



MARDEN NEWS

The monthly newsletter from Marden Medical Practice

July 2015

DON'T SIZZLE THIS SUMMER

The holiday season is starting and with the promise of some sunny days ahead it's tempting to bask in the sun, but beware.

"Skin cancer is one of the most common cancers in the UK, and too much sun can increase your risk." (NHS Choices)

Skin cancer can affect anyone, but people most at risk have:

- fair skin that burns in strong sun
- red or fair hair
- a lot of moles or freckles
- family history of skin cancer
- already had sunburn especially when young.

People with naturally brown or black skin are less likely to get skin cancer as darker skin has some protection against UV rays. However, skin cancer can still occur. Sun damage doesn't just happen when you're on holiday in the sun. It can happen when you're not expecting it, for example when you go for a walk or sit in your garden.

Find out more at : [Sun safety Q&A - Live Well - NHS Choices](#)

BE SUN SMART

- Spend time in the shade between 11am and 3pm.
- **Make sure you never burn.**
- **Aim to cover up with a T-shirt, hat and sunglasses.**
- **Remember to take extra care with children.**
- **Then use factor 15+ sun-screen**

Report mole changes or unusual skin growths to your GP. Always take special care of children's skin. The best way to do this is to cover them up and keep them in the shade.

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
 Boots - Coleham
 362496
 Lloyds - Riverside
 344523
 Tesco
 845449
 Pharmacy Express
 245715

Diary Date: Tuesday July 14th Marden Medical Practice

Open Evening 6-8pm

Meet the Team and lots more - including light refreshments

WELL DONE AIR MARDEN

Congratulations to the practice team for successfully completing this year's Dragon Boat Race on the River Severn in Shrewsbury on June 21st.

The team achieved its goal of raising more than £1,000 for the Severn Hospice. It's the fourth time the practice has entered the race which this year saw 31 teams battle it out along the 250 metre stretch of river.



SUNDAY SEPT 20

Alzheimer's Society | Leading the fight against dementia

Walk for a world without dementia

YOU CAN NOW REGISTER NOW FOR THE SHREWSBURY MEMORY WALK

With every step taken at Shrewsbury Memory Walk, you will help change the lives of people affected by dementia – now and in the future. Register yourself or a team, and start fundraising today!

Shrewsbury Memory Walk takes place at **Attingham Park**, a beautiful National Trust park. There are two routes available, approximately 1.5km and 5km. While both routes have some gravel and hills, the 1.5km route is suitable for wheelchairs and pushchairs but the longer route is not accessible. The routes are subject to change.

Register at: alzheimers.org.uk

Contact Information

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