



# MARDEN NEWS

The monthly newsletter from Marden Medical Practice May 2021

## National Walking Month – British Heart Foundation

May is National Walking Month so why not help celebrate by organising your own walk this May and raise money for our life saving research. Just Walk is a simple and easy way to raise funds for life saving heart and circulatory disease research. All you need to do is sign up to Just Walk, decide when and where you want to walk, and then get fundraising.



Walking is a fantastic way to keep active and maintain a healthy heart as it is fun, flexible and free and, by taking part in *Just Walk*, you can help us to support the 7 million people living with heart and circulatory diseases in the UK. You can walk wherever and whenever suits you, and it's an easy way to fundraise for the BHF. Every pound you raise will fund research that's so urgently needed to help us beat heart disease so join us and celebrate National Walking by signing up to *Just Walk* today and help us beat the heartbreak that these conditions cause.



From Monday 5 May to Friday 24 May, why not *Just Walk* and take part in Walk to School Week. During this week, we're asking teachers, parents and children to put their best foot forward and challenge themselves to walk to school each day, whilst raising money for our life saving research. Once you've signed up, we'll send you your free fundraising kit which is full of fantastic resources to help you organise your

walk. We've also added a couple of little items just for you to use whilst you're out walking.

The beauty of *Just Walk* is you can do your walk anytime, anywhere. but if you are in need of some inspiration, we can help. We have lots of great ideas for your walk - everything from long distance walks, canal walks and woodland walks. Plus, we have plenty of ideas and resources available to get you walking and raising money to help fund our life saving research.

Sign up and join the fight to beat heart disease by organising your own sponsored charity walk for the BHF. Your support will help us to continue to beating the heartbreak that these conditions cause. We've battled against heart and circulatory disease for over 50 years through decades of research and discovery and we rely entirely on our supporters to fund our research. Today we're winning but there's a lot more still to be done so find out more about why we need your help.

You can get in touch by calling, emailing, live chat or by post and one of our friendly customer care advisors will be here to help. Call 0300 330 3322 Monday to Friday 9am - 5pm. Costs are the same as calling a home or business landline. Email [heretohelp@bhf.org.uk](mailto:heretohelp@bhf.org.uk), write to: British Heart Foundation, Compton House, 2300 The Crescent, Birmingham Business Park, Birmingham, B37 7YE.



**To mark Stroke Awareness Month 2021 we're launching our Save Research campaign.** The campaign will raise awareness of the damaging effects of the Covid-19 pandemic on stroke research. A severe drop in charitable income means that our research budget for this year has been cut in half putting new, innovative research at risk. Additionally, 1 in 5 researchers will need more funding and this is why we need people to donate or fundraise

### 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

fundraise and raise awareness of our stroke research so we can continue to make breakthroughs in our understanding of stroke and rehabilitation.

In previous years, we've marked Stroke Awareness Month with our Make May Purple campaign but this May we're focusing on raising awareness of the impact of the unprecedented events of the past year on our charity. We can't wait to see the wonderful ways that you support our Save Research campaign for Stroke Awareness Month. You can download our fundraising inspirations pack with lots of ideas, or come up with your own and by getting involved and fundraising for us, you'll be playing an invaluable role in helping us fund more research and rebuild more lives after stroke.



Research is at the centre of breakthroughs that can save and rebuild lives and it sparks innovation in stroke care and treatments that span the entire stroke journey, from the minutes after stroke to the years that follow. Thanks to research, many people have been spared the most devastating effects of stroke, and had support to rebuild their lives.

### What is asthma?

Asthma is a long-term condition that affects your airways, the tubes that carry air in and out of your lungs. It usually causes symptoms such as coughing, wheezing and breathlessness.



If you come into contact with one of your asthma triggers, it can make your symptoms worse and even bring on an asthma attack. If you have asthma, you have 'sensitive' airways that are inflamed and ready to react when they come into contact with something they don't like.

If you come into contact with one of your asthma triggers it causes your airways to react in three ways: the muscles around the walls of the airways tighten so that the airways become narrower: the lining of the airways become inflamed and starts to swell: sticky mucus or phlegm sometimes builds up, which can narrow the airways even more. These reactions in the airways make it difficult to breathe and lead to asthma symptoms, such as chest tightness, wheezing, or coughing and it can also lead to an asthma attack.



In the UK, around 5.4 million people are currently receiving treatment for asthma, that's one in every 12 adults and one in every 11 children. Asthma affects more boys than girls and Asthma in adults is more common in women than men. It tends to run in families, especially when there's also a history of allergies and/or smoking. Everyone with asthma has their own personal set of triggers and symptoms. You can have a certain 'type' of asthma too e.g. occupational asthma is caused by triggers in your workplace and around 4% of people

have a type of asthma called severe asthma, which needs specialist treatment because the usual medicines don't keep symptoms under control.

Asthma is a lifelong condition and most people who have asthma will always have asthma. However, if you've been diagnosed with asthma as a child, your asthma might improve or disappear completely as you get older, particularly if the asthma was mild. If the asthma does go away it can come back later in life, perhaps because you've come into contact with new triggers in your job, or you've moved to an area with more air pollution and hormonal changes such as pregnancy and menopause can also bring it on again.

The good news is that, even though asthma doesn't go away, there are lots of safe and effective treatments available to help you stay symptom-free. If you've tried taking all the usual treatments in the right way, but you're still having symptoms, your GP can refer you to a specialist to see if you have severe asthma. You can cut your risk of frequent asthma attacks, and your asthma getting worse, by stopping smoking. Currently there is no cure for asthma but there are lots of safe and effective treatments available to manage the symptoms.



**PLEASE NOTE:**



**On Monday 3rd May and Monday 31st May**

### Contact Information

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