



MARDEN NEWS

The monthly newsletter from Marden Medical Practice March 2022

KICKCANCER

PHYSICAL ACTIVITY SESSIONS FOR PEOPLE LIVING WITH AND BEYOND CANCER

Physical activity and information
10 week programme
Suitable for all abilities
Delivered via Zoom

FREE



To register and for more information
Contact Kim
07542 225649 // kim.bebbington@sttc.co.uk
Visit our website www.shrewsburytowninthecommunity.com

Due to the current health crisis Shrewsbury Town Football Club have adapted a Kick Cancer programme with Lingen Davies to be delivered entirely online, providing a support group and rehabilitative exercise for those living with or recovering from cancer. The free digital programme will run for 8 weeks and consist of 2 sessions per week. One of these will be a fitness session with tailored activities designed to help rehabilitate patients and keep them active, which has been linked to aiding recovery and wellbeing within patients. The second session will be a social hour allowing

the group to catch up with each other and also talk with specialists who will be on hand to offer their advice and answer any questions participants may have.

To Register and for more information contact Kim on 07542 225649 or email kim.bebbington@sttc.co.uk

Walking Football

At Shrewsbury Town in the Community our mission is to utilise the power of sport to engage, inspire and strengthen our local community. Our vision is to take Shrewsbury Town into the heart of the local community, empowering people to realise their potential and achieve their goals.

Walking football is one of our initiatives and is a weekly football session where players walk instead of run. There are a few other rule changes, but on the whole, players can enjoy the beautiful game in a safe, supportive environment. It is a great way to engage in the sport you love, if you don't feel able to join in mainstream football. Sessions are Monday night 8pm—9pm
Please use the contact details below if you are interested

Shrewsbury Town in the Community:
Telephone: 01743 289 177 ext 216:
Shrewsbury Town Football Club,
Montgomery Waters Meadow, Oteley Road,
Shrewsbury, SY2 6ST
email: admin@shrewsburytowninthecommunity.com



Useful Numbers

Health Visitors 452300
District Nurses 277709
RSH 261000
Family Planning 283382

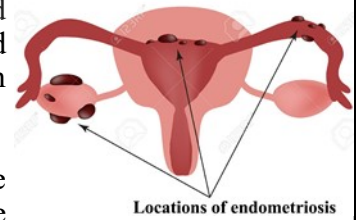
Pharmacies

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



Every March Endometriosis Month takes place across the world, this year from 3rd to 9th, and aims to raise awareness about this hidden and often unrecognized condition with the aim of increasing awareness and highlighting the symptoms of this debilitating condition that affects an estimated 176 million women worldwide.

Endometriosis



Endometriosis can have a devastating effect on the quality of life of sufferers of this condition due to the painful symptoms that the disease carries and the fact that it is a condition that affects 1 in 10 women, and with this unacceptably long diagnosis and treatment



tating effect on the quality of life to the painful symptoms that this is the biggest cause of infertility in women. Although this is not the case for all women, the average diagnosis can take up to seven and a half years, and with this unacceptably long diagnosis time, the main focus of the event is to raise awareness of the symptoms of Endometriosis with the goal being more women diagnosed earlier.

For more information see the website: <https://www.endometriosis-uk.org/events>



National Feet Week takes place every year and asks everyone to prioritise their foot health, this year it is from 7th to 13th March. If you have a toothache, you would visit the dentist, if you had trouble with your vision then you would automatically call on an optician. What about your feet? Many people ignore common foot complaints or indeed serious pain rather than go to see an expert. Podiatrists are there to help with all manner of foot conditions and can usually help resolve minor issues quickly.

Problems with the feet can be an indication of other health issues and so it's so important to take care of our feet as we would our teeth and eyes. Make National Feet Week a time to have your feet checked or to get that nagging issue sorted and make your feet your priority, after all they take you anywhere you want to go.



To find a registered podiatrist near you visit: www.podsfixfeet.co.uk



Cultivation Street Week, 7th to 13th March, celebrates community gardening across the UK. Gardening brings people together within schools and communities, along the way growing,

The Cultivation Street campaign is all about community gardens and what makes them so fantastic. Community gardens come in a myriad of shapes, sizes and styles and they all have a different heart and a unique mission.

What each one of them has in common though, is the ability to bring people together using the power of nature to inspire, heal and make people happy.



Contact us: Telephone: 01926 641997, email: info@cultivationstreet.com

Contact Information

Telephone: 01743 241313

Email: marden.marden@nhs.net

Medical Emergencies out of hours number: 111