



# MARDEN

## Monthly Newsletter

**Marden  
Medical Practice**

Issue 89  
JUNE 2014

### The Severn Hospice Dragon Boat Race

**Marden Surgery is competing in this years Dragon Boat Race on Sunday 22nd June in support of The Severn Hospice.**

The Hospice is not part of the NHS. They are an independent charity and two thirds of the revenue comes from fundraising.

The Hospice cares for people who are living with complex and progressive illnesses, and their main aim is to sustain patients quality of life and to provide relief from pain and other symptoms. Because illnesses affect whole families they offer support, help and counselling to families, friends and carers too.

The Surgery are going to be dressed as Musketeers and the whole practice will be getting involved! We would love to see you there cheering us along!

### Pneumococcal Vaccination

Are you aware that we offer a Pneumococcal Vaccination that protects patients against Pneumonia? The vaccination is available for all patients that are over the age of 65, and it is a one vaccination. If you would like to discuss this in more detail or wish to make an appointment with the nurse, then please contact Reception who will be happy to help. Thank you.

### Breathe Easy Week 16-22 June

The aim of Breathe Easy Week is to raise awareness of lung health, and promote the British Lung Foundation.

Did you know that 1 in 7 people are affected by Lung Disease?

Did you know that passive smoking is a big cause of lung disease and that the BLF are collecting a petition of signatures to call for smoking in cars carrying children to be banned? For further

information about the Breathe Easy Awareness Week or about the British Lung Foundation, please visit [www.blf.org.uk](http://www.blf.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 (Cophorne)  
350747

Boots (Coleham)  
362496

Lloyds (Riverside)  
344523

Tesco  
845449

Pharmacy Express

#### Marden Walking Group every

Wednesday!

Please speak to  
Reception if you are  
interested!

## Shared Data Information

Please read the attached information '**How information about you helps us to provide better care**' The leaflet discusses how information about you and the care you receive is shared, in a secure system, by healthcare staff to support your treatment and care in hospital, community care or at your GP Surgery. This is so that the clinicians/care providers have all of the relevant information regarding your health. The leaflet gives you lots of information about the benefits, choices you have and what you need to do - please read the leaflet and decide whether you are happy for your information to be shared or not. If you would like further information please go to **www.hscic.gov.uk** and for a list of frequently asked question (FAQs) please go to the website at **www.nhs.uk/caredata**

You can also speak to a member of staff at Marden who will be happy to discuss this with you.

## Events in June

*There are many events running in and around Shrewsbury during June Here are a selection of a few...*

- The Shrewsbury Branch of Parkinson's UK meet up at The Harlescott Social Club, Roselyn on the first Thursday of the month at 2.15pm. For Further information please contact Fred on 872597.
- Age UK will be holding a reading group at the Lantern Community Building, Meadow Farm Drive, Harlescott on the 13th June at 10am. £1 contribution. New members are very welcome and the group meet each second Friday of every month. Please contact Susan on 233 123 ext 225 for further information.
- There is a Shrewsbury River Festival at the Quarry Park on the 8th June. It is a free event and there will be live entertainment, stalls and much more.

## Family Support With Bereavement

Marden Patient Group now has a dedicated member focusing on supporting patients who have lost someone close to them.

If you need any support in this area, please contact Zoe George - Patient Services Manager on 01743 241313.

Zoe will be able to advise you on the help and support that is available and signpost to you to outside agencies that may be able to assist you during this difficult time.

### To contact the Surgery...

Telephone: 01743 241313

Fax: 01743 360725

Email:

marden.marden@nhs.net

Web Site:

www.mardenpractice.gp surgery.net

Shropdoc: 08444 06 8888

### Did you know?

**Marden Patient Group has a dedicated member focusing on supporting people who care for someone with Dementia. If you need any support in this area, please contact Zoe George on 01743 241313.**

**The Patient Group can signpost you to outside agencies, offer guidance about where to go for help with administrative tasks such as Power of Attorney. Please speak to Reception for more information.**