

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/>



Welcome from Chiny Orakwe, Clinical Pharmacist

'My name is Chiny Orakwe, and I work as the Clinical Pharmacist at Marden Medical Centre.

At the surgery, I review patients' repeat medication and am happy to answer queries. In clinic, I conduct reviews with people who live with high blood pressure, high cholesterol, dementia, diabetes, rheumatoid arthritis, frailty, heart failure and attention deficit hyperactivity disorder. I can see patients face to face but am also able to do reviews by phone. I liaise closely with the GPs at the Medical Centre to discuss patients care. Appointments can be booked with me through the reception team. I look forward to meeting you.'

Cervical Screening Awareness Week 19th-24th June 2023

Let's talk about cervical cancer

You might know about smear tests. They can stop cervical cancer from ever developing.

You're invited regularly from 25 to 64

You might find going for smear tests hard (especially at the moment).

So make sure you know the symptoms:

- Vaginal bleeding that is unusual for you
- Changes to vaginal discharge
- Pain or discomfort during sex
- Pain in your lower back or pelvis

The earlier cervical cancer is found, the easier it is to treat.

So whether you're up to date with your smear test, are waiting for a test, or have never been, if you have any of these symptoms then call your GP as soon as possible.

Your GP has measures in place to keep you safe from coronavirus.

For further information and support
Call our helpline: **0808 802 8000**
Find us online: jostrust.org.uk

Jo's cervical cancer trust

Cervical Screening Awareness Week is an annual event which will run from the 19th to the 24th of June 2023. The week aims to highlight the importance of regular cervical screening for women's health.

1 in 4 women called for a screening test, do not attend their test.

Cervical cancer is the most common form of cancer in women under 35 with two women in the UK per day dying from the disease. Regular cervical screening appointments can prevent up to 75% of instances of cervical cancer, saving 5000 lives per year.

Despite this, many women are reluctant to have this test done with a quarter of women not responding to their screening invitation.

Cervical Screening Awareness Week is organised by the charity Jo's trust, a charity dedicated to women affected by cervical cancer or abnormalities.

Cervical Screening Awareness week aims to encourage all women to have regular cervical screening as well as to provide information and reassurance around any fears or embarrassment that women may have concerning taking the test.

More information about Cervical Screening Awareness Week and information about cervical cancer and cervical screening itself can be found on the Jo's Trust website www.jostrust.org.uk or from the Surgery.

Dr Neil Potter's Retirement Collection

Dr Neil Potter has decided to retire amicably from the Marden Medical Centre partnership at the end of June 2023. Neil will have done 25 years and is the longest serving team member. He plans to work as a locum for local practices, including ours, which will shift his workload back to clinical care.

Neil would like to spend some of his well-deserved free time discovering National Trust properties and gardens. Any donations received will contribute towards membership for him and his wife, who until recently was a locum GP working at the surgery.

Please feel free to donate if you wish, this will be used to contribute towards a leaving present. A few patients have asked us if there will be a retirement collection.

<https://app.collectionpot.com/pot/3090098/>



Other News:

The next PPG Meeting & AGM – Tuesday 27th June 2023 – Marden Vestry Hall



The next PPG Meeting & AGM will be held **on Tuesday 27th June from 1900-2030 at the Marden Vestry Hall**. The agenda will include a presentation from the Weald PCN (Primary Care Network) part of the WKHCP (West Kent Health Care Partnership). We will also be celebrating Dr Neil Potter's retirement with some light refreshments. All patients are welcome.

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.

Kent Association for the Blind - Mobile Sight Centre visiting Marden.



The Kent Association for the Blind's (KAB) Mobile Sight Centre will be visiting the Marden Library Carpark on **Wednesday 12th July from 10:00am - 3:00pm.**

KAB have three Sight Centres, in Bromley, Maidstone and Canterbury, the mobile testing vehicle known as Iris helps the charity reach many more people across the county and surrounding areas. Packed with equipment, resources and technology, the vehicle travels around the county to rural communities, schools, summer fairs, libraries, fundraising events and more.

Iris and its staff and volunteers provides help and advice to existing clients with a sight impairment, new clients and the public.

Iris also raises awareness of the importance of good eye health, including having regular eye tests.

KAB hopes that more people will learn about their work, particularly carers, professionals and people who are sight impaired.

For more details see <https://www.kab.org.uk/get-support/help-advice/iris-mobile-sight-centre>