



MARDEN NEWS

Marden Medical Practice Newsletter June 2020

Staying Safe in the Sun

The COVID-19 pandemic has changed life for everyone across the country. It has changed the way we go to school, work and interact with our friends and family.

As we transition from staying home to being allowed to out for longer and spring has finally arrived with longer, warmer days, we will all be looking to spend more time outside.



Getting outdoors is definitely a boost to mental and physical health, especially right now. Increased time outdoors can boost your mood and your energy levels, but it can also increase your risk of skin cancer.

Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can still burn in the UK, even when it's cloudy.

Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight.

Sun safety tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- ◆ spend time in the shade between 11am and 3pm
- ◆ make sure you never burn
- ◆ cover up with suitable clothing and sunglasses
- ◆ take extra care with children and use at least factor 30 sunscreen on them

How to deal with sunburn

Sponge sore skin with cool water, then apply soothing aftersun cream or spray, like aloe vera.

Painkillers, such as paracetamol or ibuprofen, will ease the pain by helping to reduce inflammation caused by sunburn.

Stay out of the sun until all signs of redness have gone.

For more information please visit <https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/>

Useful Numbers

Health Visitors 452300

District Nurses 277709

RSH 261000

Family Planning 283382

Pharmacies

Rowland's Sutton Farm
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 - Cophorne

350747

Lloyds - Riverside

344523

Tesco

845449

Pharmacy Express

245715

Message to Patients:

- Please telephone the surgery for appointments and all other queries. Please do not come into the practice unless you have been advised to.
- Ensure that we have your up-to-date contact details
- If you have not nominated a pharmacy please do so as this enables us to send your prescriptions direct to the pharmacy.

Operation Sabre



Operation Sabre have delivered over 45 fully equipped fire engines and fire fighting equipment to Romania to help shape the future of Transylvania and surrounding areas, by preserving and protecting its communities and heritage from the effects of fire and other emergencies. We provide support and humanitarian aid to old people, orphans, young mums and their babies and people with special needs. We are a tiny Shropshire charity run totally by volunteers, primarily former and serving Fire & Rescue service personnel.

The picture above is Steve Worrall BEM, President of Operation Sabre is accepting a donation of clothing and toys from Megan Ingham

He was very pleased with the eight sacks of clothes and toys donated by Marden Medical Practice with the help of our Patient Participation Group for orphaned children at various locations in Romania.

He stated that the clothes would go a long way to improve the condition of the children in these draconian establishments.

He wishes to convey the thanks of the children to all who contributed.

The Marden donation will be conveyed by Fire Engines to Romania.

Contact Information

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