

My NHS 20 October 2016



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in Lancashire North
Be heard, Be involved, Be part of your NHS

NHS
Lancashire North
Clinical Commissioning Group



Let's Get Moving 'Run a Mile' gathering pace across Morecambe Bay

Over 500 pupils and staff at Westgate Primary School took part in the official launch of 'Run a Mile', which is part of the 'Let's Get Moving' campaign, organised by NHS Lancashire North Clinical Commissioning

Group's initiative, under the 'Better Care Together' banner.

Westgate Primary School decided to get involved with this initiative for a number of reasons beyond the obvious physical benefits. Research clearly shows the positive impact that regular exercise can have on mental and social health. Furthermore, some studies have reported increased concentration levels in children that exercise frequently. If the response we have seen today is anything to go by, the initiative will be a great success.

Read [more](#)



Cold weather can be very harmful, especially for people aged 65 or older: it weakens the immune system, increases blood pressure, thickens the blood and lowers body temperature, increasing risks of high blood pressure, heart attacks, strokes, and chest infections. Don't put off getting the flu vaccination. If you're eligible get it now. It's free because you need it.

Find out who is eligible [here](#)

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Are you following the NHS Lancashire North CCG on Twitter?

If not, head over to Twitter and search for [@LancsNorthCCG](#)

You'll be able to keep up to date with what the CCG is doing as well as hear about various awareness campaigns.

Get in touch...

To get in touch with us, please use the contact details below. We look forward to hearing from you.

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