



MARDEN NEWS

The monthly newsletter from Marden Medical Practice April 2022



The kind donations from Doctors Surgeries in Shrewsbury were boxed, sealed and forwarded to Ukrainian frontline soldiers on Friday, 18th March 2022 together with other boxes of donated medical supplies.

We had enough boxes of medical supplies to fill a Luton Box Van, so arrangements were made to forward the consignment to Kyiv.

Once again a very big thank you on behalf of the Ukrainian people and thank you also to Radbrook Green, Claremont Bank, Marysville and Belvedere for contributing.



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



What is Be Well Midlands

A first of its kind opportunity for everyone working in health and social care in the Midlands to have a 'Big Conversation' about wellbeing by sharing thoughts, ideas and experiences in a safe, anonymous environment.

Our aim is to join together and create an action plan that will improve our wellbeing provision for all our people working in health and care – so that we are able to continue providing exceptional care to people living in the Midlands.

We need to 'be well... to care well'.

We are undertaking this new approach across the region to ensure everyone working in health and social care can access the best health and wellbeing provision, and so that working in the Midlands is the best place to work.

Be Well Midlands is collaborating across 11 integrated care systems and 81 NHS organisations as well as with our colleagues in health and social care and the voluntary sector, to identify:

How we are feeling now: What is impacting most on our wellbeing: What we need to support their wellbeing: Our aim is to create a culture that prioritises wellbeing.

We want to identify best practice and create new ways to make an impact where we need it most.

The Be Well Midlands Big Conversation is an interactive online platform, similar to an in-person workshop, but is more inclusive, accessible and transparent. We can also involve more people (not just those who can fit in a physical room), allowing us to hear from people across our whole region – giving everyone a voice.

The Big Conversation is: Anonymous – your name is not attached to anything you share: Open to all formal and informal health and care workforce across the Midlands including those in primary, community, social, mental health, as well as volunteers, bank workers and others: For everyone to share their own ideas as well as read, vote and comment on each other's: Available 24 hours a day, 7 days a week while the conversation is live: Accessible from wherever you may be – on any computer, tablet or smartphone

The online conversation opened on 29th March, and everyone is invited to share what works well for them and what's impacting on them.

Alongside our Big Conversation, work is being undertaken to understand the current provision of wellbeing services and how effective they are which will be used to understand the most impactful opportunities for improvement.

Be Well Midlands is committed to a transparent, collaborative approach and we want everyone to have a voice, be made aware of the needs of the workforce, be able to share best practice, hear expert views and contribute to the co-creation of new ideas.

The first step in being a part of our Big Conversation is to register! It's so simple, all you need to do is go to bewellmidlands.com, hit the 'register now' button at the top of the page and enter your email address, so we can send you (anonymously) unique log in details when the conversation opens, it's that easy!

AUTISM AWARENESS



We are the Organization for Autism Research, better known as OAR. OAR is an organization founded and led by parents and grandparents of children with autism, who serve as the Board of Directors providing leadership, life experience, and heart.

April 2 is World Autism Awareness Day, and April is National Autism Awareness Month! Since many of you are now aware of Autism Spectrum Disorder, let's work together to increase autism acceptance in our communities! OAR is lending support in the form of information resources to promote peer acceptance, sibling support, safety, and more. Join us!

This year, our goals are to: Educate youth about their autistic peers: Empower the autism community with informational resources: Support adults in the autism community through OAR's Hire Autism Initiative: Raise money for new research and resources.

OAR strives to make a difference in the daily lives of persons with autism and their families. We publish a series of practical, evidence-based guidebooks; maintain targeted, supportive websites; offer scholarship opportunities for undergraduate students; and also provide resources specifically for military families impacted by autism.

None of this is possible without people like you leading the way.

Contact us: **Autism Research Centre**, Department of Psychiatry, University of Cambridge, Douglas House, 18b Trumpington Road, Cambridge, CB2 8AH. phone: 01223 603146 - email: the ARC administrator



PARKINSON'S^{UK} **CHANGE ATTITUDES.** **FIND A CURE.** **JOIN US.**

Parkinson's is a progressive neurological condition. This means that it causes problems in the brain and gets worse over time. There's currently no cure for Parkinson's, but there are lots of different treatments, therapies and support available to help you manage the condition.

Parkinson's UK are powered by people, funded by you and improving life for everyone affected by Parkinson's. Together we'll find a cure.

Because we're here, no one has to face Parkinson's alone. You can call us, write to us or contact us through email or the website.

The Parkinson's UK helpline is a free and confidential service providing support to anyone affected by Parkinson's.

Phone: 0808 800 0303: Text relay: 18001 0808 800 0303 (for textphone users only)

Opening times: Monday to Friday, 9am to 6pm and Saturday, 10am to 2pm. Our helpline is closed on Sunday and bank holidays: Email: hello@parkinsons.org.uk

If you contact us by email or online, we'll come back to you within 5 working days. If you'd like a speedier response, it may be quicker to phone us.



Contact Information

Telephone: 01743 241313

Email: marden.marden@nhs.net

Medical Emergencies out of hours number: 111