

DECEMBER

MARDEN NEWS



The monthly newsletter from Marden Medical Practice December 2020

Christmas Marden Medical Practice 2020 Opening Hours

Friday 25th December 2020 – Closed

Monday 28th December 2020 - Closed

Friday 1st January 2020 - Closed

**IF YOU REQUIRE MEDICAL ADVICE
OR ASSISTANCE OUTSIDE THE
PRACTICE HOURS PLEASE CALL 111 OR
IN AN EMERGENCY CALL 999**

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

Making a Christmas bubble with friends and family

The festive period is an important time for many people of all faiths and none who come together over the holidays. The UK Government and Devolved Administrations recognise that people will want to be with their friends and family over Christmas, particularly after an incredibly difficult year. For this reason, the government is changing some social contact restrictions for a short period of time. When following these new rules, we must each continue to take personal responsibility to limit the spread of the virus and protect our loved ones, particularly if they are vulnerable. For many, this will mean that it isn't possible to celebrate Christmas in the way you normally would.



Between 23 and 27 December: you can form an exclusive 'Christmas bubble' composed of people from no more than three households: you can only be in one Christmas bubble and you cannot change your Christmas bubble: you can travel between tiers and UK nations for the purposes of meeting your Christmas bubble: you can only meet your Christmas bubble in private homes or in your garden, places of worship, or public outdoor spaces: you can continue to meet people who are not in your Christmas bubble outside your home according to the rules in the tier where you are staying: you cannot meet someone in a private dwelling who is not part of your household or Christmas bubble.

You should travel to meet those in your Christmas bubble and return home between the 23 and 27 December. Anyone travelling to or from Northern Ireland may travel on the 22 and 28 December.

A fixed bubble is a sensible and proportionate way to balance the desire to spend time with others over the Christmas period, while limiting the risk of spreading infection. However, the more people you see, the more likely it is that you will catch or spread coronavirus (COVID-19). You can spread coronavirus to others even if you and the people you meet have no symptoms. **You and the other people in your Christmas bubble need to consider these risks carefully before agreeing to form a bubble.** You should consider ways to celebrate Christmas in other ways, such as the use of technology and meeting outdoors, without bringing households together or travelling between different parts of the country. Forming a bubble if you are vulnerable or clinically extremely vulnerable carries additional risks.

You should keep taking steps to reduce the spread of the virus, and this will help ensure that the festive period is as safe as possible. This includes ensuring indoor spaces get as much fresh air as possible, washing your hands regularly and for 20 seconds, and following rules on self-isolation if you develop symptoms or test positive for coronavirus. You should get a free NHS test if you have symptoms, have been asked to by your local council or your hospital, or are taking part in a government pilot project.

Forming a Christmas bubble: Christmas bubbles, support bubbles and childcare bubbles are all different things and have their own specific rules. **The rules on forming and using a Christmas bubble will be the law. You must follow them to minimise the spread of infection.**

Everyone is allowed to form a Christmas bubble. There are three main rules: you can only be in one Christmas bubble: you cannot change your Christmas bubble: your Christmas bubble should not include people from more than three households.

It is important that you keep your Christmas bubble as small as possible. **You must not form a Christmas bubble if you are self-isolating.**



Children (under-18) whose parents do not live together may be part of both parents' Christmas bubbles, if their parents choose to form separate bubbles. Nobody else should be in two bubbles.

You are allowed to form a different Christmas bubble from the people you live with normally. If you and the people you are living with want to be in different Christmas bubbles, you can choose to stay somewhere else with different people for this period and form a Christmas bubble with that household and one other household (this will count as three households).

If you're a student who's moved home from university for the holidays you are considered to be part of the household to which you have returned. You are not treated as part of your term-time household for this period.



Different rules may apply in Scotland, Wales and Northern Ireland.

Men join together this Decembeard and raise money for Bowel Cancer UK

Dads, brothers, sons, nephews, grandads, uncles – Bowel Cancer UK, the UK's leading bowel cancer research charity, needs you! We need you to grow a beard throughout December raising awareness and money to support vital research and lifesaving work to stop bowel cancer.

The rules are simple, just clean shave on 30 November and let your facial hair flourish throughout the month of December in the run up to Christmas. Already bearded? No problem. Dye, ditch or decorate your beard and join the campaign. More than 44 people die from bowel cancer every day in the UK, it's the nation's second biggest cancer killer. However it shouldn't be. It's treatable and curable, especially if diagnosed early. Bowel cancer is the third most common cancer in men in the UK: Around 23,000 men are diagnosed with bowel cancer each year (England 18,839, Wales 1,336, Scotland 2,114 and Northern Ireland 668): 1 in 14 men will be diagnosed with bowel cancer during their lifetime: Men are less likely to recognise the symptoms of bowel cancer, to see their GP if they recognise symptoms or return the bowel cancer screening test: Bowel cancer accounts for 10% of all male cancer deaths.



Contact us: Please get in touch if you have any questions, comments or feedback. We would love to hear from you. General enquiries. Call us on 020 7940 1760. We're open Monday to Friday 9am-5pm or Email us at admin@bowelcanceruk.org.uk



www.shropshire.gov.uk Financial support during lockdown Shropshire Council's Community Reassurance Team is here to help all residents across the county during the pandemic. If you need Financial support, help is available: Test and Trace payments of £500 are available for people on low income who need to self-isolate. If you are of working age and receive council tax support, you have been awarded up to an additional £150 hardship payment on your council tax bill If you have been Financially affected by coronavirus, you may be eligible for grant funding. Call us on 0345 678 9078 to find out more. Visit www.shropshire.gov.uk/benefits for further information. For further support visit www.shropshire.gov.uk/coronavirus or call the Coronavirus (COVID-19) Shropshire

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