



MARDEN NEWS

The monthly newsletter from Marden Medical Practice February 2021

Covid-19 vaccine – Moving to vaccinate cohorts 3 and 4

Locally we continue to prioritise cohorts 1 and 2 (the over 80s, care home residents and health and care staff) as we have not yet vaccinated everyone in these groups. Hopefully we will soon be introducing appointments for those aged over 60 years once we have completed the over 70's and extremely clinically vulnerable patients.

The NHS is aiming to vaccinate all the highest risk individuals in cohorts 1-4 by mid-February. This means that if you are in one of these groups, you will be invited to book an appointment within the next 4 weeks.

We are working hard to move through the priority cohorts as quickly as possible, and we will contact you when it is your turn to book.

Please do not contact us until we get in touch with you. Our only limitation in speed of delivery is the supply of vaccine.

You may receive a letter from the national booking team inviting you to get your vaccine in another area. You are welcome to book your appointment there or wait to be invited by us to have the vaccine at your local vaccination centre.

TOGETHER



WE WILL GET



THROUGH THIS



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



Tinnitus is the term for the sensation of hearing a sound in the absence of any external sound. Symptoms of tinnitus are you may hear different types of sound, for example, ringing, whooshing, humming or buzzing in the ear. These can be continuous or they can come and go. The tinnitus might seem like it's in one ear or both, in the middle of the head or even be difficult to pinpoint. Some people may think the noise is coming from outside and hunt for it until they discover it's actually inside them!



Occasionally people have tinnitus that has a musical quality and can seem like a familiar tune or song. This generally occurs in older people who have a hearing loss and a strong musical interest. This type of tinnitus is known as musical tinnitus or musical hallucination.



Tinnitus is very common and is reported in all age groups, even young children. About 30% of people will experience tinnitus at some point in their lives but the number of people who live with persistent tinnitus is approximately 13% (over 1 in 8).

Tinnitus is more common in people who have hearing loss or other ear problems.



The experience of tinnitus is different for different people. Most people find that they are able to continue their normal day-to-day activities. However, a small percentage of people with tinnitus report it as severely affecting them.

Whilst we do not know the exact answer to what causes tinnitus, we know that it is not a disease or an illness. It is generally agreed that tinnitus results from some type of change, either mental or physical, not necessarily related to hearing.

When we hear, sound travels into the ear and then the hearing nerves take the signals to the brain. The brain is then responsible for putting it all together and making sense of the sound. Because the ears don't know what's important and what's not, they send a lot of information to the brain and, if this is too much information for us to process, the brain will filter out a lot of unnecessary 'activity' and background sound, such as clocks ticking or traffic noise.

If there is a change in the system, e.g. a hearing loss or ear infection, the amount of information being sent to the brain changes. The brain then responds to this change in levels by trying to get more information from the ear, and the extra information you may get is the sound we call tinnitus. The tinnitus is therefore actually brain activity and not the ear itself! It is generally accepted that it isn't only a change in the ear that can result in tinnitus, but it could be due to a change in our stress levels, for example, with tinnitus being noticed after periods of significant stress, a change in life circumstances or general wellbeing. Fortunately, tinnitus is rarely an indication of a serious disorder and a doctor will be able to check this for you.



It is quite common to feel anxious and afraid when you first experience tinnitus. By relaxing more, you may be able to feel less stressed and so notice your tinnitus less. Learning to relax is probably one of the most useful things you can do to help yourself. A really easy way to relax is to find somewhere peaceful and just slow your breathing down (feel free to have some sound on in the background). You can take a few slow deep breaths and pay full attention to the feeling of the breath entering your body, filling your lungs and leaving your body. When we use deep breathing to relax, we feel calmer and more able to manage the tinnitus, and often don't notice it as much!



Tinnitus Support Team: 0800 018 0527 Mon-Fri, 9am-5pm. Text/SMS: 07537 416841 | Web chat: via chat icon. Our forum | Our free e-newsletter. Our office: 0114 250 9933

NATIONAL HIV TESTING WEEK

National HIV Testing Week is an initiative run by HIV Prevention England and runs from 1st – 7th February 2021.

Usually, the campaign takes place in November, but the 2020 HIV Testing Week was moved to February 2021 due to the Covid-19 pandemic. This year, again due to Covid-19, NHTW 2021 will have a strong focus on promoting HIV testing at home.

Testing kits are available from www.sh.uk to people aged 16+ living in Shropshire. The kits can test for HIV, as well as other STIs like chlamydia, gonorrhoea and syphilis. The test for HIV and syphilis is a self-taken finger-prick blood sample, and either a urine sample or vaginal swab for chlamydia or gonorrhoea.



You can find more information on HIV Testing Week on the HPE website and can download resources at www.hperesources.org.uk

Clinic NHS @OpenClinicNHS Shropshire Sexual Health Services 0300 404 2996 openclinic.org.uk

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