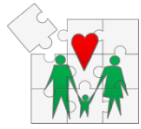


Marden Medical Centre Patient Participation Group



News Update

Marden Medical Centre News:

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

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



Practice adds a Carer's Champion

Louise Wakeman, a receptionist at the Surgery now has an additional responsibility – Carers Champion. Louise is the lead on all carer-related matters providing a supportive and informative point of contact for patients. Louise has updated the Practice carers' table and website page offering help, advice and signposting to support services available for carers and their families.



carersweek.org

Spring 2023 Covid-19 Booster Campaign

People aged 75 years and older, residents in care homes for older people, and those aged 5 years and over with a weakened immune system will be offered a booster of coronavirus (COVID-19) vaccine this spring. **The Surgery are planning an initial Saturday Clinic on 22nd April 2023.** You will be contacted by the Surgery to make a booking or you can book via the National Booking site. For more information:

<https://www.gov.uk/government/publications/covid-19-vaccination-spring-booster-resources/a-guide-to-the-covid-19-spring-booster-2023>

Order repeat prescriptions on the NHS App



You can request your medicine when you need it without having to see a GP until your next medicine review.

More info: <http://nhs.uk/nhs-app/about-the-nhs-app/>

Advice for Patients Waiting for a Hospital Appointment



We understand waiting for hospital appointments and treatments can be a concern. Especially now, when waiting times are longer than normal. This leaflet should help explain what happens and what you can do to help while you are waiting.

WHAT HAPPENS NEXT?

The health care professional making the referral, usually your GP, will complete the referral to the hospital specialist. The hospital specialist will review the information and help decide how quickly you are seen.



WHEN WILL I HEAR WHEN MY APPOINTMENT IS?

Waiting times vary between departments and hospitals. You can check expected waiting times through the NHS website : www.myplannedcare.nhs.uk



I WANT TO BE SEEN QUICKER, WHAT CAN I DO?

- If you have already been seen at the hospital and are waiting for treatment, then please contact the hospital team to get a review.
- If your condition is the same as it was on the day you were referred, then there will be no change in your waiting time, your GP won't be able to help you get seen any quicker.
- If your condition has worsened and you have not had your first appointment with the hospital, contact your GP surgery.



WHAT CAN I DO WHILE I AM WAITING?

Anything you can do to stay healthy while waiting will help you.

- If you smoke why not try quitting.
- Maintain a healthy weight.
- Keep as active as you can.
- If you are diabetic check your blood sugars are controlled
- Check your blood pressure is normal.



OTHER USEFUL INFORMATION

Kent and Medway NHS advice on hospital waiting times:
kentandmedway.icb.nhs.uk/your-health/local-services/hospital-waiting-times
www.kent.gov.uk/social-care-and-health/health/one-you-kent
https://www.medway.gov.uk/info/200221/a_better_medway

Other News:

Stress Awareness Month - April



Increasing public awareness about both the causes and cures for our modern stress epidemic.

[Stress Management Society](#)
[Supporting our NHS people](#)

Marden Sporting Memories – 11 April 2023 Event

CRICKET & TEA

**Are you 55 or over
and ever thought about
having a go at cricket?**

Did you play cricket as a child?
Would you like to get more active?
but want to find a slower paced activity.

Does the idea of a cricket tea and
meeting new people sound good?

Please come and join us at our Cricket and Tea Events for a
slow paced game of cricket and cricket tea on 11th of April, at
14:00 - at the Marden Cricket & Hockey Club, 319 Maidstone
Road, Marden, Kent, TN12 9AG

Every participant will receive a well-being bag with
information and goodies.

You must register to attend, please link via the
QR code
or email communitytrust@kentcricket.co.uk



KENT CRICKET
COMMUNITY TRUST

The poster features a dark blue background with a large red circular graphic on the right side. Inside the red circle is an image of a cricket pitch with stumps, a red ball, and a white teapot and teacup. The text is white and pink. A QR code is located in the bottom left corner, and the Kent Cricket Community Trust logo is in the bottom right corner.