

# STAKEHOLDER NEWSLETTER



# April 2017

## Blackburn with Darwen CCG News

### GP's recommend residents prepare for the bank holiday

GPs across East Lancashire and Blackburn with Darwen are recommending that residents take appropriate steps to prepare for the bank holiday weekend, when many GP surgeries will be closed.

Many NHS services will be running as normal, such as A&E and NHS 111, but due to the closure of GP surgeries, residents should:

- Take care to order prescriptions well in advance, to make sure that they have enough medicine over the weekend.
- Stock up on over-the-counter remedies such as hay fever relief, sun cream, paracetamol and other first aid items from the local pharmacy
- Check which local services will be open over the weekend

Dr Chris Clayton said on behalf of NHS Blackburn with Darwen and NHS East Lancashire Clinical Commissioning Groups: "The combination of improved weather and the long weekend often results in a spike in accidents, with children under five and adults over 65 being the most at risk. Because of this, it is important to be aware of which services are open over the weekend.

“Stocking up on first aid items and over-the-counter medicine from a pharmacy is always a good precaution, particularly given the risk of sunburn and hay fever at this time of year. Of course, some accidents are unavoidable and local Minor Injury Units in Accrington and Rawtenstall, and the Urgent Care Centres in Blackburn and Burnley will be able to provide comprehensive care over the bank holiday period.

“These holiday weekends also generally see an increase in the number of people who ring our out-of-hours service because they have simply forgotten to re-order their prescription medicine. We’d like people to try to avoid doing this, so that those who really need to see a GP are not delayed in any way.”

Help and advice is available from NHS 111 (just dial 111) 24 hours a day, free of charge. Alternatively visit [www.nhs.uk](http://www.nhs.uk)

### Pharmacy Opening Times - Bank Holiday Monday (1 May)

4Court Pharmacy Blackburn Service Station Whalley Banks Blackburn BB2 1NT <b>Tel: 01254 677447</b>	11:00 – 19:00
Beehive Pharmacy Beehive Trading Park Haslingden Road Blackburn BB1 2EE <b>Tel: 01254 53585</b>	11:00 – 23:00
Asda Pharmacy, Lower Audley Retail Park, Grimshaw Park Road, Blackburn, BB2 3DY <b>Tel: 01254 292711</b>	09:00 – 18:00
Boots the Chemist 2 Cobden Court Blackburn BB1 7JJ <b>Tel: 01254 580115</b>	10:30 – 16:30
Boots the Chemist Unit B2 Townsmoor Retail Park Great Bolton Street Blackburn BB2 3RX <b>Tel: 01254 696620</b>	09:00 – 18:00
Market Street Pharmacy 29-31 Market Street Darwen BB3 1PS <b>Tel: 01254 873977</b>	10:00 – 18:00
Morrisons Pharmacy, Railway Road, Blackburn, BB1 5AZ <b>Tel: 01254 262159</b>	09:00 – 17:00 (closed 13:00 – 14:00 for lunch)
Riaz Pharmacy 112 Randal Street Blackburn BB1 7LG <b>Tel: 01254 674000</b>	11:00 – 21:00
Tesco Pharmacy Hill Street Blackburn BB1 3HF <b>Tel: 01254 739547</b>	09:00 – 18:00
Audley Late Night Pharmacy 112-114 Audley Range Blackburn BB1 1TG <b>Tel: 01254 263322</b>	14:00 – 23:00
Whalley Range Pharmacy 1 Whalley Range Blackburn BB1 6DX <b>Tel: 01254 54988</b>	10:00 – 20:00

## Make sure your medicine cabinet is stocked

Even a minor illness and ailments such as colds, headaches and diarrhoea can disrupt your life. Be prepared for most common ailments by keeping a well-stocked medicine cabinet at home.

Go to <http://www.nhs.uk/Livewell/Pharmacy/Pages/Yourmedicinecabinet.aspx> where Sunita Behl of the Royal Pharmaceutical Society explains the essential medicines your cabinet should contain.

## Self Care Proposals

Engagement into the self care proposals has been completed but no announcement about the implementation will be made until after the General election because of purdah rules - 'Purdah' is the period shortly before an election or referendum when specific restrictions on the activity of public bodies, civil servants and local government officials are put in place.

## 360 Ipsos Mori Survey

The results of the annual CCG survey are in and are being evaluated.

## Local and National Health News

### Get on your bike with new ride app

A new app has launched to let people discover the fantastic cycling and walking routes across Pennine Lancashire.

The app is free to download on all Apple and Android phones and there are choices for those just learning to ride or getting back in the saddle after several years – and the more adventurous can head out along the intermediate and advanced level rides.

The app also features a route guide for the new Weavers Wheel cycling network that is currently being developed across the borough and which should be completed by 2018.

The app can be found on the Apple Store by searching Blackburn Cycling Routes alternatively use the links below:

Android – <https://play.google.com/store/apps/details?id=uk.co.libertyapps.bdcycling>

Apple – <https://itunesconnect.apple.com/WebObjects/iTunesConnect.woa/ra/ng/app/1045026036>



## A Chance to Remember Your Loved Ones



A chance to remember  
your loved ones

# LET US REMEMBER

SUNDAY 4 JUNE 2017 at 1PM  
Corporation Park (by the fountain)

People of all faiths and none are to come together at a unique annual event at Corporation Park, Blackburn to remember those who have passed away.

This event is open to Friends and Family. A tree will be dedicated as a mark of remembrance.

Supported by Blackburn with Darwen Council, Blackburn Cathedral and the Blackburn with Darwen Interfaith Forum

## Blackburn with Darwen Carers Service Emergency Card

BwD Carers Service has now started to offer an 'Emergency Card Scheme' for carers in the Blackburn with Darwen area, this is a free service to help give peace of mind to carers if the worst should happen and they are taken ill and are unable to let someone know that they do in fact care for another person.

The card itself is the size of your debit/credit card so will fit in any purse or wallet and should be carried at all times, giving you the peace of mind that if anything was to happen then help is at hand 24 hrs a day 365 days a year and just a phone call away.

# Carers Emergency Card

Attention  
Someone  
depends on  
my care  
I am a carer

Do you worry about what could happen if you were suddenly taken ill and unable to tell anyone that someone depends upon you?

If YES, the **Carers emergency card scheme** is for you!

The **FREE** carers' emergency card scheme operates 24 hours a day, 365 days a year

Always carry the card with you, and if an emergency occurs, help is at hand at the end of a phone line and assistance available for your loved one

Please ask at the centre desk or ring the main number: **01254 688440** and ask for the co-ordinator of the scheme,

**Jan Langfield**, who will be happy to provide you with more information about the card.



Blackburn with Darwen  
**carers service**



## Blood Donors Needed

Giving blood saves lives. The blood you give is a lifeline in an emergency and for people who need long-term treatments. Many people would not be alive today if donors had not generously given their blood.

NHS Blood and Transplant need over 6,000 blood donations every day to treat patients in need across England. Which is why there's always a need for people to give blood. Each year approximately 200,000 new donors are needed, as some donors can no longer give blood.

Most people between the ages of 17-65 are able to give blood. More people from Black, Asian and minority ethnic communities are particularly needed to give blood so that a supply of certain blood types is available.

Local donation sessions are taking place on:

5<sup>th</sup> May – Blackburn Rovers

8<sup>th</sup> May – King Georges Hall

18<sup>th</sup> May – Hippings Vale Community Centre (Oswaldtwistle)

26<sup>th</sup> May – Darwen Leisure

For further details of times and how to book, please visit: <https://my.blood.co.uk/home>