



MARDEN NEWS

The monthly newsletter from Marden Medical Practice

February 2016



Dr Ella Baines.....

.....In her own words

I have been working at Marden for the last two and a half years and became a Partner in September. My family and I moved to Shropshire from South London three years ago, where I was working as a GP Partner at a practice in Brixton.

I grew up in Nottinghamshire and studied medicine at Guy's, King's and St Thomas' Hospitals in London, qualifying in 2000. I trained in Paediatrics in and around London and particularly enjoyed working at Great Ormond St. I also spent some time working in Sydney, Australia, before becoming a GP. I love General Practice for its diversity, complexity and continuity. I truly feel lucky to call myself a GP. My main interests are paediatrics and child health, diabetes and learning disabilities. I currently share the diabetes care at the practice with Dr Moselhi. I'm keen to help people understand and feel confident in managing their diabetes and really enjoy seeing their progress over time.

My passion for learning disabilities started during my paediatric training but has developed since my eldest son was born. He has severe learning disabilities, so in addition to the medical stuff, I am a parent carer and truly understand what the term 'carer' means.

In addition to working at Marden, I am a web editor for a learning disabilities website (www.intellectualdisability.info) and have had several articles published on the website. Over the last year, I have edited two learning modules about disabled children for the Royal College of GPs and have represented the College in developing an e-learning programme for anyone working with disabled children (www.disabilitymatters.org.uk). I am a member of the Professional Network of GPs for Learning Disabilities.

Outside of work, you'll often see me wrestling with my three boys in Quarry Park, swimming at the Shrewsbury Masters Swimming Club or getting out and about in Shropshire; enjoying the countryside and learning more about my new home! I also have a greater than average knowledge about darts – feel free to ask me about this if you know your Shanghai from your Madhouse.

Thank you to everyone who has made my first few years at Marden very enjoyable! I hope that together, we can maintain the high standards at Marden and I look forward to meeting more of you and your families over the years to come.

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



KEEPING YOU MOVING

Marden is now part of a pilot scheme which allows patients to refer themselves to a physiotherapist.

There are benefits for both patients and GPs and these include saving time and money; reducing waiting times and improving attendance at appointments. Self referral is particularly popular with patients who have a long term condition and who know the treatment they require.

Physiotherapists are trained healthcare professionals who help restore movement and function following illness, injury or disability. Physiotherapy can also help restore your general health and well being. As well as treating a specific complaint, physiotherapists can advise you on exercise to keep you fit and help you maintain a healthy weight.

If you want to find out more about self-referral or you are interested in taking part in the pilot scheme please talk to the practice receptionist. Not everyone will be suitable for inclusion.

You can find out more about Physiotherapy and access to services at:

<http://www.nhs.uk/conditions/Physiotherapy/pages/introduction.aspx>



YOUR NAMED GP

All patients at Marden Medical Practice have a named accountable doctor who is responsible for your care. Your named doctor will be allocated to you by the practice. You can still talk to or make appointments to see any of our doctors or nurses, not just your named GP.

If you have a preference and would like to request a particular doctor at the practice to be your named GP please either talk to one of our receptionist or fill out the form online at:

<https://mardenpractice.gpsurgery.net/patient-info/named-gp/>

Contact Information

Telephone: 01743 241313

Email: marden.marden@nhs.net

Shropdoc:08444 06 8888

Fax: 01743 2360725

Website: www.mardenpractice.gpsurgery.net