



MARDEN NEWS

The monthly newsletter from Marden Medical Practice

October 2016

Domestic Abuse?

Domestic Abuse can involve a range of behaviours, which are abusive and which would not necessarily be classed as violent.

The new definition of domestic violence and abuse as defined by the Government from 1st April 2013 is: *'Any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members regardless of gender or sexuality.'*

This violence or abuse can be: Psychological; Physical; Sexual; Financial; Emotional.

Both men and women can be victims of domestic violence; however women are more likely to experience repeated and severe forms of violence. It is quite common, affecting one in four women during their lifetime but it takes place in all types of relationships, including lesbian, gay, bisexual and transgender relationships. It can also involve other family members, including children.

For information on Domestic Abuse, what to do if you are suffering or know somebody who is suffering, you can contact the Domestic Violence Helpline for Shropshire, Herefordshire, Telford & Wrekin, a 24 hour Freephone (run by Women's Aid) on 0800 783 1359: National Domestic Violence- 24 hour Freephone (Run in partnership with Women's Aid & Refuge) 0808 2000 247 / helpline@womensaid.org.uk: Men's Advice Line - Freephone 0808 801 0327: Mankind National Helpline 01823 334244: Shropshire Victim Supportline 0300 303 1977.



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

Retirement—Good-Bye Dr Moselhi



We would like to inform our patients that Dr Moselhi will be retiring from the practice with effect from the end of October 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 for Mos.

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



Flu Vaccine

It's that time again when we need to think about booking a Flu Vaccine appointment. **Have you booked yours?** If not please contact us to book an appointment soonest.



PRACTICE CLOSED FOR TRAINING

The Practice will be closed for training on the afternoon of Thursday 20.10.16 from 12:00hrs. Practice reopens as usual Friday morning.



Anxiety & Depression

"Why do I feel so down?". "How can I feel happier?". "Can I control my fears?".

If you've been feeling depressed for more than a few weeks or your anxiety is affecting your daily life, make an appointment to speak to your GP.

If you've been feeling down for a few days, are having a stressful time at work, which is causing you to feel worried and anxious, speak to your GP.

If you've had thoughts of self-harming or are feeling suicidal, contact someone immediately such as your GP, a friend, a relative or someone else you can trust. If you've already taken an overdose or cut yourself badly, dial 999.

If you want to talk to someone right away, there are helplines with specially trained volunteers who'll listen to you, understand what you're going through, and help you through the immediate crisis: The Samaritans operates a service 24 hours a day, 365 days a year, for people who want to talk in confidence— 08457 90 90 90: National Organisation for Panic, Anxiety Neuroses, Information and Care - information and advice for carers of and people with Panic, Anxiety, Phobias, Obsessive Compulsive Disorders and the effects of Tranquiliser withdrawal— Helpline 0844 967 4848 (Everyday 10:00am - 10:00pm, Charge: 5p a minute + your access charge): Youth Helpline 0330 606 1174 (For 13 to 20 year olds, open 3pm to 6pm Monday to Friday, Landline rates apply).



Lots of people think depression only affects adults. But children and teenagers can become depressed as well but the problem for parents is that depression in children can be difficult to spot. The obvious signs to look out for include a low mood and unhappiness, tearfulness or irritability that may not be related to anything specific but also watch out for reactions when something sad happens, for instance, when someone dies it's normal for everyone in the family to feel distressed but if you feel your child's reaction is too extreme or has gone on for too long, that could also be a sign of depression.

If you're feeling sad, anxious, angry or stressed, remember you're not alone. Other people have felt the same way so get in touch with your GP and receive the help you seek.

Contact Information

Telephone: 01743 241313

Physiotherapy Triage 01743 454912

Email: marden.marden@nhs.net

Shropdoc: 0333 222 6655

Fax: 01743 2360725

Website: www.mardenpractice.gpsurgery.net