



MARDEN NEWS

The monthly newsletter from Marden Medical Practice August

Missed Appointments

We aim to provide all our patients with the best possible service and to achieve this we need your co-operation. If you are unable to keep your appointment, please make every effort to cancel it well in advance so that it may be offered to someone else. Non-attendance and cancellations at short notice without a valid reason deprives other patients of essential medical services. In July there were 24 GP appointments not attended and with no contact to cancel. We appreciate that it can be difficult at times to get through on the phones but there are other options. You can cancel via our website by scrolling to the bottom of the page where there is a cancel your appointment option or you can also email the practice at marden.marden@nhs.net.

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



International Youth Day on August 12 focuses on the difficulties that some young people are experiencing throughout the world. Half the children between the age of six and 13 lack basic reading and math skills and childhood poverty is still a prevalent problem globally. International Youth Day was created by the UN to help draw awareness to these issues as we strive to find solutions. It's a day for reflection but also a day for taking action so get involved. There'll be many concerts, workshops and cultural events taking place so have a look at what is happening in your local area.

INTERNATIONAL YOUTH DAY TIMELINE

In 1965 the United Nations General Assembly began making a concerted effort to impact the youth. They endorsed the Declaration on the Promotion among Youth of the Ideals of Peace, Mutual Respect and Understanding between Peoples. They began devoting time and resources to empower the youth by recognizing up-and-coming leaders and offering them resources to meet the needs of the world.

On December 17, 1999, the UN General Assembly endorsed the recommendation made by the World Conference of Ministers Responsible for Youth, and International Youth Day was formed. It was first celebrated on August 12, 2000, and ever since the day has been used to educate society. Mobilize the youth in politics, and manage resources to address global problems.

The day is often accompanied by major events. In 2013 an International Youth Conference was hosted by YOUTHINK, featuring many key speakers and an awards ceremony. More recent events have been hosted by the Indian Youth Cafe in Chennai. The theme for 2019 was "transforming education."

The theme of International Youth Day 2020 was "Youth Engagement for Global Action" with the aim being to call attention to the ways in which the participation of young people at the national and international levels is complimenting national and multilateral institutions and processes. Another important aim was to draw lessons on how their involvement in institutional politics can be increased.

Kooth.com is a well-established, award winning online counselling agency and is accredited by The British Association of Psychotherapy and Counselling (BACP). Founded in 2001, they are leading pioneers of online counselling in the UK, having won a number of prestigious awards. It is a transformational lifeline that has successfully helped and continues to reach the very vulnerable, many of whom would never have access to face-to-face counselling. Young people can access this service anonymously by signing onto the Kooth website. The Kooth service includes: drop in chats with counsellors, booked 1:1 chats with a counsellor, themed message forums, secure web-based email, articles regarding mental health.



(WABA) WORLD BREASTFEEDING WEEK 2022

August in National Breastfeeding Month

Human milk (Breastmilk) is perfectly designed for a child's nutritional and immunological needs and helps to prevent infections.

Breastfeeding promotes bonding between mother and child, regardless of the setting, and provides food security to infants from the very beginning of life contributing to food security for the whole family.



World Breastfeeding Week

The COVID-19 pandemic and geopolitical conflicts have widened and deepened inequalities tipping more people into food insecurity. In addition, limitations to the health system's capacity led to the deterioration of breastfeeding support.

There has been a lack of staff to support breastfeeding due to illness, causing other staff to be overburdened and tasks being shifted to other untrained personnel. Physical distancing rules meant fewer contacts for some parents resulting in them receiving less knowledge and opportunities for skilled breastfeeding counselling. Some countries implemented non-evidence-based policies such as separating babies from their mothers and discouraging breastfeeding when COVID-19 was suspected. Besides that, community breastfeeding peer support groups were not accessible to parents in need of help because of restricted social contact.

Targeted outreach by the breastmilk substitutes (BMS) industry influences parents' infant feeding decisions. The misinformation about COVID-19 and rampant marketing by the BMS industries as the safer option scared parents into formula feeding. The BMS industries' actions were in violation of the International Code of Marketing of Breastmilk Substitutes and subsequent relevant World Health Assembly resolutions (the Code). Sponsoring free education for healthcare workers impedes breastfeeding support in the health system by giving misleading information, biasing healthcare provider attitudes and interfering with the establishment of breastfeeding.

Ensuring Code compliance within the health facility will enable parents to receive independent unbiased information and make them aware of the tactics of the BMS industry. Supporting breastfeeding involves many actors and levels. Women need support from the health service, workplace and community to optimally breastfeed, progressing from one level to the other. This is called the Warm Chain of Support for Breastfeeding. There is an urgent need for education to improve and increase the capacity of all the actors who work along the Warm Chain. WBW2022 will focus on stepping up this capacity. Education and transformation of existing systems, underpinned by evidence-based national policies, will help to ensure breastfeeding-friendly health facilities, supportive communities and workplaces, and will restore and improve breastfeeding rates, nutrition and health in both the short- and long-term.



Contact Information

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