



# MARDEN NEWS

The monthly newsletter from Marden Medical Practice June 2022



THE  
QUEEN'S GREEN  
CANOPY

THE PLATINUM JUBILEE 2022

The Queen's Green Canopy (QGC) is a unique tree planting initiative created to mark Her Majesty's Platinum Jubilee and which invites people from across the United Kingdom to "Plant a Tree for the Jubilee". Everyone from individuals to Scout and Girlguiding groups, villages, cities, counties, schools and corporates will be encouraged to play their part to enhance our environment by planting trees during the official planting season between

October 2022 to March 2023.

With a focus on planting sustainably, the QGC will encourage planting of trees to create a legacy in honour of The Queen's leadership of the Nation, which will benefit future generations. As well as inviting the planting of new trees, the QGC will dedicate a network of 70 Ancient Woodlands across the United Kingdom and identify 70 Ancient Trees to celebrate Her Majesty's 70 years of service.

Marden Medical Practice will be celebrating the Queen's Jubilee with a Tree Planting Ceremony and Tea Party on Wednesday, 1<sup>st</sup> June and, as we were lucky enough to get one of the donated trees, we planted it in the centre of the flower bed at the front of the Practice for all to see and enjoy. Please take a look on your next visit to Marden.



## 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



You may have seen that a mental health charity has recently voiced their concerns that media coverage surrounding the invasion of Ukraine could be 're-traumatising' some veterans.

Under a new national scheme to improve medical care and treatment for former members of the armed services, backed by NHS England and the Royal College of GPs, Marden Medical Practice wanted to make it a top priority to equip our GPs, nurses and primary healthcare staff with the skills and information required to be a champion for veterans and their families.



We are delighted to share with you all that we have attained **Veteran Friendly Accreditation** and, with the impact of military service on an individual not always being obvious, our team will therefore be here to identify, understand, support and treat veterans, ensuring they are fully aware of the help available to them and they get access to dedicated care where appropriate.



**Armed Forces Veteran  
friendly accredited  
GP practice**

# TYPE 2 DIABETES KNOW YOUR RISK

Whilst type 1 diabetes cannot be prevented, type 2 diabetes is largely preventable through lifestyle changes. Around nine out of 10 people with diabetes have type 2 and there are currently two million people in England at high risk of developing it, which is a leading cause of preventable sight loss in people of working age and is a major contributor to kidney failure, heart attack, and stroke. For people living with type 2 diabetes, the risk of dying in hospital with COVID-19 is also twice that of people who don't have the condition.

As well as the human cost, type 2 diabetes treatment accounts for around 10% of the annual NHS budget.

It's very important that you find out if you are at high risk of Type 2 diabetes so you can get support to lower your risk. You may even be eligible for your free local Healthier You: NHS Diabetes Prevention Programme. Our risk tool can help you find out if you're at risk of developing the condition. It takes just a few minutes and could be the most important thing you do today.

The programme is open to people who: are aged 18-79 (if you are over the age of 80 and would still like to be referred, please contact your GP): are not pregnant

The **Healthier You NHS Diabetes Prevention Programme**, also known as the **Healthier You Programme**, identifies people at risk of developing type 2 diabetes and refers them onto a nine-month, evidence-based lifestyle change programme. It is a joint service from NHS England and NHS Improvement and Diabetes UK.

**HEALTHIER YOU**  
NHS DIABETES PREVENTION PROGRAMME

The Healthier You programme is available both as a face-to-face group service and as a digital service so, when referred into the programme, people are free to choose between the two. You will receive personalised support to manage weight, eat more healthily and be more physically active, together have been proven to reduce a person's risk of developing type 2 diabetes.

Although the programme is normally delivered in groups at different times and locations, during the COVID-19 pandemic it has been offered over telephone or via group video conference. The digital service offers similar support but through the use of digital tools such as wearable technologies that monitor levels of exercise, apps where users can access health coaches, online peer support groups and the ability to set and monitor goals electronically and the programme is delivered across England by a range of providers. If you have any general queries about the Healthier You programme, please email [england.ndpp@nhs.net](mailto:england.ndpp@nhs.net)

Early outcomes data and our provisional analyses suggest that over 50% of those that start the interventions will attend at least 60% of the programme and achieve an average weight loss of 3.7kg. The original evidence review and impact analyses suggested we should expect an average weight loss of 2.5kg, so outcomes are exceeding expectations.



These early programme insights show a promising start, in terms of referral volumes, levels of uptake, characteristics of participants and weight loss.

Find out more about the NHS Diabetes Prevention Programme at [www.england.nhs.uk/diabetes](http://www.england.nhs.uk/diabetes) or email [england.ndpp@nhs.net](mailto:england.ndpp@nhs.net)

## Contact Information

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