



MARDEN NEWS



The monthly newsletter from Marden Medical Practice March 2020

What is an NHS Health Check?

The NHS Health Check is a health check-up for adults in England aged 40 to 74. It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk.



The check is for people who are aged 40 to 74 who do not have any of the following pre-existing conditions: heart disease: chronic kidney disease: diabetes: high blood pressure (hypertension): atrial fibrillation: transient ischaemic attack: inherited high cholesterol (familial hypercholesterolemia): heart failure: peripheral arterial disease: stroke: currently being prescribed statins to lower cholesterol: previous checks have found that you have a 20% or higher risk of getting cardiovascular disease over the next 10 years.



If you're in the 40 to 74 age group without a pre-existing condition, you should receive a letter from your GP surgery or local council inviting you for a free NHS Health Check every 5 years. You can also call your GP surgery to book a Health Check.

Once you've had your NHS Health Check, your healthcare professional will discuss your results with you. You'll be given advice to help you lower your risk of a stroke, kidney disease, heart disease, diabetes or dementia, and maintain or improve your health. But you do not have to wait until then to make healthy changes.

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

NHS Minor Ailment Scheme

If you don't pay for your prescriptions, you may be able to use the NHS Minor Ailment Scheme to get advice and, when appropriate, free treatment for certain common illnesses without seeing a GP.



If you want help dealing with a common illness such as a cold, cough or diarrhoea, you may be able to use the free NHS Minor Ailment Scheme at selected pharmacies. The Pharmacist will be able to offer advice and may be able to offer you medicines for a minor illness without you having to book an appointment to see your GP.

Schemes vary between locations, but the NHS Minor Ailment Scheme is for adults and children who are registered with a GP surgery which is taking part in the scheme and want treatment for a minor illness included in your local scheme. Medicines can be supplied free of charge to the customer if they are exempt from NHS prescription charges.

The NHS Minor Ailment Scheme is available in Scotland and Northern Ireland, but only in selected pharmacies across England and Wales. Ask your local pharmacy whether they offer the scheme and they'll check if you're eligible to receive it.

How it works

Talk to a pharmacist about your illness and they will offer advice. If a medicine is needed, the pharmacist will check your eligibility and whether the illness is covered by the scheme and a suitable medicine may be offered to you*

*Charges will apply if you normally pay for your prescriptions. If you're exempt, for example people under 16 or over 60, then you won't pay for the medicine as this service is funded by the NHS.



What minor illnesses are covered?

Illnesses supported within the scheme include: back-ache, constipation; coughs; diarrhoea; earache; headache and fever; insect bites and dermatitis; minor fungal ulcers; nappy rash; sore worm; thrush.



may differ between locations. Some sprains and strains; colds; conjunctivitis; haemorrhoids; hay fever; head lice; heartburn and indigestion; mild eczema and skin infections; mouth throat; teething; thread-



The benefits include: No need to make an appointment; Pharmacist can refer you to a GP



Wuhan Novel Coronavirus

If you have been to Wuhan, China, in the last 14 days ...

Stay indoors and avoid contact with others



Contact NHS 111 for advice



Please follow this advice even if you do not have symptoms of the virus

Do not go to work, school or public areas



Avoid visitors in your home



Avoid using public transport or taxis



Visit [NHS.UK](https://www.nhs.uk) for more information

Symptoms to look out for:

 Cough
  Runny nose
  Sore throat
  Fever
  Difficulty breathing

For further information contact 111 or go to <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Contact Information

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Medical Emergencies out of hours number: 111