

# Healthy Darwen Winter 2020 Newsletter



Darwen Primary Care Neighbourhood's Community Group

**Your Guide to Health Services  
over the festive period and  
advice on how to keep well  
and stay healthy**

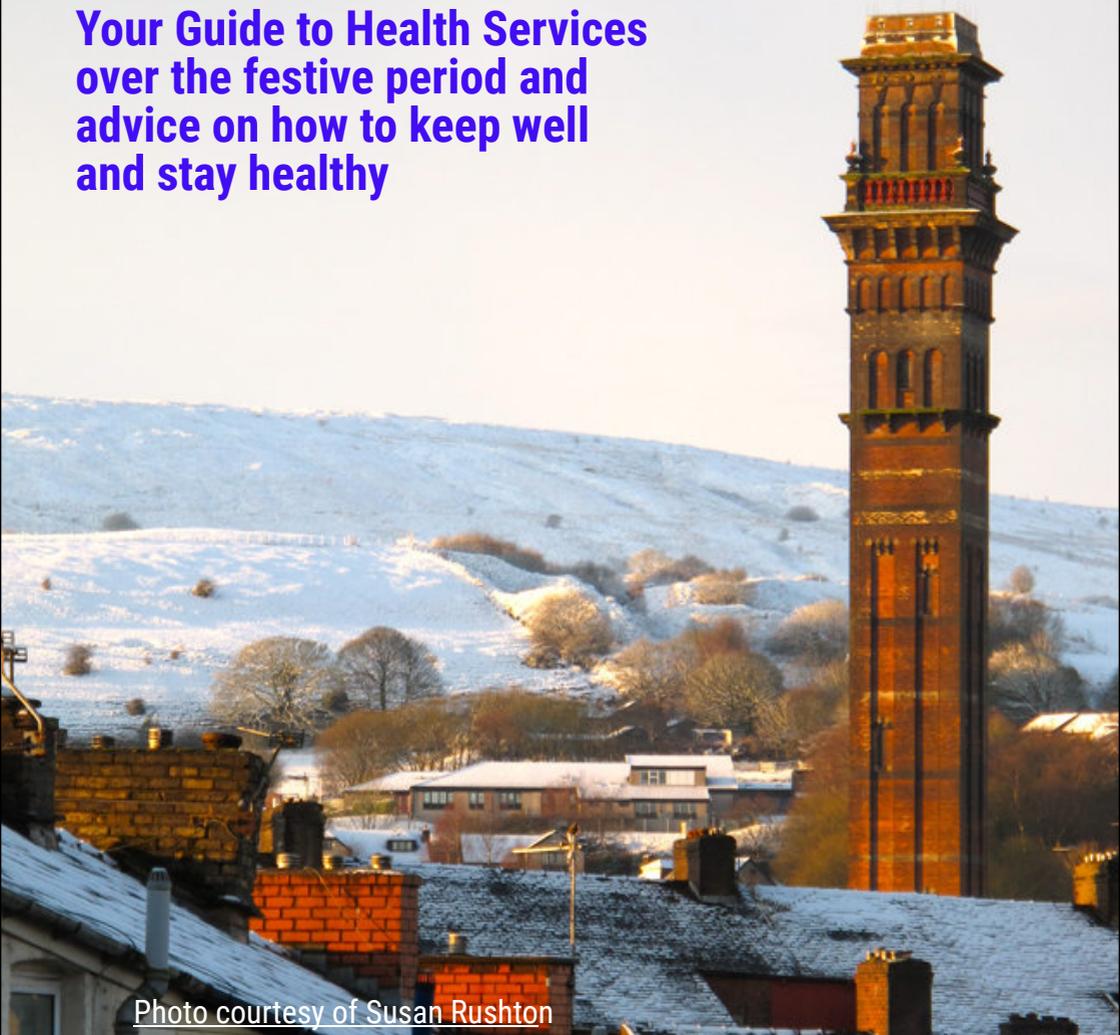


Photo courtesy of Susan Rushton

[www.healthydarwen.com](http://www.healthydarwen.com)



# Welcome to our Winter 2020 Newsletter

2020 is going to be a year that will never be forgotten in living memory and our condolences go out to all those who have lost a loved one in these very trying times.

2019 was a good year for the Healthy Darwen Community Group, we held two successful Health Days. The first in January at the Whitehall Hotel and in September at the Leisure Centre and Market Square. We also published two guides to services in Darwen, copies of which can still be downloaded from our website [www.healthydarwen.com](http://www.healthydarwen.com). which I am sad to say has been dormant for most of this year as it was hard to keep up with the many changes taking place through Covid so we decided to defer to the services delivering the care to provide updates to their patients and population

That not to say members of the group have not been active and we helped the GP Practices deliver a very successful flu vaccination campaign whilst maintaining social distancing and clinically safe best practice. You can read more on page 3

**Wishing you all the best for the  
coming season and hopes for  
a healthy New Year  
From everyone at Healthy Darwen**

All information in this newsletter is gathered from various sources by the group and is freely available in the public domain. Whilst we endeavour to verify the information we cannot accept any responsibility for omissions or errors. You should make your own judgement when acting on any information contained in the newsletter

## Flu Vaccination in Darwen

This year saw the three GP Practices in the Darwen Primary Care Neighbourhood deliver a unique programme of socially distanced vaccinations. The practices were assisted by other members of the Neighbourhood teams including District Nursing Services, local Councillors and Patient Representatives.

As well as running clinics at the Health Centre at weekends and evenings we made use of community centres at Hoddlesden and St Edwards Church and we would like to thank them for allowing us to use their facilities.

We also ran drive through vaccinations at the Health Centre and the Market Car Park. The Community Nursing Team visited Care Homes and administered the vaccine to the residents.

Feedback from patients proved this to be a resounding success and the statistics showed we carried out over 50% more vaccinations than last year



## COVID 19 VACCINATIONS

Plans are well underway for the delivery of the Covid Vaccinations in Blackburn with Darwen

We will contact you in due course with an invitation to book. We ask at this time that you wait until contacted. We need to keep the telephone lines as free as possible for patients ringing in who may be acutely unwell.

We know many of you will have many questions about the new Covid vaccine. To help you with any queries that you may have please click the link below that will take you to the Blackburn with Darwen CCG Covid Frequently Asked Questions site

[Covid Vaccine FAQs - NHS Blackburn with Darwen CCG](#)

## Remembering those that we have lost during COVID and the dedication of our NHS workers during this time

A bench has been erected in Sunnyhurst Woods to commemorate those who have lost their lives in the coronavirus pandemic.

A petition was started by Pauline McLoughlin from Darwen which was noticed by Darwen West Cllr Brian Taylor who helped Pauline's idea come to life.

Cllr Taylor spoke with Darwen Town Council for funding and Blackburn with Darwen Council for permission to have it installed, while Pauline contacted WEC Engineering who built the bench.

Pauline said: "Six months ago I witnessed first hand the effects of the death of a loved one, in my case my mum, not only on myself and my family members but also on my fellow health professionals."



**Do not forget to order any repeat medication in good time - Allow 48 hours to collect  
Check the next page for opening times**



**Surgery Opening Times**

24 Dec Christmas Eve 08:00-18:30  
25 Dec Christmas Day Closed  
26 Dec Boxing Day Closed  
27 Dec Sunday Closed  
28 Dec Monday Closed  
29 Dec Tuesday 08:00-18:30

30 Dec Wednesday 08:00-18:30  
31 Dec Thursday 08:00-18:30

**2021**

01 Jan New Years Day Closed  
02 Jan Saturday Closed  
03 Jan Sunday Closed  
04 Jan Monday 08:00-18:30

**Chemist Opening Times**

**Market St Tel: 01254 873977**

24th December 7.30am – 7.30pm  
25th December 10am – 2pm  
26th December 7.30am – 6pm  
27th December 10am – 6pm  
28th December 10am – 6pm  
29th December 7.30 am – 7.30pm  
30th December 7.30am – 7.30pm  
31st December 7.30am – 7.30pm  
1st January 10am – 6pm

**Cohens Tel01254 772106**

24th December 8.30am – 6.30pm  
25th December CLOSED  
26th December CLOSED  
27th December CLOSED  
28th December CLOSED  
29th December 8.30am – 6.30pm  
30th December 8.30am – 6.30pm  
31st December 8.30am – 6.30pm  
1st January CLOSED

**Gelos Tel: 01254 705849**

24th December 9am – 6.30pm  
25th December CLOSED  
26th December 9am – 1pm  
27th December CLOSED  
28th December CLOSED  
29th December 9am – 6.30pm  
30th December 9am – 6.30pm  
31st December 9am – 6.30pm  
1st January CLOSED

**Everest Tel: 01254 777230**

24th December 9am – 6pm  
25th December CLOSED  
26th December 9am -11am  
27th December CLOSED  
28th December CLOSED  
29th December 9am – 6pm  
30th December 9am – 6pm  
31st December 9am – 6pm  
1st January CLOSED

**Church St Tel: 01254 702435**

24th December 9am – 5:30pm  
25th December CLOSED  
26th December 9am – 5pm  
27th December CLOSED  
28th December CLOSED  
29th December 9am - 5:30pm  
30th December 9am - 5:30pm  
31st December 9am - 5:30pm  
1st January CLOSED

**Boots Tel: 01254 703120**

24th December 8am – 6pm  
25th December CLOSED  
26th December 8am – 5pm  
27th December CLOSED  
28th December CLOSED  
29th December 8am – 6pm  
30th December 8am – 6pm  
31st December 8am – 6pm  
1st January CLOSED



## Arrangements when the Surgery is closed over Christmas and New Year

You can check practice websites for updates and follow the general guidance when surgeries are closed

If you have an urgent problem that cannot wait until surgery is open please ring the [NHS helpline on 111](#)

If you are experiencing pains in your chest , shortness of breath or the person you are with has lost consciousness and cannot be roused ring 999 and ask for an ambulance

[Click here to be taken to the NHS 111 online help website](#)

## Please Remember HANDS - FACE - SPACE



[Bold Venture in Winter Photo courtesy of Susan Rushton](#)



## **Praise for the NHS, but there are others?**

Thursday Tea Time became a time to “Clap for the NHS” to show our appreciation of their dedication to help us through this pandemic, whilst risking their own health. I am sure everyone agrees there is no better free to access health service in the world.

But let us not forget all the other people who were classed as essential workers and carried on through these times like care workers, council staff and many more. We could not have wished for a better response than the Help Hub provided by the Council who distributed food and essentials to those isolating or in need

We have some fantastic charities in the Borough like The Carers Service, Age UK, Care Network plus many others who have supported our vulnerable or those providing support to loved ones. There have been many reports of schemes just brought together by people who just wanted to help.

It would be remiss to miss out the shops and businesses in Darwen, especially the small independent traders like the Market who have ensured we could carry on getting our everyday needs. We hope that everyone will continue to support these businesses whenever things return to some sort of normality

**To all these people we would like to say**

# **A BIG THANK YOU**

## **PLEASE SUPPORT YOUR LOCAL BUSINESSES AND CHARITIES**



# What is domestic abuse?

Domestic abuse is not always physical violence. It can also include:

- coercive control and 'gaslighting'
- economic abuse
- online abuse
- threats and intimidation
- emotional abuse
- sexual abuse

This has been recognised by the Government and there is a webpage dedicated to help and advise at

<https://www.gov.uk/guidance/domestic-abuse-how-to-get-help#coronavirus-covid19-and-domestic-abuse>

There is also help and information of what to do and the things to look for if you feel someone you know is a victim.

We also have a very good support Service locally in the Wish Centre



**Domestic  
Abuse  
Services**

01254 260465

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

[info@bddwa.org.uk](mailto:info@bddwa.org.uk)

## How we can help

- We can provide help and advice if you are suffering domestic abuse
- A range of therapeutic programmes
- Services for men and women who are perpetrating abuse
- Group programmes for children and young people who have witnessed domestic abuse
- Legal advice clinics
- Counselling services

**Follow Us On:**

 Facebook and  Twitter  
@WishCentreBDDWA

## **Keeping your child wrapped up for the winter**

Keeping our children wrapped up to keep out the winter chills is only natural and a sensible thing to do - right?

However being wrapped up, especially with padded jackets and other bulky clothing to keep our little ones cosy and warm whilst travelling can have serious consequences if they are travelling in a fitted car seat.



Research has shown that the padding in some winter clothes and other bulky coverings can prevent the safety restraints holding the child being effective in the unfortunate circumstances of a collision.

It is far safer to remove bulky and padded clothing and fit the child in the seat with properly adjusted restraints to hold them securely, then placing covers outside of the harness to keep the child warm.

More information can be found on the Royal Society for the Prevention of Accidents (RoSPA) website. Please check it out to keep your child safe.

<https://www.rospa.com/lets-talk-about/2016/November/Child-car-seats>

Keep you and yours safe and have a great winter season



## Maternity and post-natal services:

Here's a useful link to the maternity services currently being offered and how they are being managed during this current situation.

<https://elht.nhs.uk/about-us/coronavirus-covid-19-guidance/maternity>



If you need any breastfeeding support then your health visiting team or midwife can put you in contact with the infant feeding team, who are based at Blackburn Birth Centre, alternatively there are Facebook groups such as Breast Intentions (BwD infant feeding support) and they are running virtual groups on Microsoft Teams every Monday from 10-11am - please join the group for details or ask your Health Visitor.

There's also FAB Lancs breastfeeding groups who run a Zoom chat 11am-12pm Mon/Weds/Fri (Code available from @FABLancsBFSupport or 01254 772929)

And Snowdrop Doula CIC also offer a full range of services including breastfeeding support.

<http://www.snowdropdoula.org.uk/>

If you need any advice on Slings or baby carriers West Pennine Slings CIC are still offering a safe contactless hire service with fittings over Zoom, please see the Facebook page for details.

<https://www.facebook.com/wpslings/>



*Maternity services across Lancashire and South Cumbria are today launching a new Mum & Baby app a definitive, personal, on-the-go guide for pregnancy, birth and beyond.*

[Click here to find out more](#)



## Alcohol & Mental Health

During November we had Alcohol Awareness Week and the theme this year was alcohol and mental health.

We are living under unprecedented pressures and we have not seen in our time such a significant change to our daily routines.

Everyone who drinks has had changes around how, where and sometimes when they drink alcohol.

Drinking behaviours have had to change with lockdowns and other measures but we must remember some important things about alcohol:

- Alcohol is more affordable if you buy it in retail outlets, if you are used to spending money in a pub or bar you will find the same amount will buy you much more in a supermarket for example.
- Alcohol is a depressant drug, so if you drink because you are feeling a bit down it can make things worse. If you drink because you have a problem, you then have two problems. The original problem is still there and you have chosen a coping strategy that might make things worse.
- It is easy to drink more than you intended at home as you don't have the usual 'regulators' around you. You are safe in your own home, you don't have to worry about driving, you may not be drinking 'normal' measures and so have difficulty in assessing how much you have had.
- If you live or work alone and you drink there are not the usual social requirements dictating when or how much you drink.
- Alcohol is a clever drug, if you drink alcohol for any amount of time your body begins to get used to it so you don't feel the effect. This means over time you will have to drink more alcohol to get the effect you once did. We call this tolerance and it is how people can become addicted to alcohol.
- Remember, any alcohol you drink may have an effect on your medication. This effect can go either way, it may neutralise or reduce the impact of the medication or it may amplify the effect. Please speak to the Practice if you have any questions.
- If you are concerned about your relationship with alcohol please contact the Practice and ask to talk to someone about it. Free advice and information is available locally at Inspire BwD 01254 495014 or online <http://www.inspireblackburndarwen.org.uk/>



## Tips for improving your **mental health** and wellbeing:

**Get active.** Getting outdoors and regular exercise can boost your mood.

**Talk to someone.** Phoning a loved one and talking about how you feel can help lighten the load.

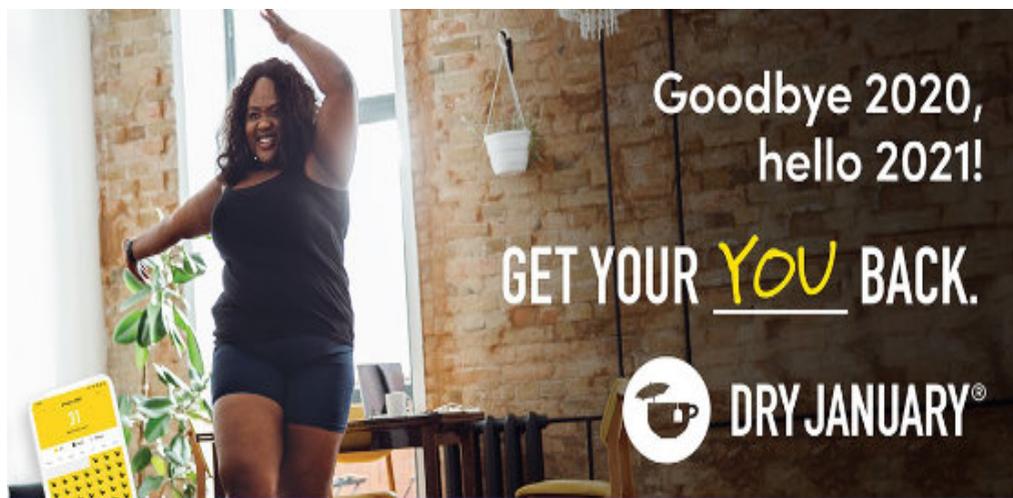
**Manage your drinking.** Downloading the free Try Dry app can help you set some goals.

For more tips:

[www.alcoholchange.org.uk](http://www.alcoholchange.org.uk)

#AlcoholAwarenessWeek

**ALCOHOL**  
**CHANGE<sup>UK</sup>**



Goodbye 2020,  
hello 2021!

GET YOUR YOU BACK.

 **DRY JANUARY<sup>®</sup>**

 Download the free Try Dry app. [dryjanuary.org.uk](http://dryjanuary.org.uk)



# *Flourishing Minds*

**Are you feeling low  
and lacking motivation?**

**Would you like to get a  
better night's sleep?**

**Do you find yourself  
worrying a lot?**

If so, then this could be the support that you need!  
We are working specifically in Blackburn and Darwen  
to help people to better self manage their wellbeing  
and to improve their quality of life!

We offer multiple forms of support:

- **Peer support**
- **Community groups**
- **Coaching groups**  
Anxiety, Depression, Stress & Worry, Sleep
- **1-2-1 Coaching**

Get in touch with us at...

Tel: **01257 231660**

Email: **[admin@lancashiremind.org.uk](mailto:admin@lancashiremind.org.uk)**





# Cervical Cancer Prevention Week 18-24 January 2021



Darwen Healthcare will be running its Cervical Cancer uptake promotion during these dates to encourage all those who are in the risk age group to have the smear test.

Do you know how cervical cancer can be prevented? During Cervical Cancer Prevention Week we want as many people as possible to know how they can reduce their risk of the disease and to educate others.

## How can you reduce your risk of cervical cancer?

We want to ensure all women and people with a cervix know how cervical cancer can be prevented. This means:

- Attending cervical screening when invited
- Knowing the symptoms of cervical cancer and seeking medical advice if experiencing any
- Taking up the HPV vaccination if aged 11-18

To find out more go to: <https://www.jostrust.org.uk/>

## Breast Screening (Mammogram)

One of the effects of COVID is that the mobile breast screening units have been unable to operate due to restrictions around social distancing and sterilisation of the unit to prevent spread of infection. The Health Authority are aware of the problem and taking all steps to increase the uptake

If you do get an invitation please try to attend, there is transport from Royal Blackburn to Burnley General Hospital available if you are unable to go by car. We will forward further information as soon as we know what is happening

If you get a Bowel Screening kit through the post please take the test and return it without delay



**Screening Saves Lives**

**CLICK FOR  
INFO**