

# MARDEN NEWS

The monthly newsletter from Marden Medical Practice

August 2018

**NHS 70th Birthday Celebrations** a great success and we raised £155.41 for the Hospice.



## Social Prescribing

**What is Social Prescribing?** Social prescribing is being implemented across Shropshire. This is a means where GPs, Nurses and others working in healthcare services refer people into non-clinical services, which can support their emotional health and wellbeing. People with a 'prescription' are referred to a link worker who will provide support in enabling someone to access a range of non-clinical support services delivered in the local community, usually by the VCSE (Voluntary, Community and Social Enterprise) sector. Social prescribing can help many people in our communities, including the socially isolated or the vulnerable, which can also help to reduce pressure on services as people feel more emotionally supported and able to cope.



There is a need to create a local model that builds on (and does not duplicate) existing Shropshire initiatives, such as care co-ordination, compassionate communities, and locality commissioning, and which provides support for the third sector in a climate of financial austerity.

This is a new model for Shropshire and will be rolled out across the county in stages. A demonstrator site has been operational in Oswestry since May 2017 to help contribute toward the growing evidence of the impact of social prescribing and work out the practicalities of running a local service. Expansion of the programme to new areas commenced Autumn 2017 with interest already shown and exploratory discussions held with GP practices in other areas of Shropshire. Shropshire is the Social Prescribing lead area in the Midlands.

We will have a Social Prescriber in the Practice one afternoon a week with pre-bookable appointments from 02.08.18. Her name is Pip and she will work every Thursday afternoon.

## Important — New telephone system



We would like to inform patients that calls are now being recorded for security and training purposes.

### 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

## Breast screening age extension trial for women who are younger than 50 or older than 70

Women between the ages of 50 and 70 in the UK are normally invited for NHS breast screening every three years. However, there is a research study taking place across England that is looking at the potential risks and benefits of extending breast screening to women who are slightly younger or older than the usual range. If you will be younger than 50 or older than 70 at the end of this year you may be invited for screening as part of this trial.



In the area where you live we are randomly selecting half the women aged 47 to 49 and half the women aged 71 to 73 and inviting them for screening. Any woman who accepts the invitation will be screened in the normal way.

If you take part in the trial your screening records will be linked, using information such as your name and date of birth, to any other NHS screening records and any hospital admission or cancer records. This will allow us to assess the risks and benefits of the extra screening. Once linked all these records will be made anonymous so the researchers using them will not be able to identify any individuals. A research team at the University of Oxford is organizing the trial and analysing the data. If you don't want to accept this invitation then please ignore it.

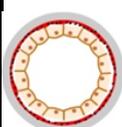
### Making a choice—the possible benefits and risks of breast screening

It is your choice whether or not you have breast screening and there are many different reasons why women decide whether or not to be screened. However, lives are saved because cancers are diagnosed and treated earlier than they would have been without screening.



Non-invasive breast cancer. About 1 in 5 women diagnosed with breast cancer through screening will have non-invasive cancer. This means there are cancer cells in the breast but they are only found inside the milk ducts (tubes) and have not spread any further. In some women the cancer cells stay inside the ducts but in others they will grow into (invade) the surrounding breast in the future, however doctors cannot tell whether non invasive breast cancers will grow into the surrounding breast or not.

About 4 in 5 women diagnosed with breast cancer through screening will have invasive cancer. This is a cancer that has grown out of the milk ducts and into the surrounding breast. Most invasive breast cancers will spread to other parts of the body if left untreated.



Normal  
Milk Duct



Non-Invasive  
breast cancer



Invasive  
breast cancer

You can find out more about breast screening and this trial on the NHS Cancer Screening Programmes website at [www.cancerscreening.nhs.uk](http://www.cancerscreening.nhs.uk).

If you have questions about breast screening the below charity websites provide helpful information:

**Cancer Research UK** - [cruk.org](http://cruk.org) § **Healthtalkonline** - [healthtalkonline.org](http://healthtalkonline.org) § **Breakthrough Breast Cancer**- [breakthrough.org.uk](http://breakthrough.org.uk) § **Breast Cancer Campaign**- [breastcancercampaign.org](http://breastcancercampaign.org) § **Breast Cancer Care**- [breastcancercaare.org.uk](http://breastcancercaare.org.uk)

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