



MARDEN NEWS

The monthly newsletter from Marden Medical Practice

Marden Medical Practice is fundraising to help equip a new medical room at the Shrewsbury Ark, The Ark is a Shrewsbury day centre , which offers facilities and ongoing support for the homeless and vulnerable within the community.

Raffle tickets are available at Reception for a chance to win one of 2 Luxury Hampers. The draw will take place on Monday the 20th December.



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



The Practice is accepting donations for the Shrewsbury Food Bank. Donations to the Food Bank can be left at Reception and these will be accepted up until 20th December.

Thank you.

Decembeard

Join us this December and grow a beard to help us stop people dying of bowel cancer. Taking part is simple: ditch your razor, let your beard grow throughout December and raise money to support our lifesaving work.

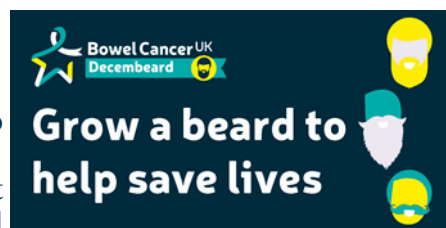
Already bearded? No problem. Dye, ditch or decorate your beard and join the campaign.

By taking part, you'll help us to save lives and improve the quality of life of all those affected by bowel cancer.

Sign up today to receive your digital fundraising pack, which includes lots of ideas to help grow both your beard and fundraising.

Our vision is a future where nobody dies of bowel cancer but we can't achieve this alone. Join us this winter, get growing and raise as much as you can to save lives.

If you have any questions, please call us on 020 7940 1760 or contact us at community@bowelcanceruk.org.uk.



National Hot Chocolate Day in United Kingdom - December 13th 2021

Each year National Hot Chocolate Day warms up people across the country by celebrating the timeless cold-weather beverage. It is a warm beverage made with ground chocolate, heated milk or water, and sugar so we wish you all a happy Hot Chocolate Day.



Save the Children
CHRISTMAS JUMPER DAY

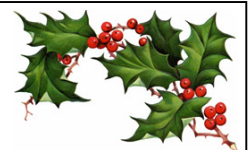
Don your festive knit and donate to our charity! We're celebrating on the 10th but join in on whatever date you choose!

The best day of the year ever! It's super fun, and it's easy to take part no matter where you are.

Since 2012, amazing people like you have put on their jazziest jumpers for one Friday in December, donated £2 to Save the Children and raised money to help protect the magic for children around the world. That means this year is our tenth Christmas Jumper Day! It's on Friday 10 December, and you can sign up for it right now.

How do I donate to Save the Children Christmas jumper? Give the team at Jumper HQ a call at 0808 281 1031, or email christmasjumper@savethechildren.org.uk, and they can set this up for you.

You're not just wearing a jumper - you're becoming a superhero and joining the awesome-est community ever!



Marden Medical Practice Christmas 2021
Opening Hours Monday 27th December 2021
Closed Tuesday 28th December 2021
Closed Wednesday 29th December 2021
Re-Open Monday 3rd January 2022
Closed Tuesday 4th January 2022



IF YOU REQUIRE MEDICAL ADVICE OR ASSISTANCE OUTSIDE THE PRACTICE HOURS PLEASE CALL 111 OR, IN AN EMERGENCY, CALL 999

Merry Christmas and Happy New Year
From Everyone Here at The Practice



Contact Information

Telephone: 01743 241313

Email: marden.marden@nhs.net

Medical Emergencies out of hours number: 111