



MARDEN NEWS

The monthly newsletter from Marden Medical Practice

February 2017



Dignity In Care

The Dignity in Care campaign's core values are about having dignity in our hearts minds and actions, changing the culture of care services and placing a greater emphasis on improving the quality of care and the experience of citizens using services including NHS hospitals, community services, care homes and home support services.

The campaign was launched in November 2006 and has over 60,000 registered Dignity Champions. They are part of a nationwide movement, working individually and collectively, to ensure people have a good experience of care when they need it. They include councillors, staff at all levels in NHS and social care, volunteers, service users, their carers and members of the public.

The Dignity in Care campaign is led by the National Dignity Council, who work together to raise the profile of the network and to place greater emphasis on promoting the work the Dignity Champions do to improve standards of care for people who use services.

In support of this campaign, people across the country from all walks of life, are signing up as Dignity Champions.

A Dignity Champion is someone who believes passionately that being treated with dignity is a basic human right, not an optional extra. They believe that care services must be compassionate, person centred, as well as efficient, and are willing to try to do something to achieve this. So far over 70,000 people have signed up to be Dignity Champions, all pledging to challenge poor care, to act as good role models and, through specific guidelines issued by the campaign, to educate and inform all those working around them.

If you think this is something you may be able to help with, please visit the website:

http://www.dignityincare.org.uk/Dignity-Champions/Becoming_a_Dignity_Champion



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

Take Care of your Winter Health



Cold weather can affect your health. The Met Office provides the weather forecasts for broadcasts on radio and TV, so listen to these bulletins regularly to keep up-to-date with the weather. Severe weather warnings are also issued on the Met Office website, through the Met Office Twitter feed, or you can ring the Weather Desk on 0870 900 0100.

Follow these tips to keep you, your family and those around you warm and well in extremely cold weather:

Draw your curtains at dusk and keep your doors closed to block out draughts.

Have regular hot drinks and eat at least one hot meal a day if possible. Eating regularly helps keep energy levels up during winter.



Wear several light layers of warm clothes (rather than one chunky layer).

Keep as active in your home as possible.



Wrap up warm and wear shoes with a good grip if you need to go outside on cold days.

If you have reduced mobility, are 65 or over, or have a health condition such as heart or lung disease, you should heat your home to at least 18C. It's a good idea to keep your bedroom at this temperature all night if you can and make sure you wear enough clothes to stay warm. During the day, you may prefer your living room to be slightly warmer. If you're under 65 and healthy and active, you can safely have your house cooler than 18C, if you're comfortable.



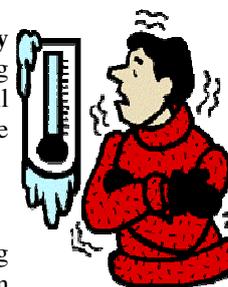
Make sure you are receiving any benefits you are entitled to, such as the Winter Fuel Payment and Cold Weather Payment.

Icy pavements and roads can be extremely slippery. Take extra care if you go out, and wear boots or shoes with good grip on the soles. The Met Office advises putting grit or cat litter on paths and driveways to lessen the risk of slipping. Bear in mind that black ice on pavements or roads might not be clearly visible, and compacted snow may turn to ice and become slippery.



Check up on friends, relatives and neighbours who may be more vulnerable to cold weather as it is especially dangerous for older people or people with serious illnesses. People with heart or respiratory (breathing) problems may have worse symptoms during a cold spell and for several days (up to four weeks) after temperatures return to normal.

Hypothermia occurs when a person's body temperature drops below 35C (95F). Normal body temperature is around 37C (98.6F). Initial symptoms include shivering, tiredness, fast breathing and cold or pale skin. As the temperature drops, shivering becomes more violent, although it will stop completely if the hypothermia gets worse. The person is likely to become delirious and struggle to breathe or move and they may lose consciousness.



You should seek immediate medical help if you suspect someone has hypothermia. While waiting for medical help, it's important to try to prevent further heat loss and gently warm the person by wrapping them in blankets, towels or coats.

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