



MARDEN NEWS



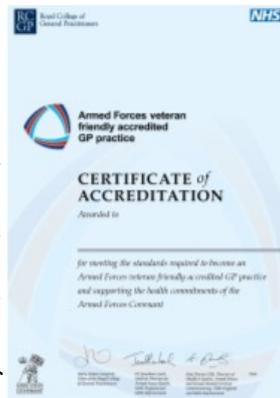
The monthly newsletter from Marden Medical Practice November 2019

**Please remember to book your
Flu vaccine appointment.**



We are now a Military Veterans Accredited Practice

NHS care for the Armed Forces community The NHS is responsible for providing all hospital and most community services for serving personnel (except for mental health, general practice and rehabilitation services). The NHS also provides nearly all community, general practice and hospital services for the families of serving personnel, reservists and veterans. Included as part of this are the following dedicated services and initiatives to support the Armed Forces community: NHS mental health services for veterans The Veterans' Mental Health Transition: Intervention and Liaison Service (TILS) for serving personnel approaching discharge from the military and veterans with mental health difficulties. The service provides a range of treatment, from recognising the early signs of mental health problems and providing access to early support, to therapeutic treatment for complex mental health difficulties and psychological trauma. Help may also be provided with housing, employment, alcohol misuse and social support. The Veterans' Mental Health Complex Treatment Service (CTS) is for ex-forces who have military related complex mental health difficulties that have not improved with previous treatment.



Veterans Trauma Network (VTN) provides care and treatment to those with a service-attributable physical health condition. Located in ten major trauma centres across England, with links to five specialist NHS trusts, the network works closely with Defence Medical Services (DMS), national centres of clinical expertise, the TILS and CTS, as well as military charities to provide a complete package of care. It is run largely by healthcare professionals who are either veterans or serving personnel. GPs can refer veterans to the service, where they will benefit from specialist care by military and civilian experts.



Over the next five years, NHS England and NHS Improvement, together with the Royal College of General Practitioners, are rolling out the veteran friendly GP practice accreditation scheme across England. This scheme, which is intended to help ensure practices are equipped to best care for veterans and their families, has already accredited over 350 surgeries. of which we are one. The Veterans Covenant Healthcare Alliance (VCHA) aims to improve NHS care for the Armed Forces community by supporting trusts, health boards and other providers to identify, develop and showcase the best standards of care. To date, 37 hospital trusts have been accredited as 'Veteran Aware', having demonstrated their commitment to eight core manifesto standards, including signing the Armed Forces Covenant, raising awareness of veterans' healthcare needs among staff, and establishing links with local support providers. For further information, please email england.armedforceshealth@nhs.net.



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
- Lloyds - Riverside
- 344523
- Tesco
- 845449
- Pharmacy Express
- 245715

We are Park Run Registered

In an exciting and innovative initiative, the RCGP is collaborating with parkrun UK to promote the health and wellbeing of staff and patients. Under this initiative, GP practices across the UK are encouraged to develop close links with their local parkrun to become parkrun practices.

What is Parkrun?

Free, weekly 5k events, every Saturday morning, in areas of open space with 2k junior parkruns for 4-14 year olds and their families on Sunday mornings. There are over 850 locations across the UK organised by local volunteer teams so you can walk, run, jog, volunteer or spectate - take part in any way that suits you. It is open to all, including those who are inactive or have health conditions or disabilities and is an opportunity to socialise, make friends and be part of a welcoming, supportive community.



This will help to improve the health and wellbeing of practice staff, patients and carers, reducing the need for lifelong medication and raise awareness amongst the parkrun community of services that practices provide. It will contribute to the development of a local community and environment that is centred around wellness generation and support the UK-wide movement to scale up social prescribing activities.

If you are interested please to speak to Sally Lockley, our Practice Health Care Assistant, and she will be happy to answer your questions.



The Marden Medical Practice Patient Participation Group have arranged a mini bus to take patients and carers affected by Dementia to the Golden Moments Café at The Royal Shrewsbury Hospital on the Tuesday dates as listed below:



26th November

17th December



The mini bus will leave the Practice at 1.10pm and return by approximately 3.50pm

Please ask for Debbie or Kim at the surgery on 01743 241313 to book your place on any of these dates - or for any other information regarding this service.

Contact Information

Telephone: 01743 241313

Email: marden.marden@nhs.net

Medical Emergencies out of hours number: 111