

## MARDEN **NEWS**

The monthly newsletter from Marden Medical Practice June 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 OGC 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 Queens Jubilee with a Tree Planting Ceremony and Tea Party on Wednesday, 1st 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 - Copthorne

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.

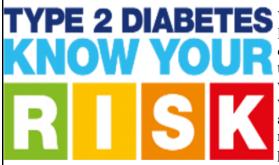


We are delighted to share with you all that we have attained Veteran Friendly Accreditation and, with the impact of military service on an individual not always being obvious, our team will therefore be here to



Armed Forces Veteran friendly accredited GP practice

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.



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 DIABETES PREVENTION PROGRAMME NHS England and NHS Improvement and Diabetes UK.



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

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 or email england.ndpp@nhs.net

## **Contact Information**

Telephone: 01743 241313 Email: marden.marden@nhs.net

Medical Emergencies out of hours number: 111