

## Marden Medical Centre Patient Participation Group



# News Update

### **Marden Medical Centre News:**

For the latest Marden Medical Centre updates please refer to the Surgery website:

<https://www.mardenmedicalcentre.nhs.uk/>

### **Spirometry**

We hope to be able to offer Spirometry again in the surgery, shortly. This service was suspended over the pandemic on the advice of NHSE, but we have now been advised it is safe to restart. We are about to purchase a new machine and Sam, one of our nurses, has been doing training to allow her to offer this service. **Spirometry** is a form of lung function testing which assists in the diagnosis of asthma and COPD.

### **Face to Face Appointments**

From 25.4.2022 patients will be able to book a F2F appointment with a GP after speaking with a receptionist. Initially this will be for certain conditions e.g., abdominal pain, skin lesions and rashes, Musculo-skeletal disorders. We will continue to see patients with high temperatures, coughs, colds etc. in the portacabin and are still keen to avoid over-crowding in the waiting room

### **Retained GP Retiring**

Dr Peter Wilford, our retained GP who currently works 2 sessions/week will be retiring on 28<sup>th</sup> April. He has been with us for 5 years and has provided our patients with excellent care. We will miss him but wish him a long and happy retirement. His sessions will be covered by additional locum GP and paramedic practitioner sessions.

### **Other News:**

### **Mental Health Awareness Week**



The [Mental Health Foundation](#)'s Mental Health Awareness Week is running from **9-15 May** and, with this year's theme exploring the impact of **loneliness**, the Department for Digital, Culture, Media and Sport in partnership with the Office for Health Improvement and Disparities (part of the Department of Health and Social Care) are continuing to encourage people to 'lift someone out of loneliness'.

There is now substantial evidence that having a lack of social connections significantly increases the risk of premature mortality. Loneliness and the physical and mental health issues that can come with it are affecting more of us in England and has been exacerbated by the pandemic. Reducing loneliness is a major step towards a mentally healthy society.

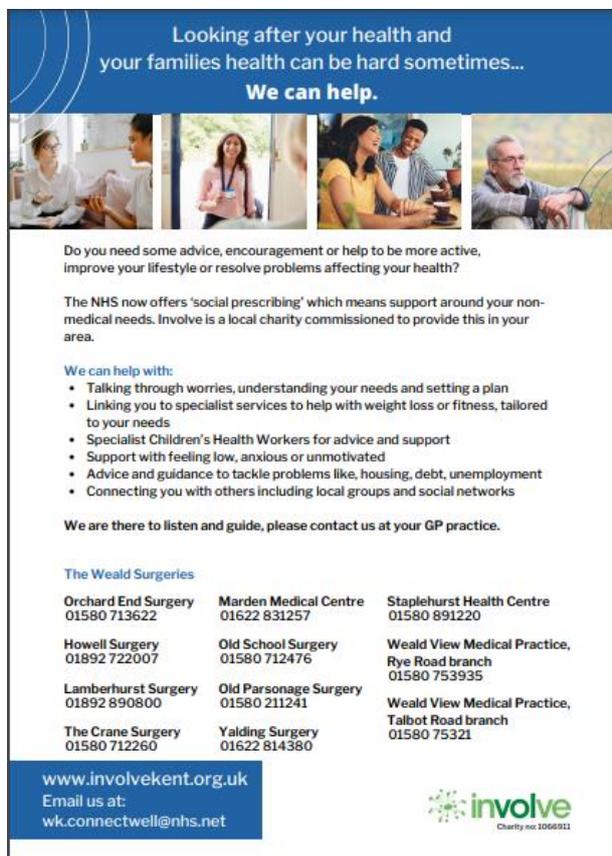
**Do you need help?** If your mental or emotional state concerns you or you are worried about someone you know - **Help is available** – see <https://www.mentalhealth.org.uk/your-mental-health/getting-help>

You are not alone; talk to someone you trust or your GP. Sharing a problem is often the first step to recovery.

**Involve - Social Prescribing in the Weald**

The NHS now offers ‘social prescribing’ which means support around patients non-medical needs. The **Involve** team of social prescribers in the Weald are able to listen and guide you as you start to make changes in your life. Involve provide a safe space for you to talk about what matters to you, can connect you to specialist services and local groups, and will check-in with you regularly offering encouragement and support with problem solving. The service is open to all patients 18 or over who may benefit from a conversation about their wellbeing.

Please ask your clinician for a referral to Involve social prescribing or contact Involve directly. This is a free service funded by the NHS. Email: [wk.connectwell@nhs.net](mailto:wk.connectwell@nhs.net) Phone: 03000 810005



Looking after your health and your families health can be hard sometimes...  
**We can help.**

Do you need some advice, encouragement or help to be more active, improve your lifestyle or resolve problems affecting your health?

The NHS now offers 'social prescribing', which means support around your non-medical needs. Involve is a local charity commissioned to provide this in your area.

**We can help with:**

- Talking through worries, understanding your needs and setting a plan
- Linking you to specialist services to help with weight loss or fitness, tailored to your needs
- Specialist Children's Health Workers for advice and support
- Support with feeling low, anxious or unmotivated
- Advice and guidance to tackle problems like, housing, debt, unemployment
- Connecting you with others including local groups and social networks

**We are there to listen and guide, please contact us at your GP practice.**

**The Weald Surgeries**

Orchard End Surgery 01580 713622	Marden Medical Centre 01622 831257	Staplehurst Health Centre 01580 891220
Howell Surgery 01892 722007	Old School Surgery 01580 712476	Weald View Medical Practice, Rye Road branch 01580 753935
Lamberhurst Surgery 01892 890800	Old Parsonage Surgery 01580 211241	Weald View Medical Practice, Talbot Road branch 01580 75321
The Crane Surgery 01580 712260	Yalding Surgery 01622 814380	

[www.involvekent.org.uk](http://www.involvekent.org.uk)  
Email us at:  
[wk.connectwell@nhs.net](mailto:wk.connectwell@nhs.net)



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