



Blackpool Central PCN

December 2022 Newsletter

Merry Christmas!



Louise Furnival
Senior Administrator
Home Based



Rebecca Dalton
Care Home Care Coordinator
Home Based



Dylan Stewart
Health and Wellbeing Worker
Community Based



Beth Tierney
Cancer Care Wellbeing Worker
Practice/Home/Community Based



Alan Bernard
Mental Health Practitioner
Practice Based



First Contact Practitioners
Sam Ackersley,
Callum Merrick
Ben Black
Practice Based



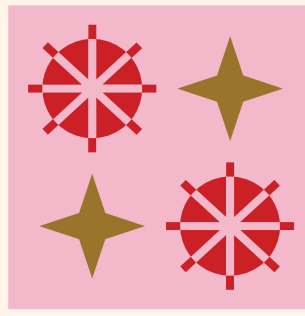
Tracey Chippendale
Podiatry
Practice Based



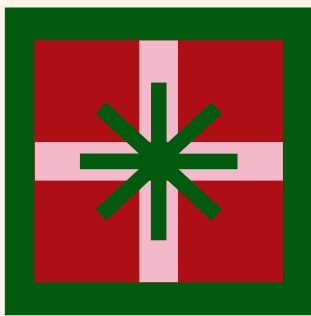
12 Days of Christmas



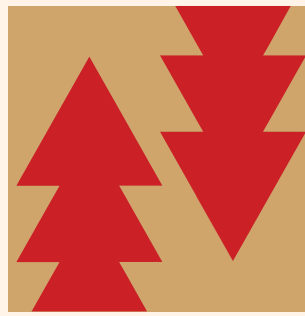
Smile at
a stranger



Try
mindfulness



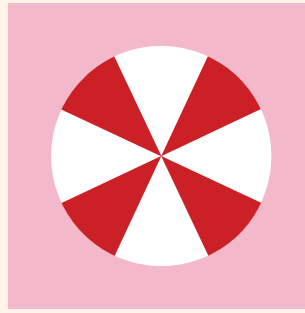
Speak to a
loved one



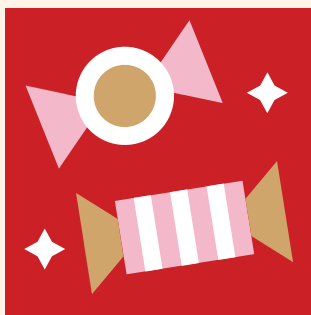
Give yourself
some tech-free
time



Write down 3
things that
you like about
yourself



Make one of your
favourite meals



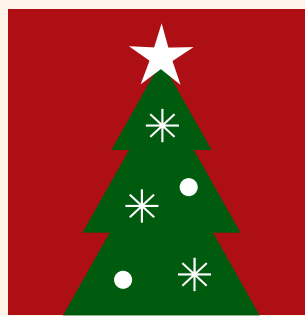
Get some
fresh air



Do some
exercise



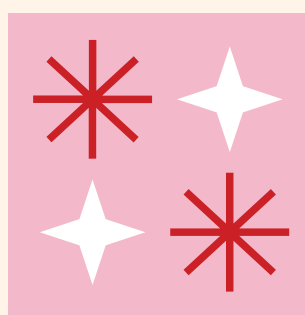
Listen to one of
your favourite
songs



Write down 3
things that
others like
about you



Start a
to-do list



Think about
a positive
life event



FORGET ME NOT DEMENTIA CAFÉ

THE CAFÉ WILL BE OPEN EVERY
WEDNESDAY 10AM TILL 12 NOON FOR
PEOPLE LIVING WITH DEMENTIA AND
CARERS FOR FRIENDSHIP AND
INFORMATION

MARTON URC
PRESTON OLD ROAD
BLACKPOOL
FY3 9UR

(OPPOSITE
STANLEY SCHOOL)



FOR ANY DETAILS: ANN DAVIES 07804496597
JENNY FITZSIMMONS 07523637452



FACEBOOK.COM/FORGETMENOTDEMENTIACAFE

Supporting you and your carers

Dementia Lounge

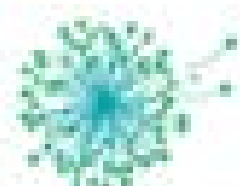
Join us for refreshments & support
Share your thoughts and put your
questions to our friendly professional
advisors in a relaxed environment

Join us
in the Living
Well Centre,
Trinity Hospice
Bispham.

Throughout 2023

**on the second Tuesday
of every month**

10.30am - 12.30pm



**Trinity
Hospice**

Compassion and care

To book call 01253 952610 or email
trinity.practice.development@nhs.net

Registered Charity No. 511848

Regular Meetings at Just Good Friends

Call Bev : 07557734233

Or contact us at our website: www.justgoodfriends.org

Or facebook: Just Good Friends Fylde and surrounding areas.

Meetings now:

Monday - 1 - 4pm - Quiz - Bingo - Darts, Pool, Dominoes. Being there for each other. The Links Pub, Heeley Rd, St. Annes.

Tuesday - 1-4pm - Fun and laughter at the Victoria Pub, Church Road, St. Annes with Roy Rolland & Johnny Roxx.

Wednesday - 10.30am -12 noon St. Annes Palace. 18, Garden Street, St. Annes. Tea-coffee & chat.

Thursday - Bernie Worsfolds. 2-4pm. Chat with friends. Tel: 01253 720667

Thursday evening - 7pm Curry with Bernie. Friends get together. Wetherspoons (Trawler Boat Inn) Wood St. St. Annes.

Saturday - 2pm - 4pm Well Community Hub, St. Albans Road, St. Annes - Tea and chat with speakers and activities. Quiz - Bingo - Music.

Sunday Dinner - at the Clifton Park Contact Sheila to book 01253 374009 or 07486466855 or Contact Bev for The Waters Edge 07557 734233

SOCIAL ANGELS - Phone Bev for info. A social group designed for 11 - 17yr olds struggling with social anxiety or have autism. email socialangels.jgf@gmail.com

JUST GOOD MATES - Phone Bev for info. Fun & activities for young people with social anxiety and autism aged 18yrs plus.

Events at St. Annes Tennis Club, St. Annes Palace - Nights out - Days out - Coach Trips - Quiz nights - Evening group.

PRESS RELEASE:

Blackpool FC Community Trust is celebrating after receiving more than £10,000 from The National Lottery Community Fund.

The Trust will provide immediate support to people and communities adversely impacted by the cost-of-living crisis. By providing emergency food parcels and other essential items, we will tackle short-term food poverty, relieving the pressure of putting food on the table and ensuring fewer people go hungry. Providing free food and essentials also means people have more income to meet other basic costs, e.g. heating.

The creation of a food hub at Bloomfield Road will give struggling families and individuals a local, accessible collection point in the centre of town, reducing transport costs and logistics. This will be particularly beneficial for older residents, people with disabilities and families with young children. As a result, the stadium will be somewhere people see as both supportive and leisure, improving its status as a place that matters to the community.

Working in partnership with Blackpool Food Bank, The Big Food Truck will be based at Bloomfield Road on Tuesdays between 2pm – 4pm and will be offering Family Bags at £5 and Single Bags at £3.




Exercise Referral


Parkinson's Boxing Class

Day: Wednesday **Time:** 5:30pm

Day: Thursday **Time:** 1.00pm

A Parkinson's boxing class is a full-body workout where you perform non-combat boxing exercises. A typical Parkinson's boxing class will include:

- 
- Stretches and warm-up exercises to prepare the body for the workout and to avoid injury.
 - Punching speed bags to help improve coordination and posture or punching heavy bags to build strength and muscle.

- 
- Vocal exercises are incorporated into the workout to help with any voice disorder symptoms of Parkinson's.
 - Footwork and reaction light agility exercises will be used to help improve balance & coordination.

What do I need to bring?

Boxing gloves are provided although you may want to bring your own gloves. Please bring water bottle and a hand towel.



All participants must be diagnosed with Parkinson's and have a referral sent to Blackpool Council Exercise Referral team by a medical professional before being accepted to join the class.

For more information
please contact the team
exercise.referral@blackpool.gov.uk



LCH - LAYTON COMMUNITY HOUSE - WARM HUB



OVER WINTER, LCH WILL BE A WARM HUB FOR THE COMMUNITY OF LAYTON

WE ARE OPEN MONDAY - FRIDAY
09:30 UNTIL 4PM

POP IN FOR A HOT DRINK AND REFRESHMENTS, CHAT, READ A BOOK OR JOIN IN WITH ONE OF OUR FREE GROUPS THROUGHOUT THE WEEK



SUPPORT IS AVAILABLE WITH ENERGY COSTS AND ENERGY SAVING EQUIPMENT

- SOME ELIGIBILITY CRITERIA APPLIES FOR ENERGY COSTS HELP

MOVE INTO EMPLOYMENT

Every Friday
10:00am - 1:00pm

TAKING PLACE AT



This FREE course is for those aged 18+ and will run for 10 weeks from Friday 6th January. The course will focus on building resilience and self confidence whilst compiling a CV and exploring the job market in Blackpool. Part of the sessions will also include exercise to improve mental wellbeing.

FREE MEAL PROVIDED



01253 348691



movemore@bfcct.co.uk



www.bfcct.co.uk

Coming In January 2023 **Creative Writing & Book Corner!**

Starting in January 2023, there will be a Creative Writing & Book Corner every 4 weeks at the Light Lounge.

This is an open space for you to be able write whatever you like - poetry, a short story, your journal - ANYTHING!!

There will also be a quiet space for people to get their nose stuck into a book.



If anyone has any books that are no longer in use, please consider donating these to the service for people to enjoy!



JOIN OUR NEW



IF YOU'RE A DAD/MALE CARER OF A 0-4 YEAR OLD IN BLACKPOOL YOU WILL BE ABLE TO JOIN!

BENEFITS INCLUDE:


- **FREE MEMBERSHIP**
- **A PROVIDED BIKE IF YOU DON'T HAVE YOUR OWN**
- **TRAINED CYCLE GROUP LEADERS**



←
BEGINNER

→
EXPERIENCED

**ALL LEVELS OF CYCLISTS
WELCOME**



JoGlo and Community
Spirit Blackpool proudly
host...

won't
It \wedge Be
Lonely This
Christmas!

If you are alone this
Christmas, feel free to
drop in for a brew, a
mince pie, and some
friendly company!

25
DECEMBER
1PM-5PM
LAYTON COMMUNITY
HOUSE
5 GRENFELL AVE,
LAYTON, BLACKPOOL
FY3 7BP



FREE

You're invited to our POOL TOGETHER HUB

Tuesday & Thursday

12PM - 3PM

Starting Thursday 8th December

Moretti Lounge, Blackpool Football Club, Seaside Way,
Blackpool, Lancashire, FY1 6JJ

Blackpool FC, Blackpool FC Community Trust, Blackpool Council and
Segantii Capital Management are working together to tackle
the cost of living by helping you keep warm this winter.

Join us for **FREE** teas, coffee, biscuits and activities.

*Term time only.



Blackpool Council



For more information

☎ 01253 348691

✉ info@bfcct.co.uk

🌐 www.bfcct.co.uk

FREE

You're invited to our FAMILY HUB

Monday to Friday

3PM - 6PM

Starting Wednesday 7th December

Moretti Lounge, Blackpool Football Club, Seaside Way,
Blackpool, Lancashire, FY1 6JJ

Blackpool FC, Blackpool FC Community Trust, Blackpool Council and
Segantii Capital Management are working together to tackle
the cost of living by helping you keep warm

this winter. Join us for a **FREE** meal, homework clubs and activities.

*Term time only.



Blackpool Council



For more information

☎ 01253 348691

✉ info@bfcct.co.uk

🌐 www.bfcct.co.uk

Dad Matters Blackpool, Fylde and Wyre

New Drop in Session



Blackpool,
Fylde & Wyre



@DadMattersUK

Dadmatters.org.uk

Join Dad Matters at Nibbles cafe

for dads-to-be and new dads with babies under 2 years old

Nibbles café

Blackpool Centre for Independent Living

259 Whitegate Drive, Blackpool, Lancashire, FY3 9JL

Wednesday 4th January 2023

10.00am until 11.00am

*I've learned to listen to myself and
not expect to be a
superhero...*

*Thank you very much for a very helpful
talk and giving me plenty to go
away and think about*

*I feel reassured that the
concerns I have, everyone has.
And feel re-assured that I have the
tools to deal with them.*

For more information:

Contact your local Dad Matters Coordinator

ericlee@homestartbfw.org.uk

01253 728615

Email us at DadMatters@homestarthost.org.uk

Find us on social media

ARE YOU BETWEEN AGES 16-19 AND STRUGGLING WITH YOUR MENTAL HEALTH?

IF YOU ARE, THE LIGHT LOUNGE IS
OFFERING A NEW GROUP THAT MIGHT
HELP YOU!

Valuing
yourself

Keeping
connected

Being
active

Taking
Notice

Keep
learning

Helping
others

FOR MORE INFORMATION, EMAIL
BLACKPOOLHAVEN@RICHMONDFELLOWSHIP.ORG.UK

Monday

MOVE WITH MUM

9:30am - 10:30am

Start your week with a fun and energetic Move More class where your toddlers and babies can join in. Planning your workout around playing with your little one and encouraging them to move more too.

Suitable for parents with children aged 0-4.
Snacks & drinks included for children.

SEATED EXERCISE

11am - 12pm

Move and Dance to Motown all in a seated position. This class can also improve your energy levels by trying out different forms of seated or walking sports like boxing and football.

Low impact and suitable for low mobility.

DANCE MOVES

1:30pm - 2:30pm

Move and dance to the latest dance tracks. Improve your energy levels and coordination with some easy moves.

Suitable for beginners.

FREE ACTIVITIES IN THE THEATRE

@the grange

Tuesday

low intensity EXERCISE

1:45pm - 3pm

10 week low intensity exercise and healthy lifestyle programme consisting of educational workshops and physical exercise.

Suitable for everyone 18+ with a BMI of 25 or above.

female only CIRCUITS

5:45pm - 6:45pm

Work at your own level, choose your own pace. Improve your fitness and feel stronger with the Move More circuits class.

Suitable for beginners.

www.bfcct.co.uk



THE QUEEN'S SPEECH

RAP, SPOKEN
WORD AND
POETRY
WORKSHOPS

A JUBILEE PROJECT
FOR WOMEN, GIRLS
AND ANYONE WHO
ID'S AS FEMALE

Every Monday @ The Grange

2-3pm

3.30-4.30pm

www.skoolofstreet.com/enrol





STARS CAMP

**MONDAY 19TH DEC TO
THURSDAY 22ND DEC***
(DURING HALF TERM)

11AM - 3PM

This half term holiday camp is for disabled young people aged 7 to 18. To find out if you are eligible please get in touch.

The camp offers a variety of activities from sports, arts and crafts, games, and more.

You can use your Break Time hours here.
Concessions available.

 **Education & Community Centre**
Bloomfield Road, FY1 6JJ

For more information:

-  Email info@bfcct.co.uk
-  Call 01253 348691
-  Visit www.bfcct.co.uk





Friday Walk & Talk

Open to all

We set off from @ the grange
at 10am

What is Get Out Get Active (GOGA)?

We support disabled and non-disabled people to take part in fun and inclusive activities together.

All of these activities will look to attract new participants regardless of ability. With lots of different activities and projects there should be something for everyone!

We want to support more people to move more and live healthier and happier lives

Blackpool

@ the Grange Health Walks

Come and join us for a walk going from @the grange every Friday at 10am, starting the 30th April.

Not only is walking good for your physical and mental health it's free, easy, and convenient too. It can also be a great way to explore your local area and meet your neighbours.

To express your interest in attending the walks please text (07788353498) or email getoutgetactive@blackpool.gov.uk, booking is required prior to attending so please make sure you let us know that you are coming.

We look forward to seeing you soon!

GOGA Blackpool

Get in touch and find out about opportunities available to you in your local area:



07788353498



getoutgetactive@blackpool.gov.uk



@GOGABlackpool



www.getoutgetactive.co.uk

HEALTHY HABITS

FREE

EVERY TUESDAY*

1:45PM – 3PM

10 week low intensity exercise and healthy lifestyle programme consisting of educational workshops and physical exercise.

Suitable for everyone 18+ with a BMI of 25 or above.



CONTACT US:

✉ MOVEMORE@BFCCT.CO.UK

☎ 01253 348691

🖱 WWW.BFCCT.CO.UK

*STARTING JANUARY 2023