



MARDEN NEWS

The monthly newsletter from Marden Medical Practice

January 2017

DRY JANUARY

JOIN THE MILLIONS AND GO DRY THIS JANUARY!

SIGN UP AND TAKE THE CHALLENGE

Dry January is Alcohol Concern's flagship campaign which has been changing the conversation about alcohol over the past 5 years. Taking part in our campaign is a chance to ditch the hangover, reduce the waistline, and save some serious £££ by giving up alcohol for 31 days.

It all started back in 2011 but to bring the campaign to more people than ever before, we partner with Public Health England and create our first ever Dry January radio adverts! This leads to more people than ever before to take part in the campaign and, because of this, we find that more people than ever have questions about what alcohol is doing to them.

And then there was an app! 14,000 people used the app to help motivate themselves to stick to the challenge and change their drinking. From a small thing done by a couple of people on their own, now Dry January is the new normal. A YouGov survey in early February 2016 reveals that a massive 16% of the adult population attempted to go Dry in January.

Major pub chains announce they are stocking non-alcoholic beer in response to the demand from customers during January. New research from Royal Free Hospital backs up just how good a month off the booze is for the body; improvements in concentration and sleep patterns, as well as positive impact on blood sugar levels, blood pressure and the liver. Positive feedback includes:

- ◆ *Just 2 weeks free of alcohol and my skin is clear for the first time in 30 years! I feel awake, alert. .. alive! It's like I'm on drugs... natural happy pills... giving me a zest for life that I once had but left behind in my early 20s! It's incredible... truly incredible. I'm telling everyone and anyone that'll listen.*
- ◆ *Thank you Dry January. I've loved the whole experience. I would say it has been life-changing. I don't think alcohol suits me and I think I might just kick it out! I feel like I did in my 20s (I'm 60) when I had loads of energy and was optimistic. My mood is completely different and I actually feel less anxious and certainly not depressed. I'm so happy it's ridiculous. My husband said it's like living with a new woman. The other morning I opened the curtains and said, Hello world! What a wonderful day!"I never do that. I'm usually miserable in the morning. So thank you.*
- ◆ *I am the least likely person to have been able to do dry January, the first week and weekend is the worst but once I had managed to get through a whole tinder date sat with a soda and lime...I knew I could last the rest of the month! I have more energy and think this could be the end of my binge drinking days!!*

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

COMMON AILMENTS YOUR PHARMACIST CAN HELP WITH

It's estimated 50 million visits to the GP are made every year for minor ailments such as coughs and colds, mild eczema and athlete's foot that our local pharmacist could resolve.

But by visiting your pharmacy instead, you could save yourself time and trouble. Instead of booking and waiting for a GP appointment, you can visit your local pharmacist any time – just walk in.

All pharmacists can recognise many common health complaints. They can give advice or, where appropriate, medicines that will help clear up the problem

If your problem is more serious and needs the attention of a GP, your pharmacist will recognise this and advise you to see your GP instead.

What's more, many pharmacies are open in the evenings and on the weekends.



If everybody went to a pharmacist with common health problems, more time would be freed up for our GPs. This might make it easier to get a convenient appointment with your GP next time you need one.

So, if you have a common health problem, a trip to your local pharmacy is an option.

Your pharmacist may be able to help with skin conditions, such as mild acne and mild eczema
coughs and colds, including nasal congestion and sore throat
minor cuts and bruises

constipation and haemorrhoids (piles)

hay fever and allergies

aches and pains, such as headaches, earache and back pain

indigestion, diarrhoea and threadworms

period pain and thrush

warts and verrucas, mouth ulcers and cold sores

athlete's foot

nappy rash and teething

Some pharmacies also provide truss fittings, stoma products and incontinence supplies.

Go to your GP or a walk-in centre for wound and dressing care: muscle and joint injuries, including strains and sprains:
minor lacerations and cuts: infected wounds

Go to accident and emergency (A&E) for head injuries or loss of consciousness: suturing (stitches): foreign bodies:
suspected broken bones or heavy blood loss: persistent chest pain or difficulty breathing: overdose or poisoning

If your pharmacy runs a minor ailment scheme that includes eczema, for example, it means your pharmacist can supply medicines for this condition and you'll only pay the standard prescription charge. If you're exempt from paying prescription charges – because you're under 16 or over 60 or you have a prescription prepayment certificate (PPC) – you won't pay for the medicine. Just ask at your local pharmacy.

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