

# JULY

# MARDEN NEWS

The monthly newsletter from Marden Medical Practice July 2023



Helen Prichard – Respiratory Nurse has retired. Her replacement will start in July.

Receptionist Vikki is leaving as she is moving out of the area.

Administrator Scarlet is leaving to follow her chosen career path.

## 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

Hayfever is a common condition, sometimes known as seasonal allergic rhinitis, and affects around 1 in 5 people in the UK. It often runs in families and is more likely to affect people who suffer from asthma and eczema.

It is an allergic condition where the body's immune system overreacts to substances that are usually harmless, for example pollen from grasses, flowers, weeds or trees. The pollen causes the release of a chemical called histamine from cells in the nose, eyes and airways, which cause inflammation. Some people suffer symptoms all year round; they can be allergic to indoor allergens such as house dust mites, pets and indoor moulds. This is called perennial allergic rhinitis



Symptoms include: Sneezing Itchy, blocked or runny nose Red, itchy, puffy or watery eyes Itchy throat Headaches and sinus pain Fatigue

Managing your hayfever Your practice will no longer routinely prescribe hayfever medicines. The severity of symptoms can vary, some people need medication to manage their symptoms and others can manage their condition by avoiding triggers. If treatment is needed a wide range of medications can be purchased from community pharmacies and supermarkets without seeing a doctor. These medicines are often cheaper than medicines on prescription.

You should see a GP? If you experience wheezing, breathlessness or tightness in the chest. If you are pregnant / breastfeeding. If your symptoms are not relieved by over the counter treatments in combination with measures to reduce your exposure to pollen.

To avoid triggers? Keep house and car windows closed, especially when the pollen counts are high (early morning between 7am to 9am and evenings between 5pm and 7pm). Avoid large grassy areas, woodland, cutting the grass, pollutants and car fumes. Wear wrap-around sunglasses. When you get in from outside wash your hands, face, hair, rinse your eyes and change your clothes. If possible stay indoors when the pollen count is high. Use petroleum jelly inside your nose to block inhalation of pollen. Keep your house clean and wear a mask and glasses when doing house work. Don't dry washing outside to avoid pollen sticking to your clothes. You could buy a pollen filter for the air vents in the car.

Speak to a local pharmacist to get advice on the best treatment for your symptoms and always read the patient information leaflet that is included with the medicine.

*Please only contact the Practice if despite, using eye drops, nasal spray and oral antihistamines in combination, you have ongoing symptoms. Allevia (Fexofenadine) is now available over the counter at local pharmacies, so no prescription is needed.*

We're inviting members of the public to have their say on the forthcoming Shropshire Local Cycling and Walking Infrastructure Plan (LCWIP).



The Shropshire Local Cycling and Walking Infrastructure Plan (LCWIP or 'Cycling and Walking Plan' for short) is our long-term plan, aimed at dramatically improving the safety, comfort and attractiveness of walking and cycling in the county. The purpose of this plan is to set out a prioritised list of schemes for delivery over the next ten years that will improve walking and cycling infrastructure for Shropshire residents, workers and visitors alike.

The Cycling and Walking plan covers the following towns: Shrewsbury: Oswestry/Gobowen: Church Stretton: Market Drayton: Bridgnorth: Ludlow: Whitchurch:



Why are we developing a cycling and walking plan for Shropshire?

In 2017 the UK government published its first Cycling and Walking Investment Strategy, which encouraged local authorities to prepare their own cycling and walking plans to enable a more strategic approach to improving conditions for cycling and walking.

We want people to feel safe to walk and cycle in Shropshire, enabling us all to be healthier, happier and to reduce the carbon we emit when we travel. By improving access to key destinations, we aim to support equal mobility for all and to enable growth for local businesses. All this is brought together in our objectives, which have focused our decisions at every stage of our cycling and walking plan:

Zero carbon - Shropshire as a zero carbon county: Healthier - healthier living for Shropshire residents: Mode shift - reduced congestion and car dependency through embedding walking and cycling as the modes of choice for local and some inter-urban journeys: Inclusive - an inclusive network which is accessible, perceived to be safe and enables opportunity for all, regardless of age or ability: Sustainable growth - supports sustainable economic growth in Shropshire's market towns, including the visitor economy

What's happened so far? During 2021 and 2022 we undertook a six-stage process through which we developed a draft cycling and walking plan for Shropshire:

1. Determine scope:
2. Gather innovative evidence base:
- 3/4. Network planning for walking and cycling
5. Prioritising infrastructure improvements:
6. Integration and application

*We're now moving on to a stage of public, community and stakeholder engagement.*

*Alternative ways of finding out about these plans*

*By its very nature some of the information we're presenting and linking out to is map-based and therefore not always entirely accessible for all audiences.*

How can you have your say? The purpose of a public consultation is to gather the views of as many different groups of people within Shropshire as possible. Helpline on **01322 619898**

### **Contact Information**

**Telephone: 01743 241313**

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