



# MARDEN NEWS

The monthly newsletter from Marden Medical Practice February 2020



## A new infection has been detected in Wuhan, China

(Novel Coronavirus)

If you have been to Wuhan, China, in the last 14 days and develop **ANY** of these symptoms, contact a healthcare professional

Any of ....

  
Cough

  
Sore throat

  
Runny nose

  
Fever

  
Difficulty breathing

If you develop symptoms within 14 days of travel to Wuhan, please stay indoors and avoid contact with others where possible. Ring 111 or call your GP and tell them that you have travelled to Wuhan, for free advice and treatment.

### 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  
Lloyds - Riverside  
344523  
Tesco  
845449  
Pharmacy Express  
245715

## Raynaud's Awareness Month



Raynaud's disease (Ray-nose) is where the small blood vessels in the extremities such as hands and feet, fingers or toes are over-sensitive to even the slightest changes in temperature, the cold and sometimes stress. This causes a Raynaud's attack where the fingers sometimes change colour, but not always, from white, to blue, to red. Raynaud's phenomenon is a common condition thought to affect up to ten million people in the UK and can impact your life.

A Raynaud's attack can be a very uncomfortable, possibly painful, process. It can also make everyday tasks, like buttoning a jacket or unzipping a purse, very difficult.

There are two different types of Raynaud's, Primary and Secondary. Primary is usually the less serious of the two types as the condition is mild and manageable whilst people experiencing secondary Raynaud's will usually have more severe symptoms.

### Primary Raynaud's

This is usually mild and manageable and there are ways to help manage the symptoms. People with Primary Raynaud's symptoms have no other complications, and only occasionally go on to develop a related problem. impacts their life through pain, or if they have any other symptoms, or an other health condition.

### Secondary Raynaud's

This is where Raynaud's is caused by another condition, usually an autoimmune condition like scleroderma or lupus. Secondary Raynaud's needs more investigation and more careful monitoring for complications like ulceration or sores. other symptoms,

February 2020 LGBT History Month

LGBT History Month aims to promote tolerance and raise awareness of the prejudices faced by lesbian, gay, bisexual and transgender people. The LGBT History Month website has lots of useful background information and resources for schools, including toolkits and suggested lessons, and details of the theme for each year.

The below is taken from an article in The Guardian, October 2010:

A teacher at a London school says: "I've had pupils say 'Miss, you are trying to turn us gay' and I ask them, 'do you turn black during Black History Month or Turkish during Turkish month?'" The teacher is used to tackling such questions and, prompted by seeing homophobia around school on many occasions, now runs Lesbian, Gay, Bisexual, Transgender (LGBT) History Month every February.

Schools often worry about how parents will react to lessons and assemblies on LGBT but it is vital we keep coming back to that word, educating not influencing.

A recent report by the Equalities and Human Rights Commission into fairness in the UK found that two-thirds of lesbian, gay and transgender students have suffered homophobic bullying and 17% have received death threats. Nearly half of secondary school teachers in England say homophobic bullying is common and only one in six believe their school is very active in promoting the rights of gay pupils

Resources can be found on the Schools Out website and the Stonewall website and the Amnesty International UK website has an LGBTI Rights Activity Pack.



### Stay Well In Winter

Cold weather can make some health problems worse and even lead to serious complications, especially if you are 65 or older, or if you have a long-term health condition.

Some people are more vulnerable to the effects of cold weather. This includes: people aged 65 and older; babies and children under the age of 5; people on a low income (so cannot afford heating); people who have a long-term health condition; disabled people; pregnant women; people who have a mental health condition.



If you are 65 or over, or in one of the other at-risk groups, see a pharmacist as soon as you feel unwell, even if it's just a cough or a cold. Pharmacists can give you treatment advice for a range of minor illnesses and they will also tell you if you need to see a doctor. The sooner you get advice, the sooner you are likely to get better. If you need medical advice when a pharmacy is closed, call: 111 or go to 111.nhs.uk

Flu can lead to serious illnesses, such as pneumonia and bronchitis, and even death in vulnerable people. You are more at risk if you are older, have a long-term condition, or are pregnant so make sure you get your free flu jab if: you are 65 and over; have a long-term health condition; you're pregnant. Ask for the flu jab at your GP surgery or at a local pharmacy. Some children and some carers can also get a free flu jab.

If you're 65 or over, you are also eligible for the pneumococcal vaccine, which will help protect you from pneumonia.

### Keep your home warm

if you're not very mobile, are 65 or over, or have a health condition, such as heart or lung disease, heat your home to at least 18C; keep your bedroom at 18C all night if you can and keep the bedroom window closed. If you're under 65, healthy and active, you can safely have your home cooler than 18C, as long as you're comfortable but use a hot water bottle or electric blanket to keep warm in bed (but do not use both at the same time), have at least 1 hot meal a day, eating regularly helps keep you warm; have hot drinks regularly; draw curtains at dusk and keep doors closed to block out draughts; get your heating system checked regularly by a qualified professional.



### Contact Information

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Medical Emergencies out of hours number: 111

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