



MARDEN NEWS

The monthly newsletter from Marden Medical Practice January 2020



Shropshire CCG (Clinical Commissioning Group) Self Care Week



Following a successful Self Care Week 2019 Shropshire CCG announced **Marden Medical Practice** as the winner of the first ever Shropshire Self Care Week display competition.

The competition, which was organised by Claire Hand, Project Lead Pharmacy Technician from Shropshire CCG's Medicines Management Team, aimed to raise awareness of the importance of self care to patients whilst also helping to reduce the number of unnecessary appointments made for minor ailments.

David Evans, Joint Accountable Officer for Shropshire and Telford & Wrekin CCGs, who judged the competition, said: "There have been some brilliant entries from practices and they all deserve recognition for the time and effort put in. "I was particularly impressed with the different aspects of health and self care used within the displays, as well as how colourful and eye-catching many of them were. Thank you to everyone who took part."



Claire Hand said: "It was fantastic to see so many great competition entries from our practices and to visit a number of them over Self Care Week. I have enjoyed seeing such a positive response as well as everyone's creative skills."

Hampers

This year Staff made donations to Christmas Hampers instead of sending Christmas Cards. The Hampers were given to patients who had not had a very good year.



Thank you to Prestfelde School for letting us use the minibus for the Dementia Café. A member of the PPG and Zoe went along to present a rose tree as a thank you.

Useful Numbers

- Health Visitors 452300
- District Nurses 277709
- RSH 261000
- Family Planning 283382

Pharmacies

- Rowland's On Site 369446
- Asda 276810
- Sainsbury's 244744
- Taylor - Radbrook 249931
- Williams Co-op 344277
- Conway 352352
- Lunt's - Hereford Rd 351918
- Boots - Pride Hill 351311
- Rhodes 343998
- Boots - Copthorne 350747
- Boots - Coleham 362496
- Lloyds - Riverside 344523
- Tesco 845449
- Pharmacy Express 245715

What is Fuel Poverty? (Fuel poverty definition in England and Wales)

Until recently, the usual definition of fuel poverty was that a household was considered to be in fuel poverty when it needed to spend more than 10% of its income on fuel, or energy as it is often called.

However, in June 2013, the **Department for Energy and Climate Change (DECC)*** published 'A framework for future action' which set out the Government's intention to adopt a new definition of fuel poverty for England. This new definition states that a household is said to be in fuel poverty if:

they have required fuel costs that are above average (the national median level), and were they to spend that amount they would be left with a residual income below the official poverty line.

This also uses a fuel poverty gap - i.e. the difference between a household's 'modelled' (average) bill and what their bill would need to be for them to no longer be fuel poor.

(* DECC was closed on 14 July 2016 by the Prime Minister Theresa May. Energy issues will now be covered by a new department called Business, Energy and Industrial Strategy.)

The key factors that can contribute to fuel poverty are: the energy efficiency of the property (and therefore, the energy required to heat and power the home); the cost of energy; household income.

The number of households experiencing fuel poverty is rising at the moment for several reasons: the cost of energy keeps increasing, which means we need to spend more of our income on paying these bills: many of us live in draughty homes, from which lots of heat escapes, and rely on heating systems that are old and inefficient and, because we do not have much money to spare, it is difficult to make our homes more energy efficient, which would reduce our bills: the general cost of living is rising and this is also putting pressure on our finances so we have less money to go around.



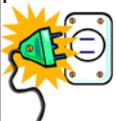
Coping with rising energy bills

Make sure you're getting the best deal on gas and electricity. If you live in England, Scotland or Wales, there are lots of different companies supplying energy so you can choose to buy your gas and electricity from those that offer you the best deal. The **Citizens Advice website** has information for the country of the UK you live in).

impact the amount it costs; buying gas and electricity direct rather than quarterly bill usually saves future bills for switching to paperless bills. Gas and meter; some energy companies offer you time. This means your bills will not go up they will still go up if you use more energy.



information about energy (NB: Make sure you look at the way you pay for your gas and electricity also has an impact from the same supplier can cost less; paying by monthly you money; some suppliers offer benefits such as money off electricity can be more expensive if you use a pre-payment the chance to fix your energy prices over a certain period of if the price of electricity or gas goes up but remember that Understand your statement and read your meters.



Bills are often estimated, so reading your meter and passing the reading on to your supplier will make sure you only pay for what you have used.

You only pay for the electricity and gas that you actually use, so a good way for us to cope with rising prices is to try to use energy efficiently. Cut your bills by turning the thermostat on your heating down by one degree and heating your home for one less hour a day; stop heat escaping by sealing skirting boards, using draft excluders in front of doors and letterboxes and drawing your curtains after dark (double-glazing reduces the heat loss through windows by 50%); save electricity by turning appliances off rather than leaving them on standby, unplug chargers and switch lights off when not in use; do not overfill kettles and always put lids on saucepans when cooking; only run washing machines, driers and dishwashers with a full load and use lower temperature settings. Driers use lots of electricity, so drying washing on a line will help cut bills; switch to low energy light bulbs, they cost a bit more but last 12 times longer and help cut your electricity bills; insulating your loft and cavity walls, installing an energy efficient boiler and switching to low energy appliances will all help cut costs.

Grants for Energy Efficiency: If you are on a low income & claim one of a range of income & disability related benefits, you may be able to get a grant to help with the costs of improving the energy efficiency of your home, e.g. updating heating systems or insulation. The Energy Savings Trust also has information to help you search for grants & offers to make improvements to energy efficiency.

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