



MARDEN NEWS

The monthly newsletter from Marden Medical Practice

January 2019

HAPPY NEW YEAR FROM ALL THE MARDEN TEAM



Welcome to our new Advanced Nurse Practitioner who has started at the Practice - Brenda Duffus. Brenda will be seeing patients with acute problems on a Monday, Wednesday, Thursday & Friday. Brenda is a very experienced ANP and has previously worked in Primary Care in the same role.



Dry January is the UK's one-month booze-free challenge. Sign up. Save money. Feel great.

Dry January started in 2012 with 4,000 people. It's come a long way since then, with over 100,000 signing up and 4 million taking part in 2018 and we supported almost 100,000 people through the Dry January app and daily emails.

Lots of people who do Dry January find that they save money by not drinking, and you might decide to donate some of what you save to Alcohol Change UK, to support our work in reducing the harm caused by alcohol in the UK. Every day 20 people in the UK die as a result of their drinking, and the impact of alcohol doesn't stop there - it affects families, communities, and in fact our whole society.

The other way to make your Dry January make a difference is by getting sponsored for your dry month. You could add in extra challenges, like a 5k run. You'll definitely find training easier with no alcohol in your system! You can fundraise for Alcohol Change UK and one of our four partner charities - Action for Children, Breast Cancer Now, the British Liver Trust and Crisis. All of these charities work on issues closely related to alcohol harm.



GET ACTIVE YOUR WAY

There are many ways busy mums and dads, families, young people, office workers and older adults can build physical activity into their lives. Being physically active is easier than you think, especially if you make activity part of your daily routine. The amount of activity you need to do each week depends on your age.

Babies should be encouraged to be active throughout the day, every day. Before your baby begins to crawl, encourage them to be physically active by reaching and grasping, pulling and pushing, moving their head, body and limbs during daily routines, and during supervised floor play, including tummy time. Once babies can move around, encourage them to be as active as possible in a safe, supervised and nurturing play environment.

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

Toddlers Children who can walk on their own should be physically active every day for at least 180 minutes (3 hours). This should be spread throughout the day, indoors or outside. The 180 minutes can include light activity such as standing up, moving around, rolling and playing, as well as more energetic activity like skipping, hopping, running and jumping. Active play, such as using a climbing frame, riding a bike, playing in water, chasing games and ball games, is the best way for this age group to get moving.



Children under 5 should not be inactive for long periods, except when they're asleep. Watching TV, travelling by car, bus or train, or being strapped into a buggy for long periods are not good for a child's health and development. There's growing evidence that such behaviour can increase their risk of poor health. All children under 5 who are overweight can improve their health by meeting the activity guidelines, even if their weight doesn't change. To achieve and maintain a healthy weight, they may need to do additional activity and make dietary changes.

5- to 18-year-olds

To maintain a basic level of health, children and young people aged 5 to 18 need to do at least 60 minutes of physical activity every day – this should range from moderate activity, such as cycling and playground activities, to vigorous activity, such as running and tennis. On 3 days a week, these activities should involve exercises for strong muscles and bones, such as swinging on playground equipment, hopping and skipping, and sports such as gymnastics or tennis. Children and young people should also reduce the time they spend sitting for extended periods of time, including watching TV, playing computer games and travelling by car when they could walk or cycle. Being active for at least 60 minutes a day is linked to better general health, stronger bones and muscles, and higher levels of self-esteem .

What counts as moderate activity? Examples of activities that require moderate effort for most young people include walking to school; playing in the playground; riding a scooter; skateboarding; rollerblading; walking the dog; cycling on level ground or ground with few hills. Moderate activity raises your heart rate and makes you sweat. One way to tell if your activity is moderate is if you can still talk but cannot sing the words to a song.



What counts as vigorous activity? There is good evidence vigorous activity can bring health benefits over and above that of moderate activity. A rule of thumb is that 1 minute of vigorous activity provides the same health benefits as 2 minutes of moderate activity. Examples of activities that require vigorous effort for most young people include playing chase; energetic dancing; swimming; running; gymnastics; football; rugby; martial arts, such as karate; cycling fast or on hilly terrain. Vigorous activity makes you breathe hard and fast. If your activity is vigorous, you won't be able to say more than a few words without pausing for a breath.

What activities strengthen muscles? Muscle strength is necessary for daily activities, and to build and maintain strong bones, regulate blood sugar and blood pressure, and help maintain a healthy weight. For young people, muscle-strengthening activities are those that require them to lift their own body weight or work against a resistance. Muscle-strengthening activities suitable for children include games such as tug of war; swinging on playground equipment bars; gymnastics; rope or tree climbing; sit-ups, press-ups and other similar exercises; gymnastics; football; rugby; tennis. Examples suitable for young people include sit-ups, press-ups and other similar exercises; gymnastics; resistance exercises with exercise bands, weight machines or handheld weights; rock climbing; football; basketball; tennis.

Adults aged 19 to 64

To stay healthy, adults aged 19 to 64 should try to be active daily and of moderate aerobic activity such as cycling or brisk walking every exercises on 2 or more days a week that work all the major muscles (legs, shoulders and arms) **OR** 75 minutes of vigorous aerobic activity such as tennis every week and strength exercises on 2 or more days a week muscles (legs, hips, back, abdomen, chest, shoulders and arms). A good vigorous activity provides the same health benefits as 2 minutes of moderately vigorous activity.



should do at least 150 minutes week and strength hips, back, abdomen, chest, running or a game of singles that work all the major rule is that 1 minute of ate activity. All adults should

Adults aged 65 or older who are generally fit and have no health conditions that limit their mobility should try to be active



daily. You should do at least 150 minutes of moderate aerobic activity such as cycling or walking every week and strength exercises on 2 or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms) **OR** 75 minutes of vigorous aerobic activity such as running or a game of singles tennis every week and strength exercises on 2 or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).



Contact Information

Telephone: 01743 241313

Email: marden.marden@nhs.net

Website: www.mardenpractice.gpsurgery.net

Medical Emergencies out of hours number: 111