



MARDEN NEWS

The monthly newsletter from Marden Medical Practice June 2023

On Wednesday 5th July 2023, the NHS will mark 75 years of service. We will be celebrating this milestone by having cake stall. All monies raised from cake sales on this day will go towards : 'All about Youth' **SYA – All About Youth** - young persons charity in Shropshire. All staff will be dressed in clothing from the 3 chosen decades of the 60's, 70's and 80's. Please do come and join us



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



On Saturday 8th July, Parkrun/Parkwalk England is also celebrating NHS 75 years.



Marden will be joining in.

There will be a large Marden banner that will be carried on the morning. Again, staff will be in fancy dress. It will be an 8.30 meet up by the bandstand in the quarry in town. Please feel free to come along and cheer us on.

Patient Online Triage - What is Patient Triage?

Patient Triage is a web-based online consultation tool that allows patients to submit a short medical, admin query or prescription request directly to our current messaging system. You are able to use this via our website and click on the Contact Us button. It is also available via the NHS app. This service enables all information sent including pictures to be saved directly into your medical record and forwarded to a GP to review. Please note this is not a appointment booking service and any urgent advice needed should be sought by contacting the practice directly.

The service also offers self-care, pharmacy, local services (where patients can refer themselves without contacting the practice in the first instance) as well as the ability to contact their GP for treatment and advice.



Self Care: Our care navigators have information to assist you with options available to services that are suitable to self-refer to rather than the need to see a GP. Here are some of the self-care options that are available locally.

Physical Activity in Shropshire:

Elevate strength and balance classes = designed to improve strength and balance for local people aged 60+ <https://www.energizestw.org.uk/elevate>

Better Health - Get Active - Active 10 & Couch to 5K apps

It's the perfect time to get active. No matter how much you do, physical activity is good for your body and mind. Adults should aim to be active every day. Some is good – more is better still.

A daily brisk walk can give your body a boost, lift your mood and make everyday activities easier.

Try these tools, tips and special offers to move more every day. <https://www.nhs.uk/better-health/get-active/>

Sport England “We are Undefeatable” Recommend “15 ways to move more at home” and “5 in 5” a customisable mini-workout. <https://weareundefeatable.co.uk/ways-to-move>

Sport England “Join the Movement” -inspiration on getting active at home and outside of home as well as fitness challenges etc <https://www.sportengland.org/jointhemovement>

Canal and River Trust - Canal and river walks near me <https://canalrivertrust.org.uk/enjoy-the-waterways/walking>

ParkRun - parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. Parkrun is 5k and takes place every Saturday morning; junior parkrun is 2k, dedicated to 4-14 year olds and their families, every Sunday morning. Parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last. Everyone is welcome to come along. <https://www.parkrun.org.uk/>

Love Activity, Hate Exercise? Campaign by chartered society of physiotherapists including advice for patients with long-term conditions <https://www.csp.org.uk/public-patient/keeping-active-healthy/love-activity-hate-exercise-campaign/being-active-long-term>

Mental Health Services: IAPT services can support people with mild to moderate mental health issues such as anxiety or low mood. To self-refer please visit <https://shropshireiapt.mpft.nhs.uk/> <https://www.shropshiremhs.com/> <https://web.ntw.nhs.uk/selfhelp/>

Outside of normal working hours if you are experiencing urgent mental health issues that cannot wait until usual working hours, please phone the Access Service 08081964501

Sleepstation: Having trouble sleeping? Sleepstation can provide you with the support and guidance you need to improve your sleep. You can self-refer to the NHS service by calling 0333 800 9404 or visiting their website <https://www.sleepstation.org.uk/start/now/>

Community Speech and Language: Please find attached information on speech and language support locally, available Speech, language, communication needs (shropscommunityhealth.nhs.uk) Screening tools (shropscommunityhealth.nhs.uk) Speech, Language and Communication Needs Pathway Shropshire Council

Sexual Health Service Information: For all sexual health queries, call 0300 404 2996 (Shropshire) or visit Severn Fields Health Village - Open Clinic for further information.

Shropshire Council: Adults who require first-time help, support or advice about social care can contact us on 0345 678 9044. or visit our website [First point of contact | Shropshire Council](http://www.shropshirecouncil.gov.uk)

Kooth online counselling offer support to young people between the ages of 11-18 = no referral process or waiting list. You can access support for ANY issue you may be experiencing. Counsellors are online 365 days a year. Mon-Fri from midday until 10pm & weekend 6pm until 10pm. You can message counsellors 24 hours a day & access fully-moderated support forums, online magazines and other self-help tools <https://www.kooth.com/>

Contact Information

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Medical Emergencies out of hours number: 111