



MARDEN NEWS

The monthly newsletter from Marden Medical Practice December 2022



Marden Medical Practice Christmas 2022 Opening Hours

Monday 26th December 2022 – Closed
Tuesday 27th December 2022 - Closed
Wednesday 28th December 2022 - Re-Open
Monday 2nd January 2023 - Closed

Tuesday 3rd January 2023 - Re-Open
IF YOU REQUIRE MEDICAL ADVICE

OR ASSISTANCE OUTSIDE THE PRACTICE HOURS

PLEASE CALL 111 OR IN AND EMERGENCY CALL 999

Merry Christmas and Happy New Year From Everyone
Here at The Practice



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



Age UK Shropshire Telford & Wrekin offers a free and confidential information and advice service for older people, their families and carers.

Our advisers are trained to help you with: Social care - such as finding a care home or getting some help at

home, and how it's funded: Your income - including free benefits checks, help with applying for benefits and pension advice: Your home - information on staying warm at home, home adaptations and how to prevent falls: Legal issues - such as wills, power of attorney, and how to deal with an estate.

We produce free information guides and factsheets on a wide range of topics, including home adaptations, dementia, and advice for carers. You can find a complete list of guides and factsheets on the Age UK national website: <https://www.ageuk.org.uk/services/information-advice/guides-and-factsheets/>

We also have: reading groups: dance classes suitable for all abilities and beginners: weekly Stitch & Mix group suitable for all levels: fun keeping fit: lunch clubs, a great place to meet new people and have a delicious hot meal: community choirs of older people with a passion for singing: weekly social groups help older people to meet up with friends or make new ones: Shrewsbury Walking Football Club to improve your general fitness by playing the beautiful game: explore your local area and meet new people with our organised walking group.



Volunteering: almost anyone over the age of 18 can be a volunteer and just a few hours of your time every week can really make a difference to the lives of local older people by: visiting a lonely older person: help us to provide a great day out for a lonely older person: help at our day centres: help us to raise money and to raise awareness of the services we provide: helping in our charity shops: be a telephone buddy by telephoning a lonely older person.

Our information and advice officers are available Monday to Friday, 9.00am-4.00pm and you can book an appointment or drop-in to our Shrewsbury office.

Age UK Shropshire Telford & Wrekin, 4 Bellstone, Shrewsbury, Shropshire, SY1 1QQ.
Email: enquiries@ageukstw.org.uk: Telephone: 01743 233123



A number of different scams have been circulating, including some that appear to be from the energy regulator Ofgem. The £400 energy bill announced by the Government will be available to all households and will be automatic. **Do not give away personal details in order to apply.**

No matter how an offer comes to your attention, there are very few occasions where there is a legitimate need to hand over your bank details.

A few tips to avoid being scammed during the festive season from a community police officer: if away from your home, lock up well, use timer switches and set house alarms. Also let a neighbour know your home is empty and give them your contact details in case of any issues: **Never** give out personal details on the phone, email, text: **Never** click on any link in an email or text - contact the company/bank directly if you wish to check the validity of any messages: check the small print on special offers = you can be signing up for a repeat service and charged monthly. If it seems too good then it is.



Creating a safe password: www.passwordmaster.com can help you to create secure passwords

A three random word password is the most secure. It doesn't have to be a complex string of uppercase and lowercase characters, symbols, and numbers. Length is enough. Eg running123 can be hacked in 3.6 seconds but something like: grinningskydivingoffer£33 can take 20million years to hack. To check if your email or phone has been involved in a data breach, go to the website: <https://haveibeenpwned.com>. *Advice from the Metropolitan Police Cyberawareness Team.*

Bereavement Support

Grief can be overwhelming but you don't have to deal with it alone, below some helpful contacts – there are many more:



TCF = Contact for bereavement support call our Helpline on: 0345 123 2304 (Open 10 am-4 pm, 7-10 pm every day of the year) Email: helpline@tcf.org.uk

Cruse - We help people through one of the most painful times in life with bereavement support, information and campaigning. Cruse Helpline on 0808 808 1677 for grief support right now.

Quakers social action - Call our fundraising team on 020 8983 5059: email us at fandc@qsa.org.uk: Write to us at QSA, 17 Old Ford Road, London, E2 9PJ

Winston's Wish -we support grieving children and young people after the death of someone important. Freephone Helpline is free to call on 08088 020 021.



Survivors of Bereavement by Suicide - for anyone aged 18 or older to talk confidentially with someone else who has been bereaved by suicide and to know that you are not alone in your experience. Phone: 0115 944 1117: Address: 14 - 16 New Lawn Rd, Ilkeston DE7 5HE. Closes 9pm

Mind = Provides information on be- suggestions for helping yourself and Email: info@mind.org.uk: Post: PO



reavement, where to go for support, and others through grief. Infoline: 0300 123 3393: Box 75225, London, E15 9FS

Contact Information

Telephone: 01743 241313

Email: marden.marden@nhs.net

Medical Emergencies out of hours number: 111