



MARDEN NEWS

The monthly newsletter from Marden Medical Practice February 2022

REGISTERING COVID-19 VACCINES YOU HAVE RECEIVED ABROAD

It is now possible for patients to book an appointment to show evidence they have received a Covid-19 vaccination abroad in order to update their NHS record.

This service enables you to book an appointment to show evidence for any coronavirus (COVID-19) vaccinations you've had outside of England. This is so the NHS can securely update your vaccination record.



You can use this service if you: are aged 18 years old or over: have an NHS number: have received one of these MHRA-approved vaccines outside of England - Oxford/AstraZeneca (Vaxzevria), Pfizer/BioNTech (Comirnaty), Johnson & Johnson (Janssen) or Moderna (Spikevax).



Information: Please note that there are currently a limited number of sites offering these appointments. This means there may not be many appointments available in your area at the moment but more appointments will become available over time.

About using this service: By using this service, you're agreeing to our terms of use and privacy policy. You can use this service for someone else if they give you permission but, if you put someone's details in without their consent, you'll be breaching the terms of use for this service: you may be committing a criminal offence.

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/tell-nhs-about-coronavirus-vaccinations-abroad/>

If you need help now, **but it's not an emergency**, go to [111.nhs.uk](https://www.nhs.uk) or call 111

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

NEW BASIL THE COVID-19 VACCINATION BUS HITS THE ROAD

A third Covid-19 vaccination bus is on the road in Shropshire, Telford and Wrekin in a bid to ensure more remote areas of the county are visited.

Many local people will be familiar with Bob the Bus – the mobile vaccination service that has been parking up at a number of locations during the pandemic – as well as his sister, Betty the Bus who was introduced last month. Now, Shropshire, Telford & Wrekin Integrated Care System (ICS) are pleased to announce a third vaccination bus lovingly named Basil by the vaccination team.



A full list of clinics, including dates and opening times, can be found on the Shropshire, Telford and Wrekin ICS's website.

The newest bus will be visiting the more rural parts of Shropshire, Telford and Wrekin with the aim of boosting vaccination rates in areas of lower uptake, as well as discussing and educating people on the benefits of the vaccination. Basil will provide easier access for people who may find it difficult to get to a designated vaccination centre.

Basil will also be visiting people experiencing homelessness, local care homes, housebound patients and antenatal clinics across the county.

The Head of Vaccination Centres for the Covid-19 Vaccination Programme in Shropshire, Telford and Wrekin, said: "We are beyond thrilled to have a third bus locally as it means that we can continue to get to those people who might otherwise struggle to get to a vaccination clinic easily.

The Senior Responsible Officer for the Covid-19 Vaccination Programme in Shropshire, Telford and Wrekin, added: “Both Bob and Betty have proved to be a fantastic success for us locally, so we are confident that Basil will help us vaccinate even more local people.

“Getting the vaccine using our mobile service is easy and convenient. You don’t need to have an NHS number or be registered with a GP – you can just hop on board, without the need to book. It couldn’t be any easier.

“Vaccination provides powerful protection against severe illness with Covid-19, so getting the jab is the most important thing you can do to protect yourself and the people around you. Boosters are also vital to maintain a high level of protection because the vaccine starts to deteriorate as time goes by.”

UK Health Security Agency data demonstrates the great protection two doses offer, whilst not enough to completely stop the surge of Omicron, adding an additional third dose prevents around 75% of people from getting any Covid symptoms. The NHS Covid-19 Vaccination Programme in Shropshire, Telford and Wrekin has delivered more than 1.1 million doses since its inception.

If you have a general enquiry about Shropshire, Telford & Wrekin Integrated Care System (ICS), please contact at our main office: Fourth Floor, The Shirehall, Abbey Foregate, Shrewsbury, SY2 6LY. Email: stw.stp@nhs.net



Tinnitus Week 7-13 February - Pulsatile tinnitus is due to a change in blood flow in the vessels near the ear or to a change in awareness of that blood flow. The involved vessels include the large arteries and veins in the neck and base of the skull and smaller ones in the ear itself. The blood flow can be altered by a variety of factors:

Blood that is flowing quickly makes more noise than blood that is flowing slowly and increased blood flow throughout the body can occur in strenuous exercise or pregnancy. It can also occur in severe anaemia or when the thyroid gland is overactive, a condition known as hyperthyroidism or thyrotoxicosis.

Sometimes blood flow is increased in a single blood vessel or group of blood vessels rather than a generalised increase, e.g., during foetal development we all have an artery in our middle ear called the **stapedial artery**. This normally closes before birth but it can occasionally persist and in this case blood flow adjacent to middle ear structures can generate pulsatile tinnitus. Tumours of the head and neck cause the development of abnormal blood vessels and this can result in pulsatile tinnitus (the majority of tumours associated with pulsatile tinnitus are benign rather than malignant).

If the inside of a blood vessel becomes irregular due to atherosclerosis (hardening of the arteries), the blood flow will become turbulent rather than smooth and this flow then becomes noisy in the same way that a smoothly running river will become noisier at a set of rapids or waterfall.



Awareness can be increased by several factors: conductive hearing loss, such as a perforated ear drum or glue ear, tend to make people more aware of sounds inside their body because they no longer have the masking effect of external sounds. Heightened sensitivity in the auditory pathways can alert the brain to normal noise in blood vessels in much the same way that the awareness of non-pulsatile tinnitus is generated.

We want a world where no one suffers from tinnitus and we therefore seek to provide the most appropriate and expert advice and information free of charge via our confidential freephone helpline on 0800 018 0527.



We are pleased to introduce two new Salaried GP’s, Dr. Nicola Harrison and Dr. Thomas Maddox, who both started at the end of January 2022. They will be working 6 sessions each week between Monday to Friday and we are delighted to welcome them both to Marden Medical Practice.



Contact Information

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Medical Emergencies out of hours number: 111