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/

Children's Mental Health Practitioner Workshops August 2025

Workshops are open to young people and their families who live within the Weald PCN catchment area. A referral to our service is not needed to access a workshop.

All workshops are held online via MS Teams and links are attached to your 'ticket' once you sign up. For more information and to book a place on a workshop, please visit the individual links below. Please note, you will need to create an Eventbrite account to register for events.

Understanding your child's behaviour

18th August 11am to 12.30pm (for parents of primary aged children). A workshop focused on common behaviour difficulties and strategies to help promote positive behavioural changes. **Book online here.**

Find more information about our service and what we can offer.

Alternatively speak with your GP if you feel you or your child would benefit from further support from our service. If you are worried about your child and need urgent support and advice, please call the NELFT Single Point of Access on **0800 011 3474**, or **111**.

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.
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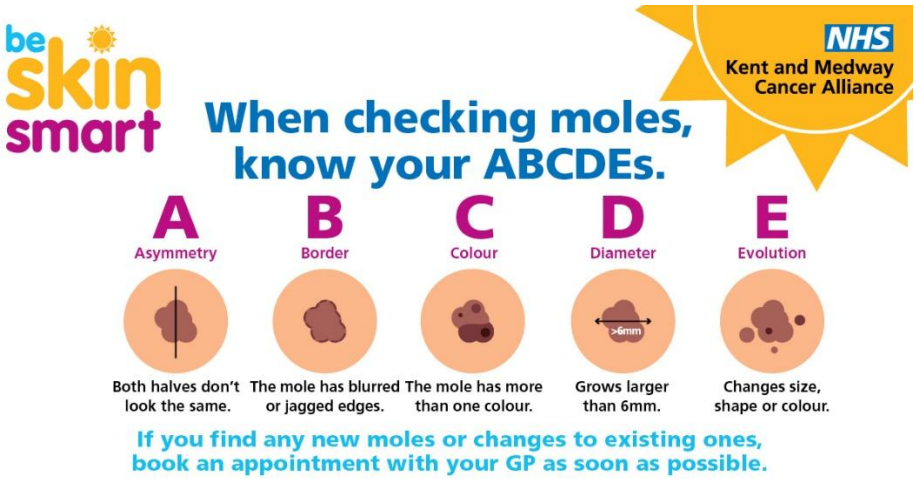
For more details see https://www.haveyoursayinkentandmedway.co.uk/early-diagnosis-be-skin-smart

Stay Sun Safe

Check Your Skin

Make sure you regularly check your skin for new moles, or changes to existing ones. Know your ABCDEs when it comes to checking. If you notice anything unusual, always contact your GP straight away.

- A – Asymmetry: Both halves do not look the same.
- B – Border: The mole has blurred or jagged edges.
- C – Colour: The mole has more than one colour.
- D – Diameter: Grows larger than 6mm.
- E – Evolution: Changes size, shape or colour.

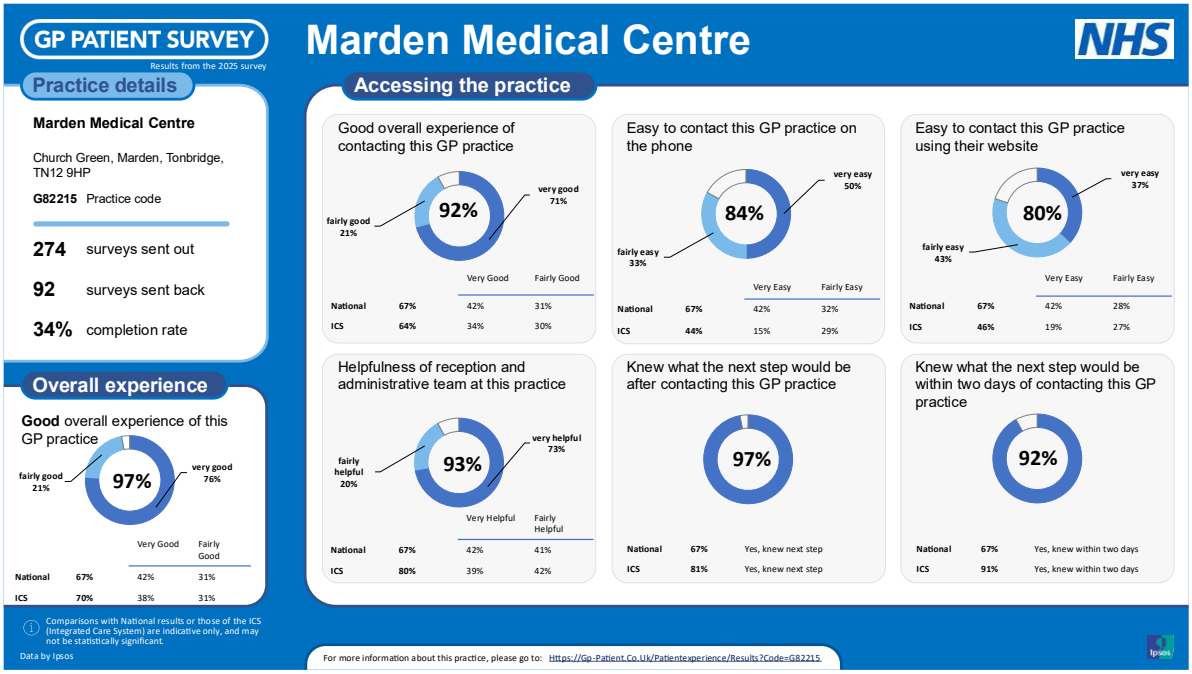


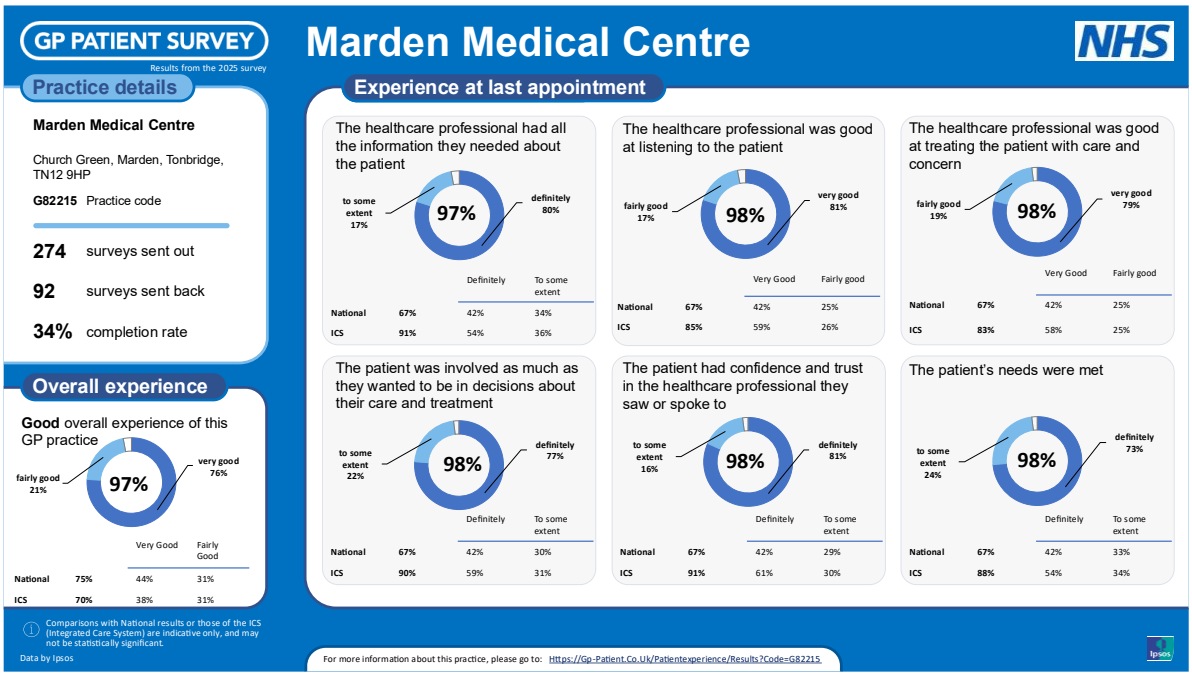
Other News:

Annual GP Survey Results

The annual National GP Survey results for 2025 have been published. See the summary results for Marden Medical Centre below. Once again, the Surgery has had excellent results which were above the national average. The GPs and staff are thankful of the positive feedback from patients.

For full details see https://gp-patient.co.uk/patientexperience/results?code=G82215





NHS 111 Survey – Share Your Views

NHS Kent & Medway and NHS Sussex are working together to review and improve the NHS 111 service, and they would value your help. NHS 111 is a free service available 24 hours a day, 7 days a week. It offers advice and support for urgent, non-emergency health issues, whether accessed online or by phone. To ensure the service works well for everyone, they are asking people who have used it to share their experiences.

NHS Kent and Medway would appreciate your support. The survey takes just 5–10 minutes and is completely confidential. Feedback will help them:

- Understand what people think of the NHS 111 service
- Identify any challenges or barriers to using it
- Learn how the service can be improved

Survey link: **https://www.haveyoursayinkentandmedway.co.uk/nhs-111**

NHS 10 Year Plan Published

The Government's 10 Year Health Plan for England has been launched, setting out a bold, ambitious and necessary new course for the NHS.

The plan fundamentally reinvents the approach to healthcare so the NHS will be there for all who need it for generations to come.

It has been shaped by the experiences and expectations of members of the public, patients, partners and the health and care workforce across the country, reflecting the changes that people wanted to see.

Through the 'three shifts' – from hospital to community, from analogue to digital, and from treatment to prevention – we will personalise care, give more power to patients, and ensure that the best of the NHS is available to all.

NHS Kent and Medway Chief Executive Paul Bentley said: "I am pleased the NHS in Kent and Medway has already been moving towards the shifts – acute to community, cure to prevention and analogue to digital – and in some areas is ahead of the curve, which is very positive.

"We have more to do but our direction is clear – providing the best possible healthcare we can for the people we serve within the financial envelope we have." You can read **the plan on the Government's website.**

Digital Kent – NHS App & Digital Help @ Marden Library

Digital Kent volunteers can help you use the NHS App as well as other digital devices. To book a session with Digital Kent at selected libraries including our Marden Library.

See **https://www.digitalkent.uk/events/detail/digital-hub-marden-5608** or check the website under Maidstone Libraries, email **digitalhubs@kent.gov.uk**, or call the team on 03000 40950.

There is so much you can do online, making lots of everyday tasks easier. Not only can the internet save you time and money, but it can also allow you to do more of the things you enjoy. It can help you search and apply

for jobs or stay connected with people, wherever they are in the world. You can pay bills or find bargains by shopping online. You can order prescriptions or book NHS appointments. And you can find information about the things you love, from films to football and everything in between.

Digital Kent's friendly team are on hand to support you in your digital journey - whether that is downloading and using the NHS app, doing the weekly shop or staying connected with friends and family.

If you are already confident with apps but not yet using the NHS App? Details on how to register with the NHS App are available at NHS.UK.