



MARDEN NEWS



The Monthly Newsletter from Marden Medical Practice January 2021



SHREWSBURY FOOD BANK organises and distributes parcels of donated food, toiletries, cleaning products and household items to individuals and families every week. They seek to help those that find themselves in times of real hardship by addressing their most basic needs - food and household items.

Food banks are an essential service in communities across the country and in the last few years they have helped thousands of people in need. Through food bank PLUS, Shrewsbury Food Bank is now able to help people beyond the short-term fix and empower them to face a more positive future. There are two food bank locations in Shrewsbury, one at Barnabas Church Centre and one at Hope Church.

*Food Bank at BARNABAS is open: Monday, Tuesday and Friday (not open on Bank Holidays) 9.30am-12pm . 01743 343336 / 0742 174 5857- Longden Coleham, Shrewsbury, SY3 7DN.
HOPE CHURCH, Grafton Mews, Harlescott Grange, Shrewsbury, SY1 3PU—Food Bank at Hope is open: Wednesdays (not open on Bank Holidays) 10am - 12pm. 01743 272465*

There are many varied circumstances that bring people along to the food bank, often they have been caught in the trap of debt or lost their job, suffered ill health, family breakdown, bereavement, delays in benefits or homelessness. Sometimes it's a combination of many issues, but whoever they are and however they come to us, if their need is genuine we will give them food, support and encouragement.



Marden's Newsletter Editor was on duty on the Food Hub Table at Shrewsbury United Reformed Church, English Bridge on Boxing Day morning from 8.00 am. There was a mountain of carrots, sprouts, parsnips, cabbage, cauliflower, broccoli, sudee etc. and much, much more donated by the large supermarkets. Almost 150 customers visited and everything was taken away which means nothing went into landfill – no charge is made but a donation is welcome if you are able. The table is there every Saturday from 9.30 am until 11.00 am (or until everything is taken) so visit if you think they can help.

Thank you so much for your generous donations this Christmas and throughout the year! Wishing you a very happy New Year.



JOIN THE NEW YEAR'S REVOLUTION - Veganuary

Since 2014, Veganuary is a non-profit organisation which has inspired and supported more than one million people in 192 countries to try vegan for January—and beyond. We have worked with businesses to drive up vegan food provision in shops and restaurants, and have made veganism more visible and accessible through our work with national and international media.



During the 2020 campaign, more than 400,000 people took our pledge to try a vegan diet, while more than 600 brands, restaurants, and supermarkets promoted the campaign, and launched more than 1200 new vegan products and menus in the UK market alone. Throughout the year, Veganuary encourages and supports people and businesses to move to a plant-based diet as a way of protecting the environment, preventing animal suffering, and improving the health of millions of people.

Veganism is often defined by what we don't eat: meat, fish, eggs and dairy, plus some of the animal ingredients that are hidden away in products, such as whey (from milk) and gelatine (from animal bones). But really, we should focus on all the great stuff that vegans do eat and, in reality, the difference isn't all that huge.

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 - Cophthorne 350747
- Lloyds - Riverside 344523
- Tesco 845449
- Pharmacy Express 245715

Instead of meaty burgers, sausage and steaks, we eat plant-based versions. Instead of dairy cheese on a pizza or cows' milk in our coffee, we choose the plant-based versions. For almost every animal-derived ingredient and product, there is now a vegan alternative, and this means that a vegan's meal may look and taste exactly like a non-vegan's meal, it just doesn't come with the animal suffering, or the same environmental impact.
 Big Garden Birdwatch LIVE Contact: <https://veganyour.com/contact>

January is Walk Your Dog Month and what better way to kick start your New Years Resolutions by getting out in the great outdoors and walking off some of that festive food and drink?

With obvious health benefits for both you and your dog(s), this awareness month is a great way to help dust off the January blues, get out and about, meet other dog walkers and improve your own and your dogs well being.

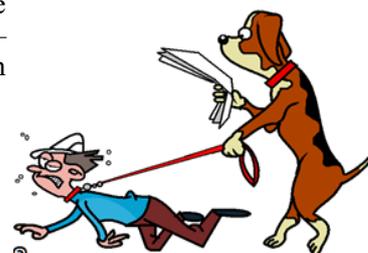


With the biggest reason given for not being able to exercise pets appropriately being "too busy", Walk Your Dog Month is a great opportunity to set yourself some small targets to get out walking with your dog and hopefully change your habits long term to the benefit of you both.

It is important to note that before starting any exercise regime it would be worthwhile checking that your dog doesn't have any underlying health issues and when you do start frequent dog walking, safety is key for both you and your dog. Some things to consider include: wearing brightly coloured or reflective clothing, leashes and collars., stay in well lit public areas, ensure your dog has access to plenty of fresh clean water during if on a long walk and afterwards, protect your dogs feet from the elements- ice, snow and de-icers and grit can all cause nasty sores so be sure to protect your dogs feet and wash them down afterwards, make sure your dog is warm or cool enough – particularly if young, old or with a condition such as arthritis.



But most of all HAVE FUN!



Big Garden Birdwatch LIVE - Enjoy an hour with nature and discover the wildlife on your doorstep

Join us for the Big Garden Birdwatch and discover the drama on your doorstep. The great thing is that you never know what birds you might see. Will you enjoy a flock of fluffed-up long-tailed tits, will you be charmed by a group of goldfinches or will a cheeky robin steal the show?



We're all finding our way in this strange new world, but there are some constants – for example the Big Schools' Birdwatch, which is now in its 20th year! Register today to get your fantastic pack, which has everything you need to make the Birdwatch enriching and engaging. What's more, Big Schools' Birdwatch counts towards a Wild Challenge award, so you can really take learning into nature.

Spend an hour counting the birds you see in your garden, from your balcony or in your local park, then tell us what you saw. It really is that simple and **New this year!** Our experts from across the UK will be bringing you photos, footage and facts about the birds they see, as well as answering any questions you may have. Plus, there'll be live quizzes, and familiar faces throughout the weekend – all set to make this the best Birdwatch ever! Be sure to take some snaps of the beauties you see during your Birdwatch. We have headquarters in all four UK countries, and a network of regional offices in England and Scotland. Find your local office or call our headquarters on



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