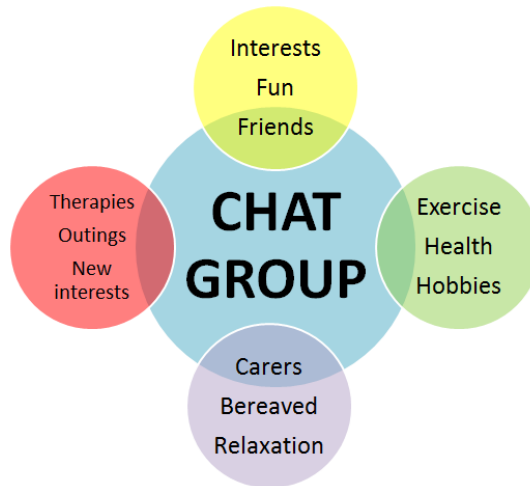
#### 2019

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

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



## WEEKLY LOCAL GROUP WITHIN TMC



**Who we are:** Local Support group for carers and bereaved

**What we do:** One week – events, activities, outings; Next week – tea bar

**Where:** Thornton Health Centre, Church Road

**When:** Fridays 1:30 to 3:30

**How to join:** Just call in on a Friday

The CHAT Group is a Carer and bereavement support group for our community. It is a friendship group that provides a variety of activities such as guest speakers, quizzes, bingo and an occasional lunch together.

They meet every Friday afternoon, 1:30 until 3:30 at their base in Thornton Medical Centre. Here, they can be found in the room immediately on the left as you enter the Medical Centre by the main entrance on Church Road, Thornton.

For further information please ring Pat on 01253 854452 and to join just come along.

They will look forward to seeing you!



a simple  
**HELLO**  
could lead to  
A MILLION  
things



Are you beginning to worry about your health? Want to lose weight before Christmas? Those jeans tighter than you remember? Or do you just want to get out and be more active?

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

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

If you'd like to discuss any of the above, just give YourMove a ring on [01253 882105](tel:01253882105) or go on the website at [www.yourmoveprogramme.co.uk](http://www.yourmoveprogramme.co.uk)

# Lancashire Victim Services

## 0300 323 0085

**FOR SUPPORT WHEN YOU NEED IT**

**WHEN YOU'RE READY FOR IT**

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

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

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

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

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

Please visit the website for more information

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



## CCG AND LOCAL NHS NEWS



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

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

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

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

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

This message will play to callers 24/7.

# EXTENDED ACCESS SERVICES AVAILABLE TO PATIENTS

Evening and weekend appointments are now available with GPs, practice nurses and other healthcare professionals for routine pre-booked services

NHS Fylde and Wyre Clinical Commissioning Group is committed to improving access to primary care services. This includes making appointments available at times that are convenient to patients. If you:

find it difficult to attend an appointment during the working day;



are a busy parent with children

or rely on working carers to take you to appointments;



then this service is here to support you.

## About the service

NHS Fylde and Wyre Clinical Commissioning Group has arranged for additional appointments to be provided outside of normal GP practice hours.

The service offers pre-bookable, routine primary care appointments with a range of clinicians including GPs, nurses and health care assistants.

The service employs local clinicians from the Fylde coast, where possible.

## Types of appointments offered:

**Smears**  
**BP checks**

**Bloods**  
**Ear syringing**  
**Diabetic**

**Dressings**  
**ECGs**  
**Coil and ring pessaries**

**GP appointments**  
**Pill checks**

**TO BOOK THESE APPOINTMENTS, PLEASE TELEPHONE THE  
SURGERY.**

## Where to go

<b>Fleetwood</b> Fleetwood Health and Wellbeing Centre Dock Street Fleetwood FY7 6HP	<b>Freckleton</b> Freckleton Health Centre Douglas Drive Freckleton PR4 1RY
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The appointments are offered at the following locations:

Day	Fleetwood	Freckleton
Monday		6.30pm to 9.30pm
Tuesday		6.30pm to 9.30pm
Wednesday	6.30pm to 9.30pm	
Thursday	6.30pm to 9.30pm	
Friday	6.30pm to 9.30pm	
Saturday		8am to 2pm
Sunday		8am to 2pm

## Appointments

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

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

Please note that when you book an appointment the Practice will ask you for consent to share your detailed GP record with the clinician providing the care.

**Should you need to cancel your appointment please contact your GP Practice.** If your GP Practice is closed please contact the extended access service directly on 01253 957 230 to cancel.

**CELEBRATING**

**70**

**YEARS**

**OF THE NHS**

**1948 - 2018**



# THE HISTORY OF THE NHS IN ENGLAND

## The early years 1948-1959



### July 5 1948 – The NHS is born

The central principles are clear: the health service will be available to all and financed entirely from taxation, which means that people pay into it according to their means.

- 1952 – charges of one shilling (5p) are introduced for prescriptions
- 1953 – DNA structure revealed
- 1954 – smoking and cancer link established
- 1954 – daily hospital visits for children introduced
- 1954 – The Percy Commission
- 1958 – polio and diphtheria vaccinations programme launched
- 1959 – Mental Health Act

## The NHS in the 1960s

- 1960 – first UK kidney transplant
- 1961 – the contraceptive pill is made widely available
- 1962 – Enoch Powell's Hospital Plan
- 1962 – first full hip replacement is carried out by Professor John Charnley
- 1967 – The Salmon Report
- 1967 – The Abortion Act
- 1968 – Britain's first heart transplant
- 1968 – British woman gives birth to sextuplets after fertility treatment

## The NHS in the 1970s

- 1972 – CT scans revolutionise the way doctors examine the body
- 1975 – endorphins are discovered
- 1978 – the world's first baby is born as a result of in vitro fertilisation (IVF)
- 1979 – the first successful bone marrow transplant on a child takes place



## The NHS in the 1980s

- 1980s – MRI scans introduced
- 1980s – keyhole surgery
- 1980s – The Black Report
- 1981 – improved health of babies
- 1983 – the Mental Health Act
- 1985 – Britain's youngest liver transplant patient
- 1986 – first AIDS health campaign
- 1987 – heart, lung and liver transplant
- 1988 – breast screening introduced

## The NHS in the 1990s

- 1991 – first 57 NHS trusts established
- 1994 – NHS Organ Donor Register is set up
- 1998 – NHS Direct launched
- 1999 – National Service Framework for Mental Health



## **The NHS in the 2000s: the new millennium**

### **The NHS in 2000**

- NHS walk-in centres introduced
- The NHS Plan
- The NHS in 2002
- Primary care trusts launched
- First successful gene therapy
- First pilot scheme for free choice
- National Programme for IT launched
- Four-hour target for A&E departments
- The NHS in 2006 – Extended patient choice
- NHS Bowel Cancer Screening Programme launched
- Vaccination of babies against pneumococcal meningitis begins
- Improving Access to Psychological Therapies (IAPT) programme

### **The NHS in 2007**

- Launch of NHS Choices health information website
- Smoking ban
- Introduction of robotic arm leads to ground breaking heart operations
- Free choice
- The NHS at 60
- Next Stage Review

- HPV vaccination programme
- Target to halve MRSA infections in England is met
- NHS screening anniversary
- 2008: Improving Access to Psychological Therapies (IAPT) programme launched

### The NHS in 2009

- Change4Life
- Same-sex accommodation programme
- Design for patient dignity (between 2009 and April 2010)
- The NHS Constitution
- Stroke Act F.A.S.T. campaign



The Act F.A.S.T. campaign was launched in February 2009 and includes strong imagery to highlight the visible signs of stroke.

F.A.S.T. stands for Face Arm Speech Time, and is a simple test to help people recognise the signs of stroke and understand the importance of emergency treatment. The campaign encourages people to call 999 as soon as possible. The sooner a stroke patient receives treatment, the better their chances are of surviving and reducing long-term disability.

- Care Quality Commission launched
- Patient Reported Outcome Measures (PROMs)
- 18-week waiting times
- New Horizons: better mental wellbeing, better mental healthcare
- NHS Health Checks



## The NHS in the 2010s

- 2010 – Equity and excellence: Liberating the NHS white paper
- 2012 – The Health and Social Care Act 2012
- 2012 – London Olympic Games opening ceremony pays tribute to the NHS
- 2012 – First person in the UK to have a hand transplant
- 2013 – The NHS Friends and Family Test
- 2013 – AAA screening rolled out across England
- 2014 – The NHS 111 telephone service goes nationwide
- 2014 – Launch of My NHS gives patients access to more health data
- 2014 – Five Year Forward View
- 2016 – One You
- 2017 – NHS 111 Online pilots

## 2018 – The NHS turns 70



# WHO'S WHO

Here's a little reminder of Who's Who at the Practice:

Reception:	Sandra, Nancy, Elaine
Patient Advisors:	Lorraine, Sian, Emily, Rebecca
Pharmacy/Prescriptions:	Denise, Jodie, Helen, Danielle
Secretaries:	Trish, Jacqueline, Bev
Medical Admin:	Lynne, Louise, Carolyn, Steve
Practice Management:	Amy, Liz
Nurse Manager:	Karen
Carleton Branch Supervisor:	Jackie
Patient Services Manager:	James
Patient Operations and HR Manager:	Michelle
Nurses:	Danielle, Dawn, Jacqui, Jane
Health Care Assistants:	Jessie, Bethany
Health Advisor:	Margaret
Admin Apprentices:	Olivia, Megan



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

[www.thedoctors.co.uk](http://www.thedoctors.co.uk)

### **THORNTON BRANCH OPENING TIMES**

**Mon:** 8.00am-6.00pm

**Tue:** 8.00am-6.00pm

**Wed:** 8.00am-6.00pm

**Thu:** 8.00am-6.00pm

**Fri:** 8.00am-6.00pm

**Sat:** closed

**Sun:** closed

### **CARLETON BRANCH OPENING TIMES**

**Mon:** 8:30 – 6:00pm

**Tue:** 8:30 – 6:00pm

**Wed:** 8:30 – 1.00pm

**Thu:** 8:30 – 6:00pm

**Fri:** 8:30 – 6:00pm

**Sat:** closed

**Sun:** closed

#### **Telephone**

01253 95 62 82

#### **Fax**

01253 95 62 83

#### **Email**

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

