



MARDEN NEWS

The monthly newsletter from Marden Medical Practice August 2021

ONLINE HELPERS IN THE COMMUNITY

SUICIDE PREVENTION: HopelineUK (Papyrus): 0800 068 4141: pat@papyrus-uk.org: text 07860039967: Mon-Sun 0900 – 2400 including Bank Holidays



MENTAL HEALTH: Mind: Info Line 0300 123 3393: https://www.mind.org.uk/: Mon-Fri 0900-1800

Rethink: Advice Line 0300 5000 927: https://www.rethink.org/: Mon-Fri 1000-1300

CHILD AND ADOLESCENT: Young Minds: Parents Advice Line 0808 802 5544: https://youngminds.org.uk/: Mon-Fri 0930-1600



Childline: 0800 1111: www.childline.org.uk: 24/7

NSPCC: 0808 800 5000: https://www.nspcc.org.uk/:



Child and Adolescent Mental Health Services (CAMHS) – NHS Service

ANXIETY UK: 03444 775 774: https://www.anxietyuk.org.uk/

No Panic: 0844 967 4848: https://nopanic.org.uk/ 1000-1000: 24/7



SELF-HARM: Self Injury Support: https://www.selfharm.co.uk/

ADDICTION: Addiction Helper: 0800 044 8267: https://www.addictionhelper.com/: 24/7



GamCare: 0808 8020 133: https://www.gamcare.org.uk/

Ad Fam: https://adfam.org.uk/

LGBTQ+: LGBT Foundation: 0345 330 3030: https://lgbt.foundation/



Beaumont Society: https://www.beaumontsociety.org.uk



DOMESTIC ABUSE AND VIOLENCE: National Domestic Abuse Helpline: 0808 2000 247: 24/7

National Centre for Domestic Violence: 0844 8044 999: https://www.ncdv.uk/

RAPE AND SEXUAL ASSAULT: RapeCrisis: https://rapecrisis.org.uk/

The Survivors Trust: 0800 010 818: https://www.thesurvivorstrust.org/

HOMELESSNESS: Shelter: https://england.shelter.org.uk/

BEREAVEMENT: Child Bereavement UK: 08000 02 888 40

Survivors of Bereavement by Suicide: 0300 111 5065



APPS: Hub of Hope: Stay Alive

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

KICKSTART YOUR HEALTH

Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking, Better Health is here with lots of free tools and support. You can also find simple ways to lift your mood with Every Mind Matters. There has never been a better time to kickstart your health.

Download the free NHS weight loss plan to help you start healthier eating habits, be more active, and start losing weight. The plan is broken down into 12 weeks so you can: set weight loss goals; use the BMI calculator to customise your plan; plan your meals; make healthier food choices; get more active and burn more calories; record your activity and progress. Small changes (like swapping sugary drinks for water or ditching sugar from your tea) can make a big difference in the long term.

Quit smoking: Stopping smoking is one of the best things you will ever do for your health. When you stop, you give your lungs the chance to repair and you will be able to breathe easier. There are lots of other benefits too – and they start almost immediately. It's never too late to quit.



Many people try to quit smoking with willpower alone, but it's much easier with the right help. There are lots of support options available, try a combination that works for you. Download the free NHS Smokefree app to help you quit smoking and start breathing easier. The app allows you to: track your progress; see how much you're saving; get daily support and, if you can make it to 28 days smoke-free, you're 5 times more likely to quit for good! The sooner you quit, the sooner you'll notice changes to your body and health.

Look at what happens when you quit for good: after 20 minutes your pulse rate will already be starting to return to normal: after 8 hours your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half: after 48 hours all carbon monoxide is flushed out, your lungs are clearing out mucus and your senses of taste and smell are improving: after 72 hours you notice that breathing feels easier because your bronchial tubes have started to relax and your energy will be increasing: after 2-12 weeks Blood will be pumping through to your heart and muscles much better because your circulation will have improved: after 3-9 months coughs, wheezing or breathing problems will improve as your lung function increases by up to 10%: after 1 year your risk of heart attack will have halved compared with a smoker's: after 10 years your risk of death from lung cancer will have halved compared with a smoker's.



Drink less: Cutting back on the booze can be a really effective way to improve your health, boost your energy, lose weight and save money. Any reduction in the amount you drink every week will be beneficial – and with the right support, it's easier than you think.

Have a game plan: Use Drink Free Days app to set yourself a weekly unit target and stick to it but, if one week you do go over your limit, don't stop trying – next week is a fresh start.

Stick with it! It might take a bit of time to get used to the change from your usual choices, so if you notice a difference in taste with lower-strength drinks, do not give up!



The benefits of drinking less: Many people who reduce their alcohol intake notice benefits: *Short-term benefits:* feeling better in the mornings; less tired and more energetic; better-looking skin; saving money. *Long-term benefits:* lower blood pressure; lower risk of stroke, hypertension, cancer and liver disease; lower cholesterol levels; better mood, memory, quality of sleep; help with weight management. Alcoholic drinks are high in calories, so cutting back on the amount you drink can really help to reduce your calorie intake.

MEDICAL WARNING

Get medical advice before you stop drinking if you have physical withdrawal symptoms (shaking, sweating, feeling anxious until you have your first drink of the day). It can be dangerous to stop drinking too quickly without proper help but there's lots of support out there. Find your local alcohol support service or call Drinkline - 0300 123 1110 for free, confidential help for anyone who is concerned about their own or someone else's drinking.

Contact Information

Telephone: 01743 241313

Email: marden.marden@nhs.net

Medical Emergencies out of hours number: 111