



MARDEN NEWS

The monthly newsletter from Marden Medical Practice July 2019

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

The Healthier You: NHS Diabetes Prevention Programme (NHS DPP) identifies those at high risk of type 2 diabetes and refers them onto a education programme. The NHS DPP is a joint commitment from NHS England, Public Health England and Diabetes UK. If you are identified as high risk you will receive a letter from the Practice asking you to rely if you are interested in joining the programme.

What's Involved?

Once you've been referred the Healthier You team will contact you to check your eligibility and invite you to join friendly group sessions, at a venue local to you. You'll get the chance to meet other people looking to lower their risk and speak to trained professionals there to help you increase your knowledge and understanding.

Making very simple changes to your diet, weight and the amount of physical activity you do can make a massive difference.

The sessions are free and you'll make all the decisions, based on the practical skills you'll learn.

An eLearning programme providing further support to those who have attended a Healthier You face-to-face group course is available at www.letspreventdiabetes.com

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 - Cophthorne

350747

Lloyds - Riverside

344523

Tesco

845449

Pharmacy Express

245715

Healthier You: NHS Diabetes Prevention Programme

Find out more online at www.england.nhs.uk/ndpp

NHS England

5m
4m
3m
2m
1m
0

Type 1
Type 2

There are currently 3.8 million people with diabetes. It's estimated that 3.4 million have Type 2.

At risk of diabetes

A further five million are now at risk of developing Type 2.

NHS choices Know your risk. Visit www.nhs.uk

Summary Care Records

What is a Summary Care Record?

When you visit an NHS or social care service, information about you and the care you receive is recorded and stored in a health and care record.



This is so that people caring for you can make the best decisions about your care and avoid delays if urgent care is needed. If you're registered with a GP practice, you'll have a Summary Care Record unless you've chosen not to have one. It contains basic information including your name, date of birth, NHS number, allergies, medications and any reactions you've had to medication in the past.

Can more information be added to my Summary Care Record?

Yes, there are forms on reception to request additional information to be added to your record, this can include:-

Your long term conditions, such as Asthma, Diabetes, Heart problems etc

Your relevant medical history, clinical procedures you have had, why you need a particular medication etc

Immunisations

Your personal preferences, such as religious beliefs or legal decisions that you would like to be known.

If this information isn't included in your SCR you may have to remember it and repeat it to the healthcare staff



Summary Care Records for Children

If you are a Parent or a Guardian of a child under 16 and believe they may benefit from additional information on their SCR you can discuss this at the Practice. Please ask for Debbie the Reception Manager

Contact Information

Telephone: 01743 241313

Email: marden.marden@nhs.net

Website: www.mardenpractice.gpsurgery.net

Medical Emergencies out of hours number: 111