

## 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/>



### Flu and Covid Immunisation Clinics 2022

The Surgery will be offering Flu and Covid immunisations to all patients in eligible groups at the Marden Medical Centre. Please check the Surgery website for the latest information.

Flu and Covid clinics - current dates (**additional dates will be added as needed**):

**Friday 16<sup>th</sup> Sept 2-6pm COVID only**  
**Friday 23<sup>rd</sup> Sept 2-6pm COVID only**  
**Saturday 1<sup>st</sup> October 8.30 – 4pm COVID & FLU**  
**Thursday 13<sup>th</sup> October 2-6pm COVID & FLU**

### For Flu, these groups are:

- Those aged 50 years and over
- Those aged from six months to less than 65 years of age, in a clinical at-risk group.
- Pregnant women
- Carers
- Those living in long stay residential facilities
- Children aged 2-3 years
- All those on the NHS Shielded Patient List and their household contacts (specifically those who expect to share living accommodation with a shielded person most days over the winter)

### For Covid these groups:

- Those living in long stay residential facilities
- All adults aged 50 years and over
- Persons aged 5 to 49 years in a clinical risk group

- Persons aged 5 to 49 years who are household contacts of people with immunosuppression
- Persons aged 16 to 49 years who are carers
- Persons with a registered Learning Disability

**ALL THOSE IN ELIGIBLE COHORTS WILL BE CONTACTED BY LETTER OR TEXT TO INVITE THEM TO CLINICS BUT IT IS ESSENTIAL THAT YOU LOOK OUT FOR UPDATES ON OUR WEBSITE, FACEBOOK PAGE AND THE NOTICEBOARD OUTSIDE THE SURGERY AS THESE CLINICS MAY BE SUBJECT TO LAST MINUTE CHANGES.**

Please also ensure that the Surgery has up to date contact details for you, ideally a mobile phone number or email.

*If your cohort is eligible and you have not been contacted and feel you should have been contacted – please call the Surgery.*

### **World Menopause Day 18<sup>th</sup> October 2022**



Raising awareness for women who are feeling lost and going through Menopause and need support.

<https://www.imsociety.org/for-women/>

### **Living with a Learning Disability**



Do you or anyone you know, have a learning disability?

A learning disability is a reduced intellectual ability and difficulty with everyday activities – for example household tasks, socialising or managing money – which affects someone for their whole life. People with a learning disability tend to take longer to learn and may need support to develop new skills, understand complicated information and interact with other people. With the right support, most people with a learning disability in the UK can lead independent lives.

Having the right support – matters. Mencap has some useful information:

<https://www.mencap.org.uk/learning-disability-explained>

## Other News:

### Covid Booster



People aged 65 and over, carers and pregnant women can now book their autumn COVID-19 booster online. You can choose to do this or wait till are contacted by the NHS or the Surgery.

<https://www.nhs.uk/.../coro.../book-coronavirus-vaccination/>

### Call for Volunteers - Flu and Covid Clinics

Additional Volunteers required. Flu and Covid immunisation clinics will start at the Surgery in September – if you would like to volunteer to help or know anyone who would like to volunteer, please contact John Haddow on 07769 53 88 97 or [johnehaddow@yahoo.co.uk](mailto:johnehaddow@yahoo.co.uk).

Clinics start in September – weekday clinics (2 volunteers required pm only) and Saturday clinics (4 volunteers required am and pm) are being planned. There will be no ‘wait time’ required for the Covid vaccinations this time around – volunteer duties will therefore be limited carpark marshalling, meet & greet and queue management – outside.

The PPG will maintain the list of volunteer names and contact details & will coordinate the programme with the Surgery. If you are interested to help - please let John Haddow have your contact mobile or landline number. We will be in touch when more details are made available.

### Marden Walking Group

Walking in nature is good for your both your physical and mental health.

We are fortunate in Marden as we have easy access to the countryside. Marden also has an active and sociable walking group. We also try to improve the walking experience by helping to clear footpaths.

There are organised walks available and leaflets for purchase of walks in the area. Every Saturday there is a short gentle organised walk starting from the library at 2pm. On the third Saturday of the month until December some footpath maintenance will be tackled by doing some light pruning. On the first Sunday of the month a longer walk is planned, exploring the countryside and points of interest around Marden. These start at 10 am from the library.

Why not consider joining us and explore Marden and get to know some Marden residents. Details of walks are published monthly in the Parish magazine or contact Sian Burr on 01622 831106 or Steve McArragher on 01622 831007.