

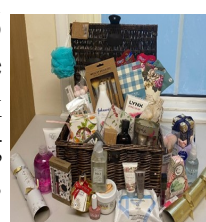


# MARDEN NEWS

The monthly newsletter from Marden Medical Practice January 2022



We are pleased to inform you that £206 was raised from the Raffle for the Hampers. This will be donated to The Ark to help with the creation of a Consulting Room in their new premises. Many thanks to all who participated.



## 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



We, the British Liver Trust, are the UK's leading liver health charity working to improve liver health for all and supporting those affected by liver disease or cancer. We reach millions of people each year through our campaigns and services raising awareness of the risk factors of liver disease and providing vital advice to help people improve their liver health. We provide patients with up to date information and support including a free nurse-led helpline and online community.

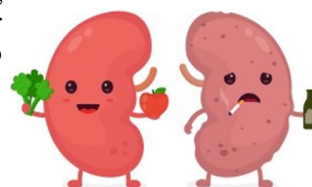
Liver disease is the big killer that no one is talking about so this needs to change. We believe that liver disease and liver cancer are at a tipping point but by taking bold action ourselves and with others, we will start to shift that balance towards a world without liver disease.

Our strategy for 2021 to 2024, Towards a World Without Liver Disease, identifies six key areas of progress where we can start making that vision a reality: Support everyone affected by liver disease and liver cancer: Improve early detection so more people are diagnosed at a stage when the damage can be reversed: Drive up standards of care and improve outcomes for people affected by liver disease: Increase awareness and improve people's understanding of liver disease and liver cancer and reduce stigma: Campaign for policy changes that make it easy for everyone to be healthier: Work in partnership to support research and ensure patients are part of the conversation.

At the British Liver Trust, we support and provide information to thousands of patients with liver conditions each year. We also aim to raise awareness of the steps people can take to reduce their risk of developing a preventable liver condition. You can help us raise awareness of liver disease and liver health by downloading and sharing our materials. You can also support our work by sharing your story, signing the 'Sound The Alarm' petition for earlier diagnosis of liver disease or by downloading and sharing our free liver health resources.

January is Love Your Liver Awareness Month so, for January 2022, we are asking people to make a pledge to love their livers, from starting a fitness challenge, to changing your diet or cutting out alcohol, there are loads of different ways to show your liver some love.

90% of liver disease is preventable and the majority of cases are caused by alcohol and obesity. This January, let's show our livers some love by doing something healthy. Your liver is your body's factory, processing everything you eat and drink. If you look after your liver then your liver will look after you as it has the amazing ability to regenerate.



General Enquiries: 01425 481 320: Helpline: 0800 652 7330 (10am - 3pm Monday to Friday)

## We are Alcohol Change UK. We work for a society that is free from the harm caused by alcohol.

We are not anti-alcohol; we are for alcohol change. We are for a future in which people drink as a conscious choice, not a default; where the issues which lead to alcohol problems – like poverty, mental health issues, homelessness – are addressed; where those of us who drink too much, and our loved ones, have access to high-quality support whenever we need it, without shame or stigma.

Alcohol is a part of many of our lives. We use it for celebration, for comfort, to socialise, to wind down, to cope. We treat it differently to other drugs; it's legal, socially acceptable, even encouraged.

Yet in the UK one person every hour dies as a result of alcohol. Alcohol harm – mental health problems, liver disease, one of seven forms of cancer, economic difficulties, and so much more – can affect any one of us, from any walk of life and the harm doesn't end with the individual; each of us who drinks too much is part of a family and a community who feel the effects too, whether through frequent use of emergency services, drink driving, violence or neglect.

Dry January is the annual movement through which millions of people give up alcohol for the month of January and is run by Alcohol Change UK. We started Dry January because: a month off is a great chance to get us all thinking about our drinking, so we can make healthier and happier decisions when it comes to alcohol year-round.



Dry January is an opportunity to make not drinking, whether for an evening, a month or longer, feel more normal. Because many of us feel under pressure to drink, or to drink more than we want to, and we think it would be better if everyone had more choice.

Dry January means going alcohol-free for the whole month using Alcohol Change UK's tools and resources, and that can bring huge, obvious benefits - but the really good stuff is under the surface..

See your skin get brighter, your wallet fuller, your days busier, your step get bouncier, your mind calmer, your nights sleepier. Most people who do Dry January see a whole host of obvious benefits that make Dry January the *perfect* start to the New Year.



A month alcohol-free has a lot of benefits: it lowers blood pressure, reduces diabetes risk, lowers cholesterol, reduces levels of cancer-related proteins in the blood

The real magic happens when Dry January is over. Dry January helps people to drink more healthily year-round. Research conducted by the University of Sussex has found that six months after Dry January more than 70% of people who take on the month with Alcohol Change UK's Try Dry app or coaching emails are still drinking more healthily. On top of that, they have boosted levels of wellbeing, and much more besides.

Being alcohol-free for 31 days shows us that we don't need alcohol to have fun, to relax, or to socialise. It helps us learn the skills we need to manage our drinking. That means that for the rest of the year we are better able to make decisions about when we drink and how much, so we can avoid slipping into drinking more than we really want to.

That's extra good news, because alcohol is linked with more than 60 health conditions, including liver disease, high blood pressure, depression and seven types of cancer. In fact, alcohol is the biggest risk factor for death, ill-health and disability for people aged 15-49 in the UK. Cutting back on alcohol long-term reduces your risk of developing these conditions.



We wish you  
all a very



from all at Marden  
Medical Practice

### Contact Information

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