

Darwen Primary Care Neighbourhood

Healthy Darwen

Keeping you healthy where you live



**Your Guide to
Health & Wellbeing Services in
Darwen Primary Care
Neighbourhood**

Healthydarwen.com

Welcome

We would like to welcome you to our 2nd Healthy Darwen Brochure highlighting the services that are available in our area to help people live a longer and healthier life in the place they live. Autumn is a time to prepare for the coming winter period which is the most demanding time on Health and Social Care Services, so the more we can do to help ourselves, avoid things like flu and other respiratory illnesses, will help not only ourselves, but everyone.

We will hold our second Healthy Darwen Day to coincide with this brochure where you can get one to one advice from a wide range of services, including health, social and voluntary groups, to help you keep well and active.



Our previous event was a success in many ways, it informed those who attended on prevention and health screening to detect serious illnesses earlier whilst they are treatable. It was also a chance for Health & Social Care staff to meet with colleagues from the voluntary sector and raise their awareness of services that are available. The main aim of the “Neighbourhood Model” is to avoid care professionals and voluntary organisations working in isolation and be knowledgeable about what is available to improve the health and wellbeing of our residents

To keep costs to a minimum this brochure will only be produced annually, but we will produce updates regularly on our website www.healthydarwen.com and details of this and how to sign up for our newsletter can be found at

the back of this brochure. We would also like to hear from local groups about events they run to help people keep active or avoid isolation and if you contact us on healthydarwen@gmail.com we will feature this in our newsletters and also put details or a link on our website

Finally we would like to say a big thank you to everyone involved in bringing the brochures and events together, most of whom do so voluntarily. There is a lot of input from Patients of the GP Practices in the Darwen Neighbourhood through their Patient Participation Groups and if you would be interested in becoming involved in these Groups please ask at your GP reception.

On behalf of the Darwen Primary Care Neighbourhood we would like to wish you a long life that is both healthy and active and we hope that you join us in promoting good health in the community where you live



Dr Pervez Muzaffar
GP Lead



Alan Pickup
Patient Representative

Darwen Primary Care Neighbourhood

Supported by
Blackburn with Darwen NHS
Blackburn with Darwen Borough Council &
Darwen Town Council

What are Primary Care Neighbourhoods?

Where we grow up, and the community we live in has a massive influence on our health and wellbeing. With an ageing population and increased demand on public services health and social care services across the country are trying to find more ways to work together to help people stay well and get the care they need as close to home as possible.

In Blackburn with Darwen, GP practices have joined together to form four areas known as Neighbourhoods – along with their 'neighbours' from hospital, community mental health, Local Authority Social Care, Public Health, housing services, local voluntary groups and Patient Representatives. Each Neighbourhood covers a population of around 30-50,000 people. Ours is known as **Darwen Primary Care Neighbourhood**

How do Primary Care Neighbourhoods work?

GP Practices work together as a Network to coordinate Health and Social Care for people in their local area, and consider how to make the best and most effective use of local services.

Each Neighbourhood has a set of priorities based on the health and social needs of their particular area. There is also a strong focus on preventing ill health, reducing unnecessary hospital admissions and supporting people to gain control of their own health and wellbeing. There is also the opportunity for neighbourhoods to try out different ways of working, whilst being small enough to tweak as the scheme progresses. If it works then this model can be replicated in other neighbours experiencing the same problems

Neighbourhoods are still developing, but ours has already taken initiatives to meet some of the needs in our area with more to come in the near future.

Clinicians and GPs working together

Before the NHS was formed the treatment you received was dependant on how much money you could afford to pay and often stopped many poor families getting help. Hospitals were run almost institutionally or regimentally, for their origins were in the workhouses or military hospitals of Victorian times. Florence Nightingale, probably the most famous nurse in the world, came to the forefront treating soldiers in the Crimean War.

1948 saw the birth of the NHS and free treatment at the point of care made it a source of National Pride. This new service focused mainly on hospitals because that was where most change was required. The multidisciplinary team that you see when visiting any hospital to stay or as an outpatient would be unrecognisable to those working in or using services pre 1948.

GP services were, in the main, allowed to carry on in their traditional ways, quite often working out of converted houses or shops. The demand for this "Free Service" increased and in the 60s/70s/80s purpose built health centres started to appear with multi partnered practices. But demand is still more than the number of GPs available

In line with national changes in General Practice, initiatives to expand clinical teams to include new and advanced roles will significantly increase the ability to offer timely high quality clinical care for patients to meet their needs are appearing in GP surgeries.

The new roles that are being seen include, but not limited to:

- **Advanced Clinical Nurse Practitioners**
- **Advanced Nurse Practitioners**
- **Physician Associates**
- **Paramedic Practitioners**
- **Clinical Pharmacists**

All of these clinicians have each qualified in their own areas of expertise followed by intensive and up to date training in their individual specialisms and clinical competencies. Similar to medical teams in hospitals, their work is closely supervised and monitored by senior doctors, who retain overall responsibility for clinical care. Individual cases are referred and supervised only in line with strict referral protocols To ensure the clinical protocols are applied correctly from referral, at first contact patients may be asked initial questions, by trained receptionists, about the symptoms and reasons for seeking help to ensure they see the right person in line with their needs.

Don't wait for it to get worse, ask your pharmacy team first.

You can help us help you by consulting your pharmacy team about minor health concerns before they get worse.

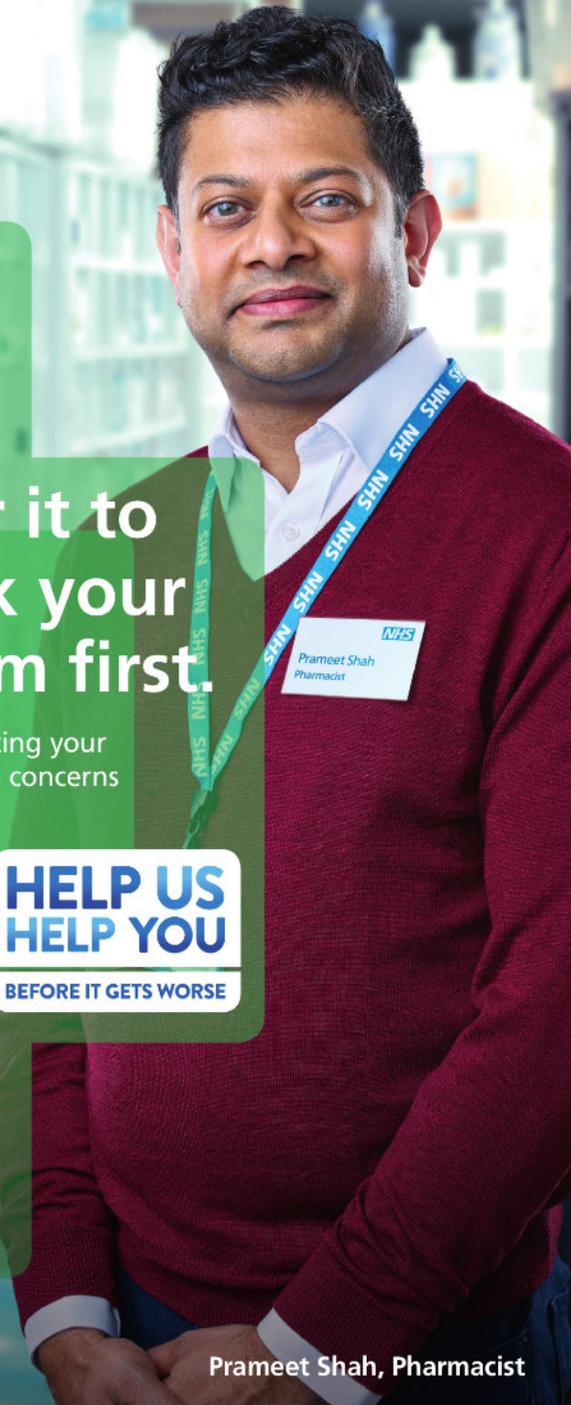
We're healthcare experts who can give you clinical advice about all sorts of illnesses, right there and then.

And, if symptoms suggest it's more serious, we'll ensure you get the help you need.

nhs.uk/pharmacyadvice

**HELP US
HELP YOU**

BEFORE IT GETS WORSE

A photograph of Prameet Shah, a pharmacist, is the central focus of the advertisement. He is a man with dark hair, wearing a maroon V-neck sweater over a white collared shirt. He has a blue NHS lanyard around his neck and a white name tag that reads 'Prameet Shah Pharmacist' with the NHS logo. He is standing in a pharmacy aisle with shelves of products in the background. The lighting is bright and clinical.

NHS
Prameet Shah
Pharmacist

Starting Healthy and keeping active

How we start out in life will determine our health and wellbeing, whilst there are those who unfortunately are born with a disability or may have an illness or accident that affects their health long term, there are many of us that can determine our own and children's outcomes in life.

The pressures of modern living and the demands on parents to give in to the the “I want” are not easy things to cope with. Whilst we cannot wave a magic wand and make things appear we can go a long way to giving our children a healthy start by keeping them active and reducing the amount of sugar and salt in their diet. Also reducing the reliance on processed foods, takeaway meals and encouraging a balanced diet will go along way. We all love these things, but make them a treat, not the norm.

Your are what you eat

It is not always easy to plan a balanced meal when you are on a fixed budget, but we hope some of the links in this brochure will give you some inspiration and that you will try your own ideas to achieve dishes that the family like and are within your budget. A good guide is that it is better to buy a smaller quantity of good meat and poultry rather than a larger amount that may contain more fat. This can then be supplemented with vegetables, pasta, rice etc. and may not cost any more for the meal. Uncoated fish, especially oily types are especially beneficial.

Plan ahead, as last minute decisions often lead to bad choices and over use of takeaways. Slow cookers can be bought for between £10-15 and can provide a nutritious one pot meal that is absolutely delicious. They are especially good for curries and pasta dishes



Look for seasonal items, as they usually cost less when there is a plentiful supply. Beware the false economy of 2 for one deals as a lot of food is discarded by over buying and not being used. Only get these deals if you have a plan on how they are going to fit in with your weekly menu. Only use ready meals when absolutely necessary as they often contain higher amounts of salt and sugar (check the food labels to avoid red levels).

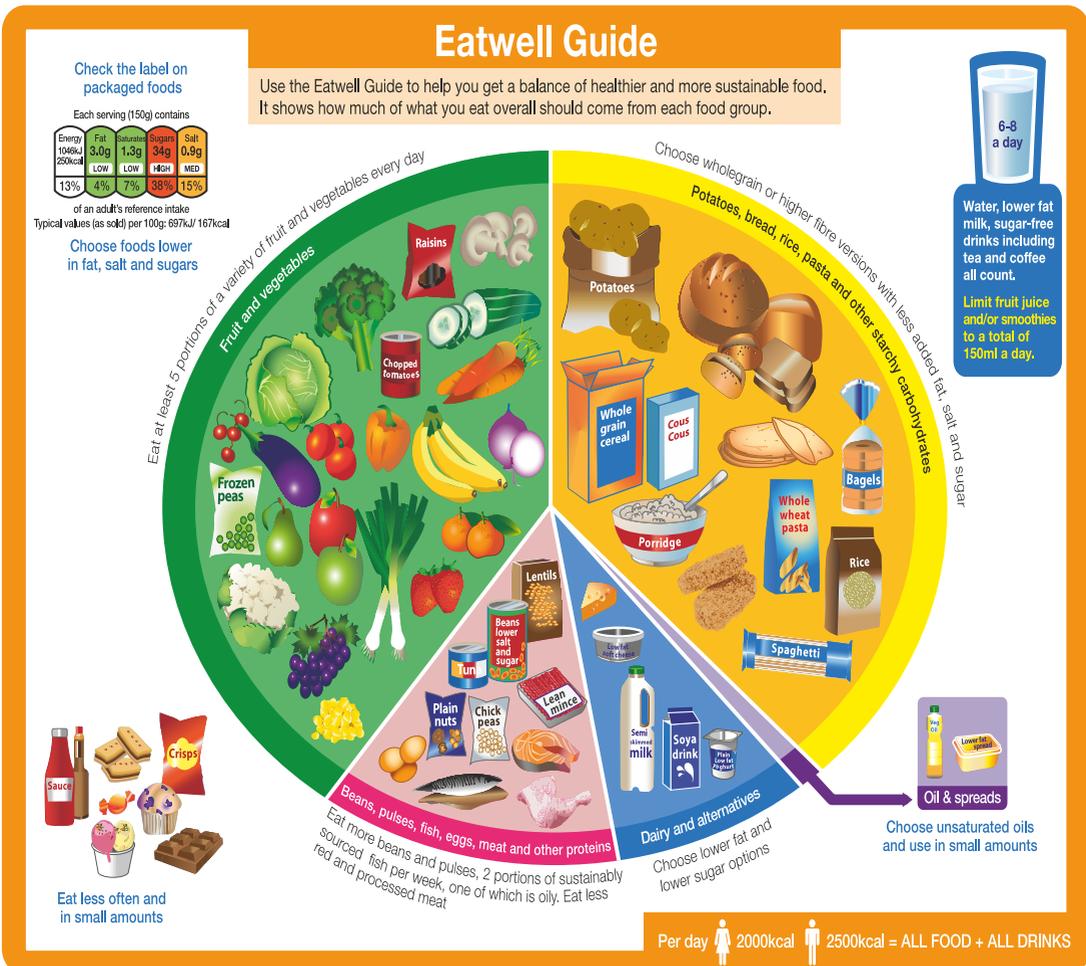
There is more help at <https://www.nhs.uk/live-well/eat-well/>

Ideas for Healthy Eating & Drinking are also available at:

<https://www.bhf.org.uk/information-support/publications/healthy-eating-and-drinking/eat-better>

Public Health England guide to healthy eating at www.gov.uk/government/publications/the-eatwell-guide

which shows the recommended mix of food to plan a balanced meal.



re:fresh
your health and wellbeing

MOVEMENT & RELAXATION FOR NEW MUMS & MUMS TO BE



**THE RE:FRESH TEAM IS
DEDICATED TO HELPING YOU
KEEP MOVING SAFELY FROM BUMP,
THROUGH BIRTH AND BEYOND
CALL 01254 682037**

Blackburn with Darwen

**WELLBEING
SERVICE**



Growing, laughing, sitting, teething!



But when is baby ready for weaning?

Weaning is when you begin to give your baby solid foods alongside breast milk or infant formula. NHS advice is to introduce solid foods to your baby from around six months old. This gives your baby time to develop properly so they can cope

fully with solid food. Breast milk is the best food your baby can have during the first six months.

You'll know that they're ready to wean when they can sit up, hold their head steady, and coordinate their eyes, hands and mouth so they can look at food, pick it up, put it in their mouth and swallow it.

Top tips for weaning:

- Your baby's tummy is tiny, so start by offering them small amounts of solid food – try mashed or soft-cooked single vegetables and fruit
- Gradually increase the amount and type of food your baby eats and offer foods from the different food groups – vegetables, fruits, starchy foods (like potato, rice and pasta), protein foods (such as meat, fish and eggs) and pasteurised full-fat dairy foods (such as yoghurt and cheese)
- Remember, babies don't need salt or sugar added to their food



For expert advice and support on making healthy weaning easy, search [Start4Life](#).



Useful Contacts for mothers of young babies

West Pennine Slings aims to make it easy for parents to babywear. This is done primarily through regular slingmeets, where it is possible to hire from our comprehensive library of carriers. Trained volunteers answer questions, demo carries, hire out slings and help people with carriers they may have already been given.



West Pennine Slings also provides a welcoming community for like-minded parents. Many people attend the slingmeets regularly, even if they aren't hiring from the library. If you are already a babywearer, and you want to come along, come along. There is no need to hire from the library to attend a slingmeet.

West Pennine Slings is also interested in education. Many people are still unaware of the very real benefits of babywearing – for the child and the parent. West Pennine Slings has developed a one-hour talk, entitled Babywearing 101, which outlines these benefits. If you run a Children's Centre, an ante-natal group, or a community group centred on parenting, and would like us to present this talk, please do get in touch. Darwen Slingsmeet is held every Friday 12:30 pm to 2:00 pm New Methodist Church, Bright Street (off Blackburn Road) Darwen, BB3 1QL

Visit www.wpslings.com Facebook www.facebook.com/wpslings/

Breast Intentions Library

Sometimes it's hard knowing what's the best book to choose, at the breast intentions library and borrowing service we take away that worry, we only have the BEST books for you to borrow. We have everything a parent or expecting parent needs, from pregnancy, to birthing, hypnobirthing, breastfeeding, parenting, potty training, baby wearing, we've got every gentle book on sleep and of course we haven't forgot about the fathers, we've also got a huge selection of children's books that also cover different topics like introducing a new baby to the family, pregnancy, home birthing, breastfeeding, talking to your child about sex, how babies are made, your bodies boundaries and lots lots more!!

Breast Intentions attend the Slingsmeet and breast feeding group

Find us on Facebook

<https://m.facebook.com/groups/210131082980689?tsid=0.6722655267682556&source=result>

Top tips for teeth



change
4 life



Be sugar smart

Avoid sugary food and drink before bedtime. They should be consumed less often and only at mealtimes. Try sugar free, diet or no added sugar drinks. Remember, plain water or lower fat milks are best.



See the dentist

It's free for kids under 18 to visit NHS dentists, so make sure you take them regularly.



Brushing twice is nice

Make sure your kids clean their teeth twice a day with a fluoride toothpaste. Help them brush once before bed and once at any other time that suits you and your family.



Ask your dentist for more top tips.

Download the Change4Life Food Scanner app to find out what's in your food and drink.



NHS Dentists in Darwen are registering under 5's to start them on the path of having healthy cared for teeth. To find out details of local dentists in the scheme ring 0300 123 4010

Darwen Health Centre
Darwen Treatment Room



Lancashire Care
NHS Foundation Trust

Nurse Led Non-Serious Injury & For Children over 12 months & Adults Blood Test Walk in Service

**Drop in blood tests all day Monday to
Friday excludes Bank Holidays
8:40am to 5:20pm**

- **Minor Wounds/lacerations**
- **Bruises**
- **Removal of superficial foreign bodies i.e.
from Nose & Ears.**
- **Soft tissue wrist & finger injuries.**
- **Minor burns and scalds.**
- **Bites & Stings.**

**We also offer a wide range of services that can be
accessed by ringing 01254 283000 or ask at your GP
Surgery for more information**



Do you have diabetes?



Lancashire Care
NHS Foundation Trust

Get more understanding

Through Diabetes Education

Diabetes Education sessions are now available to book in the following formats:

- Full day group session (Desmond)
- 1/2 day group short course
- 1-1 session (specific topics) 2 hours
- Sign posting to web resources

A Typical session will include :

- The participants Story
- Type 2 Diabetes and Glucose
- Managing Blood Glucose
- Food Choices: Glycaemia and Insulin Resistance

Topics

- Long Term Effects of Type 2 Diabetes
- Physical Activity
- Food Choices, Focus on Fats, Let's go Shopping!
- Diabetes Self-Management Plan
- Questions and Future Care

To book a place please call: 01254 283886

Excellence | Accountability | Respect | Teamwork | Integrity | Compassion

Dieting and Type 2 Diabetes

Diabetes is the bodies inability to produce enough of a substance called insulin or the insulin produced is not working correctly. This means the sugars in our blood are not broken down in to energy. High blood sugar can lead to a range of problems and a more complete explanation can be found at: <https://www.nhs.uk/conditions/diabetes/>

There are two types of diabetes Type One is where the body attacks the cells that produce Insulin, this is a medical condition that cannot be reversed and is managed by clinical methods. Type Two is the more common type with around 90% of people diagnosed with Diabetes falling in to this category.

With more and more people receiving annual health checks Type 2 Diabetes is being detected before many of the visible symptoms are apparent, although for many the diagnosis can be made when seeing your GP for vague illnesses that do not immediately suggest a specific cause. It is more prevalent in people aged 50+

Being over weight is a common factor in type 2 diabetes, although it is not always the case, hearing the diagnosis many people shrug it off because they have no immediate problems. However this can be an illness that works away at your body and when the main symptoms appear it is often to late to reverse them. If you read both the national and local newspapers you will know that the number of leg amputations through diabetes is on the increase. If you have diabetes, your eyes are at risk from diabetic retinopathy, a condition that can lead to sight loss if it's not treated, patients diagnosed with Diabetes have eye tests annually to detect any changes

Those who are concerned about diabetes may immediately start a crash diet which, whilst benefiting in the short term, may lead to more complications through lack of essential fuel the body needs to live a healthy life. A balanced diet planned for the long term that will enable you to sustain weight balance against a healthy diet is the answer.

Diabetic Foot Care Advice

Everyone who has diabetes should also have their feet checked regularly with a healthcare professional (podiatrist, nurse or doctor) and at the very least once a year at their annual review. However, if you are at increased risk of complications, these inspections may be done more frequently.

You can prevent damage to your feet and keep them healthy by using these simple measure:-

Simple self-care measures include:

- Always check your feet every day
- Clean and dress any cuts, scratches or wounds
- Always wear footwear
- Always wear shoes that fit properly
- Never sit with your feet too close to a fire
- Visit a podiatrist for corns and calluses
- Avoid using corn plasters

If in doubt please seek advice and refer in to your local Health Centre where you will be triaged according to clinical need and then seen for assessment.

Please Note the local NHS Podiatry service will only see patients whose feet are at risk and we DO NOT offer simple nail cutting service nor treatments for Verrucae.



**The NHS Podiatry Service can
be contacted on 01254 283000**



**" when seeking foot care advice
always ensure the professional you
are seeing is HCPC registered "**



Continued from page 15

You are not on your own when it comes to planning for these life changes, BwD NHS offers the DESMOND programme which will give you proven effective advice on changes to diet and lifestyle that can bring you back to pre-diabetic levels (where your blood sugar may be raised but does not threaten your health), although you will still require annual checks to ensure that you are stable. You may also be prescribed a maintenance dose of tablets to help your body break down the sugars in your blood cells. For more information on DESMOND please see the guide to Diabetes Services on the next page

We are hoping in 2019 to launch self support patient groups for those newly diagnosed or struggling to adjust their lifestyle long term to make the changes. We would encourage any patient who has been successful in becoming pre-diabetic to join the groups to share their experiences and what has worked for them. If you are asked at your annual review whether you would be willing to take part, please say yes, it could save someone's life or even your own.

The ultimate aim is to make younger people aware of the risk whilst they are able to take action to prevent themselves developing Type 2 diabetes. We all have a duty to give children a more active lifestyle and monitor what they are eating, which is best led by example - children copy their parents and older siblings, so lets set a good example.

**Do you run a local group in Darwen that offers an activity, interest or even just meeting to have a cuppa and a chat. Contact us to be promoted in our brochures and websites
healthydarwen@gmail.com**

Darwen Tennis Club Coffee Mornings

The Residents of Sunnyhurst hold weekly coffee mornings on Tuesdays at 10:30am in the Darwen Tennis Club House on Sunnyhurst Lane
Come along for a chat and a cuppa.

re:fresh
your health and wellbeing

COMMUNITY CLASSES

IDEAL FOR BEGINNERS



DEDICATED TO HELPING YOU
**GET ACTIVE AND
STAY ACTIVE**
CALL **01254 682037**

Blackburn with Darwen
**WELLBEING
SERVICE**

Pulmonary Rehabilitation Team Blackburn with Darwen

Pulmonary Rehabilitation is a Breathing Education and Exercise Programme (BEEP) for people living with a long term breathing problem usually caused by a respiratory condition. Chronic Obstructive Pulmonary Disease (COPD), Brochiectasis, Chronic Asthma, and Fibrosis are the most common lung conditions. We are a specialist multidisciplinary team of nursing, physiotherapy and occupational therapy staff. We can help you to manage your breathing problem better so you feel good and can do more.

By understanding your condition better, whether for example using your inhalers properly, recognising a flare-up and what to do, managing your breathlessness, and even getting more active, you will gain better control of your lung condition and be able to improve your quality of life. We will review your overall lung health and in partnership with you draw up a care plan so you can manage your breathing condition today and for the future.

The core service is an 8 week programme, attending twice each week to get the most benefit. We are very flexible in our approach and will tailor the service around your needs. If you are uncertain if our service is right you, please give the team a call. You can even speak to people who have benefited from the service so they can tell you about their experience.

.... Breathe Better Feel Good Do More

If you are interested and located in the Blackburn with Darwen locality, you can simply ring the team to discuss a referral. Your GP, Practice Nurse or any other health or social care professional can also refer you.

Where the service is provided

**Spring Bank Court
Spring Bank Terrace
Mill Hill, Blackburn BB2 4GU**

**Darwen Leisure Centre
The Green (off Borough
Road) Darwen BB3 1PW**

**Audley Leisure
Centre Chester Street
Blackburn BB1 1DW**

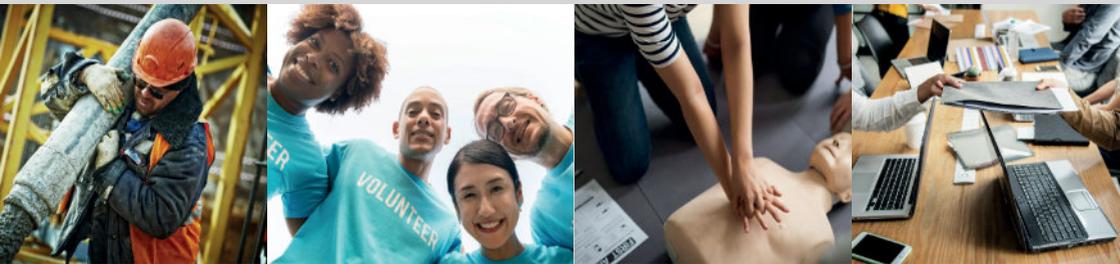
The team can also visit your home if appropriate. In the future we will provide further locations according to local demand. We also have links to our patient support group "Breathe Easy" and with the Local Council so you can continue with all the improvement you have made.

How to contact us: Tel: 01254 283980

Single Point of Access Fax: 01254 283717

Email: will.sullivan@lancsashirecare.nhs.uk or Pulm.rehab@nhs.net

Do you need help in improving your health and wellbeing?



Getting into work or socialising through volunteering can help reduce anxiety and loneliness resulting in a general improvement of your health and wellbeing.

**The DWP
PATIENT ADVISORY SERVICE
@ Darwen Health Centre
can help**

- *Strategies to manage your health and wellbeing, to develop a new routine and promote better sleep.*
- *Access to a full range of tailored life skills support including free courses*
- *Money management guidance*
- *Relaxation techniques and activities*
- *Personal development opportunities*
- *Enhance your IT and employability skills*
- *Access to specialist support services*

To arrange an appointment

Contact Dawn / Pam or Judith on 01254 343770 / 01254 731030

Or email DEA.BLACKBURN@DWP.GSI.GOV.UK

re:fresh
VOLUNTEERS

VOLUNTEER OPPORTUNITIES



OUR PROGRAMME OFFERS A RANGE
OF VOLUNTEER OPPORTUNITIES IN
PHYSICAL ACTIVITY & HEALTH
CALL **01254 682037**

Blackburn with Darwen
**WELLBEING
SERVICE**



Keeping Well Project (BwD) Wellbeing Coaching

The role of the Wellbeing Coach is to provide non-clinical, non-intensive and sustained support to individuals who are looking to develop their self-care and wellbeing. The Coach will work with individuals to help them to overcome barriers to be happier and healthier, as well as maintaining good emotional wellbeing.

The Wellbeing Coach will also be working in partnership with community assets to build resilience, confidence, self-esteem and motivation.

The Wellbeing Coach can provide help for people who are suffering from mild/moderate anxiety, stress and depression. Where this is of a more severe case the Coach will signpost and refer as appropriate.

Some of the ways which the Wellbeing Coach can work with individuals to help them self-manage their mental health include behavioural activation, thought challenging, improving self-care, increasing self-esteem, relaxation techniques, sleep hygiene and pacing techniques for long-term health conditions.

Eligibility for Keeping Well:

- **18+**
- **Have a diagnosable physical health condition (e.g. diabetes, chronic pain, arthritis, fibromyalgia etc)**
- **Self-reported low wellbeing/poor mental health**
- **Not be in active addiction to drugs/alcohol**
- **Not be under any other mental health services (e.g. Crisis Team/Mindsmatter) – (however, they can be seen by the Coach whilst on the waiting list for another service.)**

If you have any questions or wish to make a referral please contact your Wellbeing Coach who will do their best to answer any questions you may have.

Your Wellbeing Coach is: Kirsty Baines
kirstybaines@lancashiremind.org.uk

Tel: 07964 058027

Focus on Immunisation and Screening

“An Ounce of prevention is worth a pound of cure”



Most of us that understand what an Ounce is will be at an age where the saying is very applicable. We have never been in a stronger position to detect cancers or other life threatening symptoms than before, yet there are some of us who do not take advantage of these services.

Like wise immunisation against things like Flu and Shingles are readily available to us if we are in a vulnerable group or over a certain age, but many miss out on the opportunity to have these. Please for do this for your loved ones and family who will wonder why you did not if you leave before your time

Please take time to read this article and take advantage of these services

Cervical Cancer Screening (Smear Test)

Currently ladies are invited for a test:- Every 3 years between age 25 and 49
Every 5 years between age 50 and 64.

Unfortunately not all ladies that are eligible decide to take up the test this seems to be for a variety of reasons. These range from embarrassment, fear of the test, not sure why they need the test, or just living busy lives and not having time to book in for a smear. GP Practices have a range of smear takers who are either Doctors or Nurses and the majority are female. Most practices offer flexible appointments take up the screening. If ladies have any questions or concerns contact your surgery and speak to one of the team.

Further information can be found on
www.jostrust.org.uk/



Bowel Screening

“Don't pooh pooh the poo test”

Bowel cancer screening is meant for people with no symptoms and can find bowel cancer at an early stage, when it's easier to treat successfully and aims to check for abnormalities that could be or lead to bowel cancer.

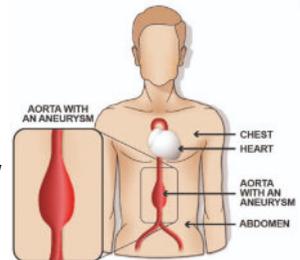
If you are aged 60-74 you'll be sent a free bowel cancer screening kit in the post every two years.

These will come directly to you from the screening centre not your Doctor; however the Darwen GP Practices fully supports and encourages everyone to do the test. The test is even simpler now with only one sample required. The results will be sent back to you within two weeks. GP staff have been given training on the test and if you have any questions or any problems please contact your GP reception.

Abdominal Aortic Aneurysm (AAA) screening

Probably the lesser known of the screening programs, it is a simple procedure of a scan on your stomach carried out at a health centre.

Abdominal aortic aneurysm (AAA) screening is a way of checking if there's a bulge or swelling in the aorta, the main blood vessel that runs from your heart down through your tummy. This bulge or swelling is called an abdominal aortic aneurysm, or AAA. It can be serious if it's not spotted early on because it could get bigger and eventually burst (rupture).



Men aged 65 or over are most at risk of AAAs. Screening can help spot a swelling in the aorta early on when it can be treated. An AAA will often cause few or no obvious symptoms, but if it's left to get bigger it could burst and cause life-threatening bleeding inside your tummy.

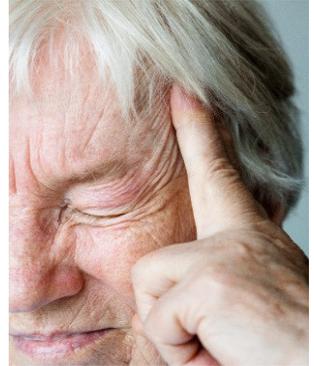
If an AAA is found, you can then choose to have regular scans to monitor it or surgery to stop it bursting. Screening for AAA involves a quick and painless ultrasound scan of your tummy.

SHINGLES

Shingles is a viral disease characterised by a painful skin rash with blisters in a localised area

Why should I get vaccinated?

Older people aged between 70 and 79 are more prone to developing shingles and experience persisting pain after the illness which can be debilitating. Vaccination prevents shingles and reduces the risk of complications if it occurs.



If you are invited to have the vaccination we strongly recommend that you take advantage and contact your surgery if you have any questions stopping taking advantage of this preventative action

Flu Vaccination

If you are in one of the patient types eligible for this essential prevention it is to your benefit to have this at your doctors surgery or practice flu clinic. This ensures that the vaccination is recorded immediately on your medical record and will be known to any clinician who refers to it should you need any treatment at a later date

We would encourage all over 65's to have the Flu vaccine as Flu can be more serious for this group of patients and a vaccine has been developed for those in the latter group called Fluad® which has been recommended for use by Public Health England and is used in other countries effectively. It provides protection against three strains of flu and also contains a natural oil, which helps older people, who are more at risk of developing complications from flu. This ingredient enhances your immune system's ability to recognise the flu virus so that it can produce an even stronger defence.

What is Flu?

Flu (influenza) can be an unpleasant illness caused by a virus. In otherwise healthy people it usually clears up by itself within a week. However, the symptoms can be more severe in people who are particularly vulnerable to the flu virus, including: young children, adults aged 65 and over, pregnant women, and people with long-term medical conditions or weakened immune systems. If you are one of these people, the NHS recommends that you are given a flu vaccine every year. To find out more about how vaccines work, visit: www.nhs.uk

We offer a variety of services & activities for local over 50s

Active Ageing - A range of physical activity sessions at various community venues throughout the borough on a weekly basis. The range of activities include: walks, swimming, tai chi, gentle exercise, dance sessions etc.

Advice & Information - Free confidential advice and information to older people and their carers on a range of issues including benefits, community care and housing in Darwen Town Hall. We can provide home visits if required.

Befriending - Friendship and support to older people who may be living alone, housebound or who need extra support to get out and about.

Community Activities - Social activities and events for the over 50's including those living with dementia

Digital - A range of digital activity including one-to-one and group tuition. We also offer an outreach programme, including loan of a laptop or tablet for up to 6 months.

Nail Care - This service is for people over 50 not eligible for NHS Podiatry. Toe nail cutting and filing, with bathing of feet and relaxing foot massage. Cutters are NHS trained.

Stepping Stones - Short term service offering support to older people following a time of transition or change to get out and about again

Charity Shop in Darwen - selling a large range of quality second hand goods. Donations always needed.

Volunteering - a range of opportunities available to support our work across the borough.



For more information, please contact us

Town Hall, Croft Street, Darwen, BB3 1BQ Tel 01254 773440

4 King Street, Blackburn, BB2 2DH Tel 01254 266620

E: enquiries@ageukbwd.org.uk

w: www.ageukbwd.org.uk

Age UK Blackburn with Darwen registered
charity number 1143809. Company number 07728630.
Registered office: 4 King Street, Blackburn, BB2 2DH

Blackburn
with Darwen



carerservice

KINGSWAY
Greenhurst Place
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Who are Carers?

A carer is someone who, without payment, provides help and support to a partner, child, relative, friend or neighbour who could not manage without their help.

Taking on a caring role can be very rewarding in many cases and with the right support carers can continue caring for many years. However, caring can lead to carers facing a life of poverty, isolation, frustration, ill health and depression. Many carers also work and are trying to juggle jobs alongside undertaking a caring role; whilst others give up an income, future employment prospects and pension rights.

If unsure of whether you are a carer or not, we operate an 'open door' policy, so even if you enquire about our service but find it is not for you, we will do our very best to signpost you to the correct services.

How we help?

The Carers Service provides support to identify your needs from Benefits Advice, Support Groups, applying for Respite Breaks etc. Depending on your need we will carry out a health and welfare assessment, these can range from one to six sessions, but you will be able to contact the service at anytime once you have registered.

We will recommend therapies that can help you cope with your caring role, offer a wide range of self help groups and activities where you can meet other carers, for support or just company.

Please visit our website www.bwdcarers.org.uk to find out more. We hold regular meetings in Darwen and Edgworth, please contact us for dates and times. We can also see you 1-1 at your home or at a community venue near you.

Support for family members or friends caring for someone where there is an illness or disability

Registered Charity No. 1120110

Company No. 05881757



 facebook.com/bwdcarers  [@blackburncarers](https://twitter.com/blackburncarers)

Blackburn with Darwen Learning Disability Partnership Board

What is learning disability?

Distinguishing between learning difficulties and learning disabilities is quite a complex issue. A learning difficulty does not affect general intelligence, whereas a learning disability is linked to an overall cognitive impairment.

Learning difficulties include things like dyslexia, dyspraxia, attention deficit hyperactivity disorder (ADHD) Autism Spectrum Disorder (ASD) as well as physical disorders and audio / visual impairment. A person with a learning Disability may additionally have some of these difficulties also.

In general a learning disability will be diagnosed at an early stage of a child's development and they may receive Specialist Education suited to their ability and capacity to learn.

But like everyone else a person with a learning disability has human rights and should be able to live life in full in line with their needs.

What does the Board Do?

The Learning Disability Partnership Board meets every two months on a Wednesday morning and consist of people with Learning Disabilities, their relatives, representatives of various charities who support them and their families. There are also representatives from Social and NHS Care Services.

There are a range of activities that take place at other times on a social basis like trips, activities and a chance to discuss issues affecting their ability to live life to the full

The Board links in to many other forums and is involved in developing services for those with Learning Disabilities in line with the Transforming Care Program

The Board is managed by Care Network and if you would like to find out more please ring **01254 507255**. If you know of someone with Learning Disabilities who would like easy read information about this or other health issues please let us know

www.bwdld.org.uk email: info@carenetwork.org.uk

"Our mission is to make Blackburn with Darwen the first Learning Disability Friendly Borough"

FREE HELP AND SUPPORT TO IMPROVE YOUR **HEALTH**



CONTACT **US**

You can ask your GP to refer you or contact us directly:

CALL 01254 682 037 **VISIT** www.refreshbwd.com **EMAIL** wellbeing@blackburn.gov.uk

BECAUSE THERE'S ONLY
ONE YOU



re:fresh
your health and wellbeing

Blackburn with Darwen Autism Partnership Board

What is Autism?

Autism is a lifelong developmental disability that affects how people perceive the world and interact with others.

Autistic people see, hear and feel the world differently to other people. If you are autistic, you are autistic for life; autism is not an illness or disease and cannot be 'cured'. Often people feel being autistic is a fundamental aspect of their identity.

Autism is a spectrum condition. All autistic people share certain difficulties, but being autistic will affect them in different ways. Most people on the autism spectrum have some difficulty interacting with others and require the time for us to understand their communication needs. Some autistic people also have **learning disabilities, mental health issues or other conditions**, meaning people need different levels of support. All people on the autism spectrum learn and develop. With the right sort of support, all can be helped to live a more fulfilling life of their own choosing.

The Autism Act 2009 did two key things:

1. Put a duty on the Government to produce and regularly review an autism strategy to meet the needs of autistic adults in England. The first ever strategy for autistic people in England – entitled Fulfilling and rewarding lives – was published in 2010 with a commitment to review this strategy three years later. The new strategy, Think Autism, was published in April 2014.
2. Put a duty on the Government to produce statutory guidance for local authorities to implement the strategy locally.

Late last year the Government announced that, for the first time, the autism strategy would be extended to cover children.

What does the Board do?

The Board meets every 2 months and consists of people with autism, parent, carers, representatives of various charities who support them and their families, representatives from Education, Health and Social Care. The Board Links to other forums to support the development of services for those with Autism, including representation on the BwD Live Well Partnership and the Health and Wellbeing Board. The Board is managed by Care Network, for more information contact 01254 507255.

“Our mission is to make Blackburn with Darwen the first Autism Friendly Borough”

Carrying a weight on your shoulders?

Everyone needs support at some time in their life. We can help you find support that will help lighten your load.

Care Network believes that everyone is entitled to an independent, healthy and safe life.

Visit us at Darwen Town Hall 9- 11am every Wednesday to find out about...

- healthy, energy efficient homes
- safe trader scheme
- wellbeing ideas
- what's on locally
- getting the right help and support
- learning disability and autism partnership boards
- hate crime reporting



Darwen Primary Care Neighbourhood

Healthy Darwen

Keeping you healthy where you live

The Healthy Darwen Community is run by Darwen GP Practices and incorporates Nursing Services, Social Care staff, Patient Participation Groups and the Voluntary sector who are passionate in promoting a Healthier Darwen.



We believe we all have a part to play in ensuring we have a long and healthy life and for those unfortunate to have a disability or long term condition to feel empowered to overcome, as far as possible, any limitations to enjoying life.

We are keen to hear from and promote, neighbourhood or Darwen wide, groups that meet regularly to undertake activities or just enjoy each others company over a cuppa.

It is hard to believe that we have been going less than 12 months, starting with an idea at Darwen Healthcare Patient Participation Group to hold a Health Fair. This took place in January and despite the weather was a success and our aim is to build on this and go from strength to strength.

So come on let us know what you are doing in your neighbourhood and if you want to receive regular updates then sign up on our website www.healthydarwen.com or email healthydarwen@gmail.com

**Darwen Primary Care
Neighbourhood
Healthydarwen.com**