



MARDEN NEWS

The monthly newsletter from Marden Medical Practice October 2020

Lupus Awareness Month takes place during October in the UK every year. Lupus is the Latin word for wolf and Lupus vulgaris, a severe facial rash rarely seen now, was once thought to resemble a wolf's bite. It is an incurable immune system illness, probably genetic in origin and mainly suffered by females which can affect any part of the body and that's the danger. In lupus the immune system produces far too many antibodies which, circulating through the bloodstream, cause reactions leading to inflammatory processes anywhere in the body. It can produce many symptoms and a number of major organs can be damaged in an irreversible way; principally the kidneys and the skin, the heart, lungs and brain.



The two major symptoms are joint/muscle pain and an extreme tiredness that won't go away no matter how much you rest. Rashes, depression, anaemia, feverishness, headaches, possible hair loss and mouth ulcers may all be part of the pattern of Lupus. Noticeably, whilst the two major symptoms are invariably present, people with Lupus can differ greatly in their symptoms and how the illness can affect them; life-threatening for a few, very mild for some and miscarriage is another unhappy complication of Lupus.



There's far more undiagnosed Lupus out there and we have to increase awareness if people are to get some quality back into their lives. Lupus is usually 'for ongoing impact upon the patient children, friends and colleagues. demands of the illness and the im- some are severely afflicted, many themselves) can live virtually nor-



life' at present, having an and also upon her or his parents, They will need to adjust to the pact of medication and, whilst others (especially if careful for mal lives.

The aims of LupusUK is to em- power people by providing information and offering support, so their voices are heard and their condition diagnosed and managed effectively. We have a wide range of publicity materials to help raise awareness in your workplace, school, hospital and/ or local community and the full range (including bookmarks, leaflets, posters, stickers, badges and more) is available free of charge. You can request our publicity materials via our online form or by downloading the Publicity Leaflet. Call us on 01708 731251 Monday to Friday, 9am to 5pm or write to: Lupus UK, St James House, Eastern Road' Romford, Essex, RM1 3NH. headoffice@lupusuk.org.uk



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

October is National Bullying Prevention Month—Every October, individuals from across the nation and around the world unite with the powerful message that bullying should never be a part of childhood.



Many people's first image of bullying might be an intimidating boy beating up a smaller classmate. While that would still be considered bullying today, people need to know that bullying behaviour can be much more complex and varied. For example, harmful bullying can also occur quietly and covertly, through gossip or the Internet, and can cause significant emotional damage. The definition of bullying may vary but most include the following traits: behaviour that hurts or harms another person physically or emotionally: an inability for the target to stop the behaviour and defend themselves: an imbalance of power that occurs when the student doing the bullying has more physical, emotional, or social power than the target: repetitive behaviour.



However, bullying can occur in a single incident if that incident is either very severe or arises from a pattern of behaviour. and students often describe bullying as when *“someone makes you feel less about who you are as a person”*.

To help with bullying be prepared to listen without judgment and provide a safe and supportive place where he/she can work out his/her feelings. Children may not be ready to open up right away as they, too, are dealing with the emotional effects of bullying and may be feeling insecure, frightened, vulnerable, angry, or sad.

Make sure your child knows: it is NOT their fault: they are not to blame: they are NOT alone; you are here to help: it is the adults' responsibility to make the bullying stop: bullying is never okay and they have the right to be safe: no one deserves to be bullied: they deserve to be treated with respect: they have the right to feel safe at school.



Living Streets is the UK charity for everyday walking and we want a nation where walking is the natural choice for everyday local journeys. Our mission is to achieve a better walking environment and inspire people to walk more. Progress starts here: one street, one school, one step at a time. We have been a beacon for walking since 1929; in the early days our campaigning led to the UK's first zebra crossing and the introduction of speed limits. Today



we face new challenges, but our work is as important as ever. Together we can make change happen but, by creating streets that are fitter for walking, we need change at a local and national level and there are a number of ways you can get involved.



Our Year-round Walk to School Challenge - WOW is a pupil-led initiative where children self-report how they get to school every day using the interactive WOW Travel Tracker. If they travel sustainably (walk, cycle or scoot) once a week for a month, they get rewarded with a badge. It's that easy!

Walk to School Week - Our five-day walking challenge aimed at primary schools is a fun and engaging week-long activity, raising awareness and celebrating walking for all.

Happier Children: It's been proven that children who do some form of exercise, especially a walk before school, do better in class because they arrive refreshed, fit and ready to learn but during morning peak traffic times, one in five cars on the road are taking children to school, contributing to congestion,



air pollution and carbon emissions. The school run alone is responsible for generating half a million tonnes of CO2 per year (which is more than some small countries!). Imagine what we could achieve if we began converting some of these rides to strides?



Contact us today and see how we can walk together: send us an email to info@livingstreets.org.uk; say hi to us on Twitter [@livingstreets](https://twitter.com/livingstreets); or if you are ordering any resources, visit <https://livingstreets.shop> or email orders@livingstreets.org.uk. Our media team can arrange spokespeople, interviews, comments, photos, case studies or advice on a range of walking related issues. Contact us during the UK coronavirus lockdown at 020 7377 4900 or info@livingstreets.org.uk.

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