



# MARDEN NEWS

The monthly newsletter from Marden Medical Practice April 2021

Care of Next Infant programme (CONI) is for Families who have experienced the sudden and unexpected death of a baby or young child and are often very anxious when they have another baby. The (CONI) programme provides emotional and practical support to bereaved families during pregnancy and throughout the early months of their new baby's life, allowing them to enjoy this special time. Working with midwives, doctors (GPs), health visitors/health professionals and paediatricians (children's doctors), CONI can help you gain confidence in looking after your baby. CONI is funded by The Lullaby Trust working with health professionals from your local hospital and public health services.



The availability of CONI varies around England and Wales. Where the programme is being offered, it is available to families whose baby has died suddenly and unexpectedly. It can also be available to families whose baby experienced an apparent life-threatening event and are anxious about caring for their baby. CONI families can have as much or as little support as they need.



With help from your local CONI co-ordinator you can choose from:

- Increased contact - Your health visitor or health professional will contact you more often so you can talk freely about any worries you have and seek advice.
- Movement monitor - You can borrow a monitor which picks up movements as your baby breathes. An alarm will ring if movements stop for longer than 20 seconds. Your CONI co-ordinator will help you use the monitor.
- Basic life support -

You will be offered training in what to do if your baby stops breathing; and much more help and advice.

We recommend that your baby is weighed at least once a week by your health visiting team or by yourself, preferably at home. If your baby's growth slows down or they lose weight this may be a sign they are unwell and need to be seen by your GP or paediatrician.

Anyone smoking cigarettes around your baby will make them more likely to suffer chest infections and asthma so keep your house smoke-free. Anyone wishing to smoke should go outside.



Place your baby on their back to sleep. As your baby gets older and learns to roll over easily, they will sleep in the position that suits them best.



The Lullaby Trust provides expert advice on safer sleep for babies, supports bereaved families and raises awareness about sudden infant death. They also run an information line for parents and professionals (0808 802 6869) open Mon to Fri: 10am – 5pm, weekends and public holidays: 6pm – 10pm and a dedicated line for bereaved families (0808 802 6868). Both are free to call from landlines and mobiles. You can also email [support@lullabytrust.org.uk](mailto:support@lullabytrust.org.uk)

## 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  
Boots - Coleham  
362496  
Lloyds - Riverside  
344523  
Tesco  
845449  
Pharmacy Express  
245715

Stress Awareness Month April 2021 –  
Regain Connection, Certainty and Control



Stress Management Society  
from distress to de-stress

A recent collaboration to conduct a study on stress gathered data from 2000 British adults. The research identified that 65% of people in the UK have felt more stressed since the COVID-19 restrictions began in March 2020. The three key causes for concern are feelings of disconnection, uncertainty, and a worrying loss of control.

Stress Awareness Month has been held every April, since 1992 to increase public awareness about both the causes and cures for our modern stress epidemic. Despite this running for 29 years we have got a long way to go. According to the Mental Health Foundation, 74% of UK adults have felt so stressed at some point over the last year they felt overwhelmed or unable to cope.



Millions of us around the UK are experiencing high levels of stress and it is damaging our health. Stress is one of the great public health challenges of our time, but it still isn't being taken as seriously as physical health concerns. Stress is a significant factor in mental health problems including anxiety and depression and is also linked to physical health problems like heart disease, problems with our immune system, insomnia, digestive problems. Individually we need to understand what is causing us personal stress and learn what steps we can take to reduce it for ourselves and those around us.

**30 Day Challenge Hints, Links and Tips:** 'The 30 Day Challenge' encourages you to pick one action each for your Physical, Mental and Emotional Wellbeing to carry out every day. You could even add actions for your social and spiritual wellness too. It takes 30 days to turn actions into habits, which is why this is a month-long programme. The 30-day challenge will maximise your chances of turning useful knowledge and techniques into positive behavioural change.

<https://www.stress.org.uk/stressawarenessmonth/> Call now on: **0203 142 8650** E-mail now on [info@stress.org.uk](mailto:info@stress.org.uk)

### Bowel Cancer Awareness Month

Bowel cancer is very treatable but the earlier it's diagnosed, the easier it is to treat. People whose cancer is diagnosed at an early stage have a much higher chance of successful treatment than those whose cancer has become more widespread. If you have any symptoms, don't be embarrassed and don't ignore them. Doctors are used to seeing lots of people with bowel problems.



**The symptoms of bowel cancer can include:** Bleeding from your bottom and/or blood in your poo: a persistent and unexplained change in bowel habit: unexplained weight loss: extreme tiredness for no obvious reason: a pain or lump in your tummy



Most people with these symptoms don't have bowel cancer. Other health problems can cause similar symptoms. But if you have one or more of these, or if things just don't feel right, go to see your GP. Your symptoms could be caused by other common conditions that can be treated or controlled by your GP, such as: Constipation; Diarrhoea; Piles (haemorrhoids); Anal fissures; Irritable bowel syndrome (IBS); Diverticular disease; Crohn's disease; Ulcerative colitis

Sometimes, a tumour can block the bowel, causing sudden strong pains in the stomach area, bloating and feeling or being sick. This is called a bowel obstruction. You may also be unable to empty your bowels or pass wind. If you think you have a blocked bowel, see your GP straight away or go to a hospital accident and emergency department.

**Bleeding:** There are several possible causes of bleeding from your bottom or blood in your bowel movements (poo). Bright red blood may come from swollen blood vessels (haemorrhoids or piles) in your back passage. It may also be caused by bowel cancer. Dark red or black blood may come from your bowel or stomach. Tell your doctor about any bleeding so they can find out what is causing it.

**Change in bowel habit:** Tell your GP if you have noticed any persistent and unexplained changes in your bowel habit, especially if you also have bleeding from your back passage. You may have looser poo and you may need to poo more often than normal. Or you may feel as though you're not going to the toilet often enough or you might not feel as though you're not fully emptying your bowels.

**Speak to your GP** if you have lost weight and you don't know why. You may not feel like eating if you feel sick, bloated or if you just don't feel hungry. Bowel cancer may lead to a lack of iron in the body, which can cause anaemia (lack of red blood cells). If you have anaemia, you are likely to feel very tired and your skin may look pale.



From 29<sup>th</sup> March two households or a group of up to 6 people can meet outdoors, including in private gardens. **You must not meet anyone indoors unless you live with them.**

### Contact Information

Telephone: **01743 241313**

Email: [marden.marden@nhs.net](mailto:marden.marden@nhs.net)

Medical Emergencies out of hours number: **111**