



# MARDEN NEWS

The monthly newsletter from Marden Medical Practice May 2023

Are you struggling with your sleep?

Get support today



Sleepstation

Are you struggling with your sleep and not sure how to fix it? Sleepstation combines psychology and sleep science with dedicated support to help people get great sleep.

Your sleep coaches will work with you to pinpoint your sleep problem. Select the service that fits your needs and create your account. We'll show you how to apply the science, taking into account your needs.

If you've had a sleep problem for more than a month, then now is the time to tackle it. Don't let sleep problems ruin your life, let us help you today. Our clinically validated sleep improvement programme is available on the NHS and privately. If our NHS service is available in your area, you'll be able to access Sleepstation free of charge as an NHS patient.

Better sleep, better you: When we sleep well, everything feels better. Follow our online sleep improvement programme and feel the benefits of great sleep. We combine psychology and sleep science with dedicated support to help people get great sleep. Our online sleep support programme is one of the most effective in the world. Designed by experts, backed by science and delivered with care, Sleepstation gives you all the tools and guidance you need to sleep better.

The techniques that we use in our sleep programme can improve sleep for the vast majority of people. However, if you have one of the health conditions listed below some of the techniques that we use might not be helpful for you.

CBT is not recommended for people with: seizures, epilepsy, psychosis, history of a psychotic episode, bipolar disorder, mania, schizoaffective disorder, schizophrenia or a personality disorder because it can make symptoms worse: severe untreated anxiety, untreated PTSD or a circadian rhythm disorder, as evidence shows that it's better to treat these things first

Check if Sleepstation is available on the NHS in your area  
Our NHS service is available in some parts of the UK, but not all. Search for your GP surgery to find out if you can get free and immediate access to our NHS service in your area.

How long does Sleepstation last?  
The course lasts six to eight weeks and is tailored to your needs and circumstances. The programme builds on basic sleep improvement principles with personalised modules to help you sleep soundly night after night. Sleepstation helps people fall asleep faster, stay asleep longer and get better quality sleep

[sleepstation.org.uk/nhs\\_options/](https://sleepstation.org.uk/nhs_options/)

### 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



## National Walking Month

Did you know that May is National Walking Month? So why not help celebrate by organising your own walk this May and raise money for our life saving research. Physical activity specialist, Lisa Young, explains why walking is a great, not only for your health, but also as a way to raise money for the British Heart Foundation.

"Walking is a fantastic way to keep active and maintain a healthy heart as it is fun, flexible and free."



### JUST WALK

Plan your own sponsored walk in the great outdoors and raise money for life saving heart research. "By taking part in Just Walk, you can help us to support the 7 million people living with heart and circulatory diseases in the UK. You can walk wherever and whenever suits you, and it's an easy way to fundraise for the BHF. Remember, every pound you raise will fund research that's so urgently needed to help us beat heart disease."



### Walk to School Week

From Monday 5 May to Friday 24 May, why not Just Walk and take part in Walk to School Week. During this week, we're asking teachers, parents and children to put their best foot forward and challenge themselves to walk to school each day, whilst raising money for our life saving research.

## Stroke Awareness Month



Research into stroke is one of the most underfunded areas of health research in the UK. Far less is spent 'per survivor' on research into stroke than on research into any other health condition.

Stroke is a leading cause of adult disability in the UK. Two-thirds of people who survive a stroke find themselves living with a disability.

More research will help survivors make their fullest possible recovery, which means everything to them and their families as they rebuild their lives.

Stroke strikes every five minutes in the UK. It can happen to anyone, of any age, at any time. It's vital to know how to spot the signs of a stroke in yourself or someone else. Stroke is a medical emergency. The FAST test can help you recognise the most common signs. **Facial weakness:** Can the person smile? Has their mouth or eye drooped? **Arm weakness:** Can the person raise both arms? **Speech problems:** Can the person speak clearly and understand what you say? **Time to call 999:** if you see any of these signs. Make sure you and your loved ones all know the FAST test.

### Other symptoms of stroke

The FAST test helps to spot the three most common symptoms of stroke. But there are other signs that you should always take seriously. These include: sudden weakness or numbness on one side of the body, including legs, hands or feet: difficulty finding words or speaking in clear sentences: sudden blurred vision or loss of sight in one or both eyes: sudden memory loss or confusion, and dizziness or a sudden fall: a sudden, severe headache. If you spot any of these signs of a stroke, don't wait. Call 999 straight away.

### Contact Information

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Medical Emergencies out of hours number: 111