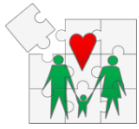


Marden Medical Centre Patient Participation Group



News Update

Marden Medical Centre News:

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

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



Autumn Flu Vaccination Clinic - Save the Date: Saturday 16th September 2023

Seasonal flu vaccination is critical for public health. The 23/24 free flu vaccination programme will start in September 2023. The Surgery are planning an initial clinic on **Saturday 16th September** for the following eligible patients:

- those aged 65 years and over
- those aged 6 months to under 65 years in clinical risk groups
- pregnant women
- all children aged 2 or 3 years on 31 August 2023
- primary school aged children (from Reception to Year 6)
- those in long-stay residential care homes
- carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- close contacts of immunocompromised individuals
- frontline workers in a social care setting without an employer led occupational health scheme including those working for a registered residential care or nursing home, registered domiciliary care providers, voluntary managed hospice providers and those that are employed by those who receive direct payments (personal budgets) or Personal Health budgets, such as Personal Assistants

Details of any 2023/24 covid vaccination clinics will be shared when the programme is announced.

Introduction to the First Contact Physiotherapy Service

If you have a musculoskeletal issue, such as a bad back or neck or joint pain, you can ask to book directly with the First Contact Physiotherapist.

The initial telephone consultation will be an in-depth discussion about the injury/condition and a plan will be put in place where possible, which would normally include exercise programming, advice or education where appropriate. The team can make ongoing referrals where necessary - a face-to-face physiotherapy assessment can be made.

To book an appointment, contact the [Surgery reception](#) team and ask for an appointment with the First Contact Physiotherapist. The receptionist will ask you some questions to check that you meet the criteria for the service. You do not need to see your GP for this service, you can go straight to the First Contact Physiotherapist.

Be Skin Smart



Did you know that up to 90 per cent of skin cancers are preventable by adopting simple sun-safe strategies. Skin cancer is also one of the only cancers we can physically see developing in its early stages and if detected, diagnosed and treated early enough, almost all cases are curable.

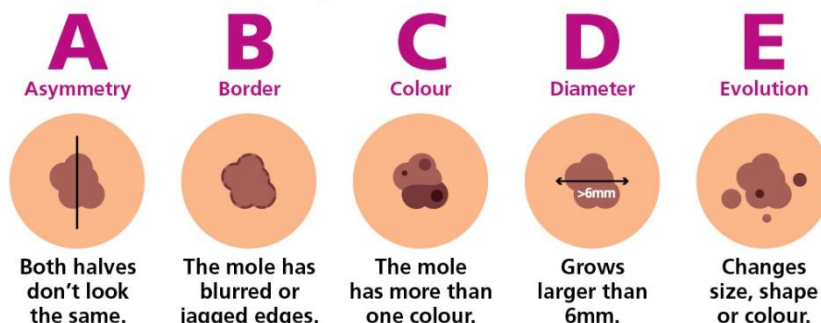
NHS Kent and Medway Cancer Alliance's Be Skin Smart campaign was created so everyone can learn about:

- the risks associated with UV exposure
- how to prevent skin cancer
- how to spot the early signs and symptoms.

For more information visit https://www.haveyoursayinkentandmedway.co.uk/early-diagnosis-be-skin-smart?mc_cid=015154ed26&mc_eid=05ff7c2fd4



When checking moles, know your ABCDEs.



If you find any new moles or changes to existing ones, book an appointment with your GP as soon as possible.

Produced by the Kent and Medway Cancer Alliance



Other News:

Young Peoples Mental Health



The Sam West Foundation is based in Cranbrook. The objective of the Sam West Foundation is to promote awareness, diagnosis and treatment of mental health issues affecting children, young adults and their families.

If you are a young person, know a young person or are a parent or grandparent being aware of how to spot the signs of mental ill health is critical.

Over half of mental ill health starts before the age of 14 years and 75% has developed by the age of 18 years.

If you want to know more or want to understand how to support someone who might be struggling, more details can be found at <https://www.samwestfoundation.org/> or contact your GP.

Do you use the NHS App?

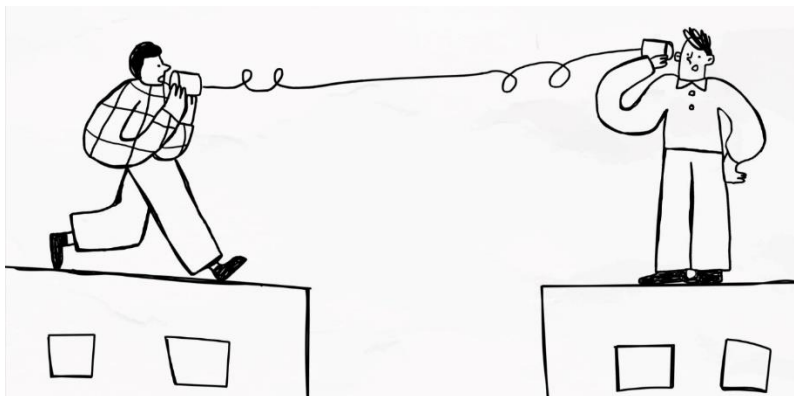


You need to [prove who you are](#) prove who you are to get full access to the NHS App.

With full access you can:

- Order repeat prescriptions and nominate a pharmacy where you would like to collect them.
- Book and manage appointments.
- View your GP health record to see information like your allergies and medicines (if your GP has given you access to your detailed medical record, you can also see information like test results)
- book and manage coronavirus (COVID -19) vaccinations.
- get your NHS COVID pass (there are also [other ways to get your COVID Pass](#))
- register your organ donation decision.
- choose how the NHS use your data.
- view your NHS number [find out what your NHS number is](#)
- use NHS111 online to answer and get instant advice or medical help near you.
- search trusted NHS information on hundreds of conditions and treatments.
- find NHS services near you.

If you have any questions, please contact the Surgery.

Samaritans: 'The Big Listen'

[Image created by [freepik.com](https://www.freepik.com)]

Next Monday, 24 July 2023, as part of their 'Talk to Us' campaign, [Samaritans](https://www.samaritans.org/) will be raising awareness of their work to support the most vulnerable in society, with the 'Big Listen'.

Caring for people, formally or otherwise, can be mentally and emotionally tiring. Those who provide care are often most in need of support. Samaritans offer a 24/7 phone service. If you are struggling to cope, call them free any time, from any phone, on **116 123**.

For more information see <https://www.samaritans.org/>