



MARDEN



The monthly newsletter from Marden Medical Practice

July 2016

PROTECT YOUR SKIN AND EYES FROM THE SUN

Skin cancers are caused by damage from the sun's ultraviolet (UV) rays. These penetrate deep into the skin and damage cells which are then at risk of becoming cancerous. You can't feel UV damaging your skin and it happens even when the sun doesn't feel hot.



Getting sunburnt causes the top layers of skin to release chemicals that make blood vessels swell and leak fluids, skin turns red and feels hot and painful, and severe sunburn can lead to swelling and blisters. Sunburn is dangerous at any age, but especially harmful in children and young people and can greatly increase your risk of developing skin cancer later in life. After you've been sunburnt, skin peels to get rid of damaged cells, will eventually heal and look healthy, but permanent damage may have been done.

You should take extra care when out in the sun if you: have pale, white or light brown skin: have freckles or red or fair hair: tend to burn rather than tan: have many moles: have skin problems relating to a medical condition: are only exposed to intense sun occasionally (while on holiday): are in a hot country where the sun is particularly intense: a family history of skin cancer.



When buying sunscreen, make sure it's suitable for your skin type and blocks both ultraviolet A (UVA) and ultraviolet B (UVB) radiation. The sunscreen label should have: the letters "UVA" in a circle logo and at least 4-star UVA protection, at least SPF15 sunscreen to protect against UVB.

Long-term exposure to sunlight increases the risk of a type of cataract and is also linked to pterygium (growths on the surface of the eye). Over-exposure to sunlight, such as a day at the beach without proper eye protection, can cause a temporary but painful burn to the surface of the eye, similar to sunburn on the skin. Another risk to eyes is skin cancer, which can affect the eyelids and area around the eyes. Long-term exposure to the sun can increase this risk but wearing a wide-brimmed hat can reduce the amount of UV rays that reach your face and eyes. Sunglasses can also offer protection but choose a pair with wrap-around lenses or wide arms with the CE Mark: European Standard EN 1836:2005



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

Samaritan's



Talk to us any time you like, in your own way, and off the record about whatever's getting to you. You don't have to be suicidal but please don't suffer alone. With over 20,000 volunteers based in 201 branches across 5 nations, we're actively involved in a community near you and we work with schools, colleges, universities, workplaces, health & welfare services, homeless shelters, prisons and other charities. We also promote awareness of our service at local social venues, community events and music festivals and we help children and young people prepare for life's challenges by running workshops and providing materials.

Have you ever thought you'd like to change your life? Volunteer and change someone's life at the same time as changing your own! So many people have it in them to be a Samaritans volunteer and to touch another person's life when it really matters, by helping them directly or by keeping branches running, is a rare gift. Every single day, around 16 people decide to end their own life across England, Ireland, Scotland and Wales. We know our service can help people before it's too late. - Samaritan's Awareness day is on 24th July, 2016

The Aims of DAD

Disability Awareness Day ("DAD") is the world's largest 'not for profit' voluntary-led disability exhibition is held annually in a huge tented village within the grounds of Walton Hall Gardens in Warrington. Visitors to the show will find over 250 exhibitors, equipment suppliers, transport, holidays, leisure, employment, support groups and services PLUS a Sports Zone including Scuba diving, an Arts Marquee and family entertainment. The show opens at 10.00 am and finishes at 5.00 pm, and entry is FREE with a FREE programme.

This years Disability Awareness Day will be the **25th anniversary** of the worlds largest 'pan disability' independent living event. Disability Awareness Day is a pan disability event which promotes a can do culture focussing on what disabled people **can** do throughout life and work and the show has three main aims: highlight what statutory, private or voluntary services are available to enable disabled people to stay independent: promote equipment and aids that could maintain or improve independence, not just what is offered by statutory service providers, we want everyone to see the best and/or latest designs: provide an opportunity to showcase what disabled people can do, in the field of Sport, Arts and Entertainment.



As well as fulfilling all these aims every year the show also gives everyone really good day out filled with interest, fun and entertainment! **Disability Awareness Day 2016 will take place on Sunday, 10th July at Walton Hall and Gardens.**

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Retirement



We would like to inform our patients that
Dr Peter Bottomley will be retiring from the practice with effect
from the end of July 2016.

Whilst we feel very sad to see him leave , we wish him a long and happy
retirement which will be full of new adventures.

A retirement book is available in Reception for any patient who may wish to
make a personal note to Peter.