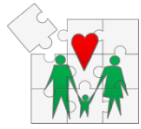


Marden Medical Centre Patient Participation Group



News Update

Marden Medical Centre News:

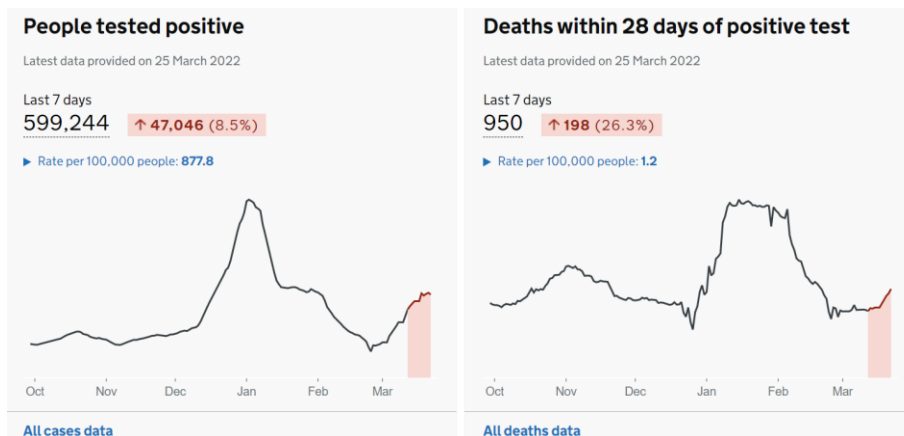
For the latest Marden Medical Centre updates please refer to the Surgery website:

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

Covid-19

The Surgery are seeing a rapid rise in local Covid cases with more older patients contracting the virus and becoming unwell. This situation is proving challenging for the Surgery team as the feeling was that everything was 'back to normal' post the lifting of all Covid restrictions in England.

Covid hospital admissions are increasing. Data from last week.



The current (24.3.22) Maidstone Covid positive infection cases was 877.4 per 100,000 of the population which is a rise of +101.7 from the previous 7 days.

While Covid-19 is still circulating, everyone needs to continue to act carefully and remain cautious. Kent County Council recommends that visitors to public buildings, including libraries, GP's and health care locations, should continue to wear face masks.

Face Coverings

Face coverings and face masks will continue to be required in the Surgery and health and care settings to comply with [infection prevention and control \(IPC\)](#) and [adult social care](#) guidance. This includes hospitals and primary or community care settings, such as GP surgeries.

Please continue to wear a mask when entering the Surgery for any reason. You should also wash or sanitise your hands on entry and should **not enter** the building if you have any symptoms of Covid, have tested positive or are awaiting a PCR result.

SAWW Ukraine Fund Raising Campaign

The team from Marden Medical Centre joined by family and friends, are raising funds for Safe Anesthesia Worldwide (SAWW) Ukraine Appeal. SAWW is a Marden based charity which provides anesthetic equipment to deprived areas of the world. It uses special machines that can work in remote locations. We are raising funds to help purchase a portable anesthetic machine costing £3320 to be sent to the Ukraine. One machine and other lifesaving equipment has already been sent by the charity.

The team will be aiming to virtually walk, run, cycle and swim from Marden to Kyiv and back in 4 weeks, a distance of 2842 miles. **As of 24th March, the team are 65% towards their goal with £2,172 donated.**

If you wish to support us and donate, please go to our Just Giving page:

www.justgiving.com/Julie-Morgan20

Or please use the collecting bucket or sponsorship forms in the Marden Medical Centre reception. To see more about the work of SAWW please go to: <https://safe4all.org.uk/>

Other News:

Covid Spring Booster Campaign

People who are eligible for the spring Covid-19 booster have started to receive invitations to be vaccinated from the NHS. Booking is either by invitation, calling 119 or via the National Booking site, for eligible patients. **Spring boosters will not be offered at the Surgery or at Surgeries in the Weald PCN.**

The spring booster will provide additional protection for those most at risk from experiencing severe symptoms from the virus. The spring booster will be offered to:

- adults aged 75 years and over
- residents in care homes for older adults
- individuals aged 12 years and over who have a weakened immune system.

Covid-19 is more serious in those who are older and with weakened immune systems. Protection from the virus may be lower and decline more quickly in these people so it's important they have this booster. See <https://www.kentandmedwayccg.nhs.uk/news-and-events/news/covid-19-spring-boosters-start-kent-and-medway>

Stay Water Safe

UK deaths from drowning are on the increase. Marden has many ponds and areas of open water and is close to rivers & the sea. With summer approaching – we all need to be aware of the dangers of the sea and inland waterways. *(Extracted from The National Water Safety Forum).*

A national campaign in 2021 aimed to provide simple lifesaving advice, which can help members of the public take personal responsibility for their own and family's safety by remembering these lifesaving tips:

If you get into trouble in the water, *Float to Live* - Lean back and use your arms and legs to help you float, then get control of your breathing before calling for help or swimming to safety.

If you see someone else in trouble in the water, call 999 or 112. If you are at the coast, ask for the Coastguard, if you are inland, ask for the Fire Service.

The aim of this landmark coordinated approach was to significantly increase public awareness of key water safety risks as the summer months approach.

The campaign came with figures from the Water Incident Database (WAID), which is maintained by the NWSF. It shows that there were 254 deaths in UK waters from accidental drownings in 2020 across inland and coastal locations, this is an increase of 34 from the previous year. These accidental drownings form part of the total water-related fatalities in the UK which stands at 631 for 2020, an increase of 10 on the previous year.

Key accidental drowning death WAID insights include:

- **Inland open waters**, such as rivers, canals, lakes, reservoirs, and quarries continue to be the leading locations with 58% of deaths (N=139).
- **Males** continue to over represent with 78% of deaths (N=199).
- Almost half of **(43%)** people had **no intention to enter the water**, such as those walking, with causes including slips, trips, and falls, being cut off by the tide, or swept in by waves (N=107).

Useful links:

<https://www.youtube.com/watch?v=CsXEv-9heqA>

<https://rnli.org/safety/know-the-risks/alcohol>