



Spring 2024



***Unsworth Group Practice &
Patient Participation Group***

***Annual General Meeting on the
27th of March 2024 at 7.00pm.***

Bolton Stadium Hotel

***All patients of Peter House Surgery (Westhoughton)
and Blackrod Surgery (Blackrod Health Centre)***

Are welcome to attend.

Please let us know if you are attending by emailing

unsworthPPG33@gmail.com

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Chair's chatter Spring 2024

Hello everyone, here we are in 2024 with all the usual winter flu bugs around, as well as the lingering remains of Covid.

Yes, Covid is still with us as my wife and I discovered over Christmas and despite all the vaccinations and boosters it is still not a pleasant experience and can leave you more vulnerable to other bugs immediately afterwards, as we have found out!

On a more positive note it is much easier now to make an appointment with the surgery if you use the NHS app.

I was pleasantly surprised to find how quick and easy it was to get a same day appointment at 8am on a Monday morning. Speaking of which we need volunteers in the waiting room to advise people how to download and use the NHS app, so if you are a smartphone wizard and would be willing to help, please contact us on unsworthppg33@gmail.com. If you have visited Peter House recently, you will have seen the improvements to the waiting area, which now include information screens that give a visual and audible indication of when you can go and see your clinician. We are now looking for suggestions about what information patients would like to see displayed on the screens... (Nothing rude please)

It's not long now till the Annual General Meeting of the Practice and the PPG which will take place at 7.00pm on Wednesday 27th March at the Bolton Stadium Hotel, formally Whites Hotel at Middlebrook.

Partner Doctors and senior administration staff from the practice will be there and it's a great opportunity to hear all about the latest developments from the practice at both Westhoughton and Blackrod...

If you are a registered patient at either Westhoughton or Blackrod you are welcome to attend..

Don't forget, it's the AGM again!

Every year the Unsworth Group Practice and the Patient Participation Group (PPG) hold their Annual General Meeting, and if you are a registered patient at the Unsworth Group practice at either Peter House, Westhoughton or at Blackrod Health Centre then you are welcome to come along and listen to the reports from the practice partners, administration staff and the PPG...

This year as in previous years it is being held at the Bolton Stadium Hotel, (formally the Whites Hotel) on Wednesday 27th March 2024 at 7.00pm

Please let us know if you are planning to come along as we want to make sure there are enough seats for everyone who wishes to attend. It's easy to let us know, just email the PPG at unsworthPPG33@gmail.com

Also, why not consider joining the PPG, we have 3 options for you!

You can consider being part of the PPG core group, that meets approx. every month either in the morning or evening, or you can say I would like to be a PPG member, and am able to help out at various occasions, like the vaccination clinics as a volunteer, or you can just ask to be kept informed of things that are happening, via the newsletter and other events.

The Unsworth Group practice is the largest in the Bolton area by far with around 20,500 patients, so we should have a large and active PPG, why not become part of it!

Say those three little words.

What3words.

We are all used to technology becoming more and more part of our lives, from us having smart phones, the versatility of which would have been the stuff of science fiction just a few years ago, to in car equipment, such as Satnavs, Dashcams, Live traffic updates on our routes, DAB radios, it can all leave us wondering where it will all end. But sometimes something comes along and sits up and makes you think, wow, that could be really useful.

A while ago, well not that long ago actually, I came across a website that made me think, no, that can't be right... A website that claimed its product had "mapped" the world into, wait for it, 3 Metre X 3 Metre squares. Yes, that's right, that's approx. 3 yards by 3 yards in old money. Then it had identified these by, just 3 words. That's all you have to remember, three random words. Thinking, this cannot be true, off I go to my trusty i-phone and download the app. Open it up, and hey there it is, and it's free. Well, you have to try it out, don't you, so what better way than find the places we might visit. How about the car park at Peter House or Blackrod Health Centre...

Peter House would be ramp.aims.modern that's all it is, you just type in the words ramp.mains.modern and it will take you to the car park at Peter House!. How about the Health centre at Blackrod, well that would be constrain.trick.bookshop that's it, just those three words...Bolton Arena came out as lazy.flight.race if you ever need to go there....Entering these what3words into the app, then selecting the device you want to use for navigation (I used Google maps) the route is added, and it will take you to exactly that 3 metre x 3 metre square.

If you click or type this link into your phone or computer, it will tell you a lot more about it. <https://what3words.com/about/>

A video is available to explain how the mapping technology works in simple terms. They are even looking to produce an audio version whereby you can input your 3 words via voice command. The app is especially useful for finding out of the way places, like campsites, countryside car parks, or even off-road tracks. This is now being used by emergency services to locate people who may be injured in remote locations such as country pathways, or even in fields!

Special Feature

In each issue of the PPG Newsletter, we are hoping to include an extended feature about an organisation or service that has become a success within the Westhoughton & Blackrod community.

**We are pleased to start off with
Andy's Man Club.**

“We all need somebody to lean on...”

“We all need somebody to lean on” ... So says the line in the Bill Withers song, and it is more relevant today than it was when he first sang it back in 1972...Especially if you happen to be male and you have the issues of living in 2024.

These could be anything, like: Family, Financial, Friends, Work, the list goes on and on... It's true that there is more stress and pressure now being harboured by men than ever before... In fact, the biggest killer of men aged under 45 is suicide... It amounts to a massive figure of almost 4000 every year. That's 1 man every 2 hours!

Doing a bit of research, it revealed that over the course of a lifetime a woman will have on average 12 close friends who they can and will talk to on any subject, that is concerning them. However, when the figures are looked for men, then if you are very lucky you will have 1. Extremely lucky and it's 2.

A large proportion of men do not have any at all.... What do we do about it?

Andy's Man Club was formed back in 2016 after Andy Roberts committed suicide aged just 23. The club was founded by Andy's Brother-in-Law Luke Ambler and Andy's Mother, Elaine Roberts.

What happened next?

In mid-2016, nine men met in a small room in the typical Yorkshire town of Halifax with a simple aim of talking through their issues and helping each other deal with the struggles in their lives.

All in attendance agreed there was magic in that room that had to be shared. This was the start of a movement that has grown faster than anyone involved could have ever imagined.

Fast forward almost 8 years and ANDYSMANCLUB now has groups at over 173 locations across England, Scotland and Wales and also online.

We are so fortunate here in Westhoughton and Blackrod, that we have an Andy's Man Club that meets every Monday evening, at 7.00pm (excluding Bank Holidays) at Bolton Arena. Right next to the stadium opposite the Premier Inn.

So, what happens when you meet up?

Firstly, it's free to attend, Men aged over 18 who are going through a storm in their lives or who just want to talk or be part of a good group of people with the aim of improving one another meet up, and let's get the order right! Start with a brew!

The group then meet usually in a circle of chairs and are asked 5 questions. These are designed to encourage each one to talk but concentrate on the positives, and to keep moving forward, plus promote discussion in the group.

There is absolutely no pressure to talk, many just want to listen, especially for the first few sessions... It gives a great opportunity to talk, get things “off your chest” and also to listen to others who might be going through a similar situation.

Plus, everyone knows that “Anything that is said in the club, stays within the club.”

Cont...

Remember....

ANDYSMANCLUB is a free-to-attend talking group that runs every Monday night at 7pm excluding bank holidays.

We started with the words to a song, let's finish with some too:

No, I won't be afraid
Oh, I won't be afraid
Just as long as you stand
Stand by me

Facebook: @andysmanclubbolton
X (Twitter) @andysmanclubuk

www.andysmanclub.co.uk
email: info@andysmanclub.co.uk

If you know of any other support groups, clubs, or similar organisations that would be of benefit to the people of Blackrod and Westhoughton, then please, let us know about them at.

unsworthPPG33@gmail.com

And we will more than happy to include them in future issues.

Thank you.

**GOING THROUGH
A STORM
OR JUST BEEN
THROUGH ONE?**

ANDYSMANCLUB
are talking
groups for men to
HELP YOU through
those storms.

**FIND OUT
MORE** info@andysmanclub.co.uk
www.andysmanclub.co.uk



#ITSOKAYTALK

**Unsworth Group practice
&
Bolton GP Federation
Evening & Weekend
Appointments.**

There are appointments available for Unsworth Group Practice and Stablefold Surgery patients during the evening and at weekends based at Peter House Surgery, these are run by Bolton GP Federation.

Appointments are available with:

GP.

Advance Nurse Practitioner.

Practice Nurse.

Musculoskeletal Practitioner.

Mental Health Practitioner.

Appointments are available Monday to Friday 6.30 pm to 9.30 pm. And on Saturday from 9.00 am to 5.00 pm.

They are a mixture of telephone and face to face appointments which can be booked with the reception team during normal surgery hours and will be offered by the reception team.

During these additional appointments, reception staff will be on duty but will not be able to book other appointments or deal with prescription enquiries. They will only be able to deal with pre-booked appointments.

Please be aware that due to these appointments being run by Bolton GP Federation, you will be asked to consent to us sharing your medical records with them.

***Where are the defibrillators in
Westhoughton?***

And how do I use one?

The Northwest Ambulance Service recently held two short sessions in Westhoughton.

Below is a brief summary. If other sessions are held, it's really important, you never know when you might need to use one, so, if at all possible, try and go along...

A **heart attack** is when the blood flow round the body is interrupted for some reason, but the patient remains conscious. Immediately, dial 999 or 112. So, the patient can go directly to the hospital as soon as possible.

From the NHS website, the symptoms of a heart attack can include:

- ***chest pain – a feeling of pressure, heaviness, tightness or squeezing across your chest.***
 - ***pain in other parts of the body – it can feel as if the pain is spreading from your chest to your arms (usually the left arm, but it can affect both arms), jaw, neck, back and tummy!***
 - ***feeling lightheaded or dizzy***
 - ***sweating***
 - ***shortness of breath***
 - ***feeling sick (nausea) or being sick (vomiting)***
 - ***an overwhelming feeling of anxiety (similar to a panic attack)***
- coughing or wheezing***

Cardiac Arrest is when some event has happened, and the person has become totally unresponsive. Immediately, dial 999 or 112 and you will be guided through starting chest compression.

Chest compression is placing one hand flat on the top of the other and interlock the fingers in the centre of the chest, between the nipples. Press the chest about two inches deep 100 to 120 times per minute until the patient responds or the paramedics take over. (This is essential but demanding!). Yes! You will probably break some ribs!

Cont...

If there is more than one person present, as well as the patient, the ambulance call handler will ask if another person can go to get a defibrillator – they will advise its location and give the code to open the defibrillator box.

Defibrillator. When the defibrillator is opened near to the patient, it will guide the helper through the process, step by step. A pack containing a razor and scissors is included to shave the area where the pads are fitted, or to cut clothing.

The defibrillator pads are self-adhesive and need to be placed to the top right of the chest and near the waist on the left. A picture is provided. The machine will tell the helper when to press the button. It will not allow the electric ‘shock’ to be given if it is not necessary.

After the shock has been given, the defibrillator will advise to continue with chest compressions or whether additional ‘shocks’ are required.

Remember, the defibrillator guides you through the whole process.

When the event is over, the defibrillator must be returned to its original location.

More about defibrillators. Public defibrillators are all logged on a national database and, in the Northwest, the ambulance service will assist in getting a used defibrillator ready to be used again.

Some companies have their own defibrillator, and they are encouraged to add them to the national database, stating the hours that it is available.

Some people have their own defibrillator, and they may or may not be added to the database.

Below is a list of locations in the Westhoughton area.

We are sorry but at the time of producing the newsletter we did not have the locations for Blackrod.

BL5 1AA	Over Hulton Conservative Club, St Helens Road, Over Hulton ,	24/7	Public
BL5 1BU	Tobey Carvery - Bolton, 421 Watergate Drive, Bolton.	Variable	Public
BL5 1DG	Salford Road Recycling Centre, Over Hulton, Bolton.	24/7	Public
BL5 1EE	Currys Ltd, Bridewater Avenue, Bolton.	24/7	Public
BL5 2JS	The Greyman Pub, Hindley Road, 88-90 Hindley Road.	24/7	Public
BL5 2NJ	Washacre Primary School, Clough Avenue, Westhoughton.	Variable	Restricted
BL5 3ED	The White Horse Tavern, Bolton Road, Westhoughton.	24/7	Public
BL5 3JS	Tesco Westhoughton, Manchester Road, Westhoughton.	Variable	Public
BL5 3NZ	St Bartholomew’s CE Primary School, The Fairways,		

Source: <https://osm.mathmos.net/defib/progress/BL/#19/53.54975/-2.47234>

With thanks to PPG member Chris McKellen who attended the session and kindly wrote this article.