



# MARDEN NEWS

The monthly newsletter from Marden Medical Practice September 2022

## PRESCRIBING OF OVER-THE-COUNTER MEDICINES IS CHANGING



Your GP, nurse or pharmacist will not generally give you a prescription for over-the-counter medicines for a range of minor health concerns. Instead, over-the-counter medicines are available to buy in a pharmacy or supermarket in your local community. The team of health professionals at your local pharmacy can offer help and clinical advice to manage minor health concerns and if your symptoms suggest it's more serious, they'll ensure you get the care you need. Please help the NHS to use resources sensibly.

What if my symptoms don't improve? Your local pharmacy team can tell you how long to expect the symptoms of your condition to last. If they haven't improved after this time or you start to feel a lot worse, you should: Go back to the pharmacy for further advice: Call NHS111: Contact your GP: Visit the NHS website (nhs.uk) and click on 'Services near you' to help you choose the right service. **A&E and 999 should only be used for serious and life-threatening emergencies.** For more information and support visit the NHS website nhs.uk.

*How your local pharmacy team can help you:* Your local pharmacy team are qualified healthcare professionals with the knowledge and skills to help with many health concerns. Pharmacists can give clinical advice, right there and then, and help you choose the most appropriate treatment. If your symptoms suggest it's more serious, they'll ensure you get the care you need.

*Why does the NHS need to reduce prescriptions for over-the-counter medicines?* The NHS has been spending around £136 million a year on prescriptions for medicines that can be bought from a pharmacy or supermarket, such as paracetamol. By reducing the amount the NHS spends on over-the-counter medicines, we can give priority to treatments for people with more serious conditions, such as cancer, diabetes and mental health problems.



## The biggest celebration of lifelong learning in England.

Our mission is to highlight the benefits of learning, celebrate achievements of adults who have used learning to transform their lives, and to encourage everyone to embrace lifelong learning.

Learner ambassadors: we are dedicated to using lived experience in our work to promote adult learning and skills.

Our learner ambassadors are a network of past award winners and finalists who get involved with writing blogs, tweeting about relevant topics, participating in projects or joining a Q&A session at an event. transformative effects it can have on people's lives.

Our community aims to bring together people from a broad spectrum of learning providers and organisation that play an active part in Festival of Learning and Lifelong Learning week. We hope that the group will support a useful dialogue between us and community members, and between members themselves.

Interested in becoming a learner ambassador? Contact us: [fol@learningandwork.org.uk](mailto:fol@learningandwork.org.uk)  
Arnhem House, 31 Waterloo Way, Leicester, Leicestershire, LE1 6LP, UK

### 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

**The Foundation for Women's Cancer (FWC)** steadily pursues its mission of supporting research, education and public awareness of gynecologic cancers. The FWC is the official foundation of the Society of Gynecologic Oncology (SGO), the premier medical specialty society for health care professionals trained in the comprehensive management of gynecologic cancers.



**Foundation  
for Women's Cancer**

The FWC is a non-profit organization dedicated to increasing research, education and awareness about gynecologic cancer risk, prevention, early detection and optimal treatment.

#### **GYNECOLOGIC CANCER AWARENESS MONTH**

The FWC understands the importance of bringing awareness to all gynecologic cancers—cervical, ovarian, uterine/endometrial, vaginal and vulvar cancer—and declared September as Gynecologic Cancer Awareness Month (GCAM) with a goal of reaching more and more people each year.

**Every five minutes, someone will be diagnosed with one of these cancers and over 33,000 will die from a gynecologic cancer this year so we** are calling on people from across the country to join us for a Month of Movement to raise funds, increase awareness and drive early diagnosis of the 5 gyn cancers.



**CIRCULATION  
FOUNDATION**  
The Vascular Charity

#### **Circulation Foundation**

The Circulation Foundation funds and promotes research into the causes, treatment and prevention of vascular disease in the UK.

Vascular disease is the collective term for diseases of the veins and arteries. Every part of the body to which blood flows can be affected by it. It's as common as cancer and heart disease and accounts for 40% of deaths in the UK, many of which are preventable.

We provide essential information to patients and their families, whilst raising awareness of vascular disease and the importance of healthy veins and arteries, to ensure we can lead longer, healthier lives.

For help and advice please call us on: 020 7205 7151:

email us at [info@circulationfoundation.org.uk](mailto:info@circulationfoundation.org.uk)

Our registered office: C/o Executive Business Support, Davidson Road, Lichfield, Staffordshire, WS14 9DZ



#### **Blood Cancer Awareness Month 2021**



Every September, Blood Cancer Awareness Month raises awareness and understanding of blood cancers.

There are many types of blood cancer. Each have different symptoms, treatments and prognoses.

Leukaemia

Lymphoma

Myeloma

Myelodysplastic syndromes (MDS)

Myeloproliferative neoplasms (MPN)

**Contact: 0808 169 5155**

#### **Contact Information**

**Telephone: 01743 241313**

**Email: [marden.marden@nhs.net](mailto:marden.marden@nhs.net)**

**Medical Emergencies out of hours number: 111**