

January

MARDEN NEWS

The monthly newsletter from Marden Medical Practice January 2023

WELCOME

We are delighted to welcome our new salaried GP, Dr. Adam Thomas to the Practice. Dr. Thomas will be working 2 days a week, giving Dr. Hallam the opportunity to reduce her hours. He has already been working some regular Locum sessions for us recently and we are looking forward to continuing working with him.

Alcohol is a part of many of our lives. We use it for celebration, for comfort, to socialise, to wind down, to cope. We treat it differently to other drugs; it's legal, socially acceptable, even encouraged.

Yet in the UK one person every hour dies as a result of alcohol. Alcohol can cause mental health problem, liver disease, one of seven forms of cancer, economic difficulties, and so much more and can affect any one of us, from any walk of life.

The harm doesn't end with the individual; each of us who drinks too much is part of a family and a community who feel the effects too, whether through frequent use of emergency services, drink driving, violence or neglect.

Alcohol Change UK is not anti-alcohol but we are for alcohol change. We are for a future in which people drink as a conscious choice, not a default; where the issues which lead to alcohol problems, like poverty, mental health issues, homelessness, are addressed; where those of us who drink too much, and our loved ones, have access to high-quality support whenever we need it, without shame or stigma.

The problem is complex, and so the solutions aren't simple. But we are driven by our belief that every person deserves to live a full life free from alcohol harm, we create evidence-driven change by working towards five key changes: improved knowledge, better policies and regulation, shifted cultural norms, improved drinking behaviours, and more and better support and treatment.

31 days alcohol-free, a break and a total reset for the body and mind with Alcohol Change UK. Sleep better and have more energy, improve your mental health and concentration, look fabulous and get brighter skin, save money and feel an amazing sense of achievement.

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





Dry January means going alcohol-free for the whole month using Alcohol Change UK's tools and resources, and that can bring huge, obvious benefits - but the really good stuff is under the surface.

For more information please contact us: **Email:** contact@alcoholchange.org.uk:
Phone: 020 3907 8480.

Please note that we do not offer a helpline.

(Drinkline is the national alcohol helpline where, if you're worried about your own or someone else's drinking, you can call the free helpline in complete confidence. Call 0300 123 1110 (weekdays 9am to 8pm, weekends 11am to 4pm).



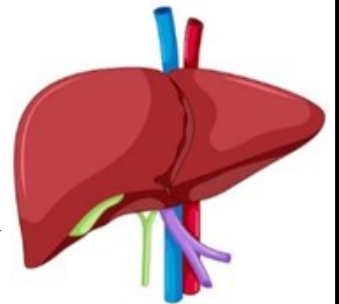
LOVE YOUR LIVER AWARENESS MONTH

Talk to a nurse: 0800 652 7330

The liver is a fascinating organ and its importance is often underrated. It's an amazing multi-tasker and has over 500 vital jobs to do to keep you alive. It's just as important as other organs like your heart and lungs, but they tend to steal most of the limelight.

In the UK, liver disease is on the rise. The three major preventable causes are drinking alcohol, obesity and viral hepatitis.

When it's damaged, the liver can repair itself, but only up to a point. Sadly, people with liver disease often don't have any symptoms until the disease has progressed and it's far too late for treatment. That's why it's so important to know the risk factors and to keep your liver happy and healthy for life – before long-lasting damage can occur. Take your first steps towards better liver health today.



General Enquiries = 01425 481 320: Helpline = 0800 652 7330 (9:00am to 3:00pm Monday to Friday): Address = British Liver Trust, Venta Court, 20 Jewry Street, Winchester, SO23 8FE.

TRY VEGAN THIS JANUARY

Veganuary is a non-profit organisation that encourages people worldwide to try vegan for January and beyond. Veganuary inspired and supported over 620,000 people to try vegan during our 2022 campaign – with participants from over 220 countries and territories while more than 1,540 new vegan products and menu options were launched in our key campaign countries.



Throughout the year, Veganuary encourages and supports people and businesses alike to move to a plant-based diet as a way of protecting the environment, preventing animal suffering, and improving the health of millions of people. We have worked with businesses to drive up vegan food provision in shops and restaurants, and have made veganism more visible and accessible through our work with national and international media.

Contact Information

Telephone: 01743 241313

Email: marden.marden@nhs.net

Medical Emergencies out of hours number: 111