

## 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 Dr Rob Derrick

I am pleased to be able to introduce myself as the newest partner at Marden Medical Centre. Having trained here as a registrar in 2019, I was fortunate to experience the surgeries' culture early on in my career and am delighted to have been offered the position to become part of the family once again. Despite the increasing challenges facing primary care, the team at Marden have been able to deliver an exceptional quality of care for the patients they serve whilst forging an equally exceptional work environment for their staff. This requires a genuine care from the team about the service they provide, coupled with the knowledge and skills required to maintain and improve this service with an ever-changing healthcare environment and population need. I very much hope to be able to add to this skillset and continue to uphold the high standards the team has maintained to date. With that said, I have been asked to say a little about myself and my background...

I live in Frant, just outside of Tunbridge Wells, am a husband to my wife Amy and a father to my 7-month-old daughter Lily. I undertook my medical training at Kings College in London having previously obtained a degree in Physics at Imperial College London. I qualified with distinction and went on to work for a year at what was the 'Kent and Sussex Hospital' in Tunbridge Wells and then a year at the Princess Royal Hospital in Bromley. I subsequently undertook 3 further years of training in Anaesthetics and Intensive Care at Colchester General Hospital before working for a year as a sessional anaesthetist also in Colchester. In 2017, I altered my career trajectory to re-train as a GP in Tunbridge Wells during which time I also undertook some additional post-graduate training in Genomic Medicine. Between qualifying as a GP in 2019 and accepting this new post at Marden, I worked as a GP in Tunbridge Wells.

In addition to this, I work half a day each week with the 'Kent and Medway Training Hub', an organisation tasked with supporting the ongoing education of GP's and other healthcare professionals across Kent and Medway. I maintain my interest in genomic medicine as a member of the UK 'Primary Care Genomics Special Interest Group' and my interest in emergency care as an Advanced Life Support instructor for the UK Resuscitation Council. When not at work, I can often be found building something, enjoying the Kentish countryside or more recently, cleaning up after my daughter.

I very much look forward to meeting many of you over the years to come and hope I can continue to maintain the standard of care you have benefited from at Marden Medical Centre to date.

**Rob Derrick**

## Hypertension (High Blood Pressure)



High blood pressure, or hypertension, rarely has noticeable symptoms. But if untreated, it increases the risk of serious problems such as heart attacks and strokes. Around 1 in 4 adults in the UK have high blood pressure, although many will not realise it. Cardiovascular disease (CVD) is one of the main causes of death and disability in the UK, but it can often largely be prevented by leading a healthy lifestyle.

### Key facts:

- High blood pressure, or hypertension is a key risk factor for CVD. If untreated, it increases the risk of serious problems such as heart attacks and strokes.
- Hypertension affects around 1 in 4 adults in the UK, although many will not realise it as it rarely has noticeable symptoms.
- All adults over 40 are advised to have their blood pressure checked at least every 5 years.
- The only way to find out if your blood pressure is high is to have your blood pressure checked.
- You can check your blood pressure if you have a monitor at home, or as part of your NHS health check, at some workplaces, at a pharmacy or your GP practice.
- The NHS online blood pressure tool will help you understand what your numbers mean and give you tips on how to manage your blood pressure. For more information visit <https://www.nhs.uk/conditions/high-blood-pressure-hypertension>

### Dr Neil Potter's Retirement Collection

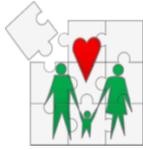
Dr Neil Potter has decided to retire amicably from the Marden Medical Centre partnership at the end of June 2023. Neil will have done 25 years and is the longest serving team member. He plans to work as a locum for local practices, including ours, which will shift his workload back to clinical care.

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 – 27<sup>th</sup> June 2023 – Marden Vestry Hall**

The next PPG Meeting and AGM will be held **on Tuesday 27<sup>th</sup> June from 1900-2030 at the Marden Vestry Hall** (note the meeting date change). 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.

**Dealing with Loneliness**

Loneliness can affect us all, at any time of our lives. We might live in a busy city or a rural location, on our own or with others and still feel isolated.

Understanding our own reasons for feeling lonely and how to manage it can make a big difference to our mental wellbeing. And although it can be difficult to talk about, sharing our feelings of loneliness can encourage others to talk too.



<https://www.nhs.uk/every-mind-matters/lifes-challenges/loneliness/#more%20help>

**What you can do with 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
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If you have any questions please contact the Surgery.