



Marden Medical Centre Patient Reference Group

NEWSLETTER

Issue 9

Autumn 2019

Welcome to the ninth newsletter of the Marden Patient Reference Group, bringing you useful information and helping you to connect with the group.

GET LARGE PRINT AND HARD COPIES OF THIS NEWSLETTER IN THE SURGERY

Opening words from Sian, our group chair

Autumn has begun. The days are shorter and cooler and we feel less inclined to get out and about. We should still be active and think of our Wellbeing. But what does this mean? Wellbeing is defined as “the state of being comfortable, healthy and happy”. Evidence suggests there are five ways to improve our Wellbeing:

Connect: with the people around you, family, friends, colleagues and neighbours. Spend time with them. A get together for a cuppa is all you need. We have a new café and the Village Friday Café is always welcoming.

Be active: take a walk, cycle, play a game, dance - any activity you enjoy. There are many activities in the Memorial Hall: short mat bowls, badminton, Pilates and Zumba. We have a friendly and active walking group in Marden. The Bowls club has excellent facilities. These activities also help to connect with people



Keep learning: new recipes, a new language, a musical instrument, singing! Our *Come and Sing* group is friendly and sociable. The Marden Society and the WI have informative talks and the Theatre Group can challenge you.

Give to others: the smallest acts count, a smile, a thank you, volunteering or helping with the Scouts or Brownies etc. Just smile, say ‘good morning’ as you pass folk on the street.

Be mindful: be aware of the moment, your thoughts, your body, the world around you. Research has shown that getting involved in craft work can improve mindfulness and mood.

We have an active craft group that meets at 2.00 pm on the second and fourth Monday of each month in the Vestry Hall. Joining it would help with connecting with people too. Also, don't forget our friendly Church community and the peace of our lovely old church for a moment of calm.

I look forward to seeing you all out and about and seeing you smile.

Siân Burr

CQC Inspection 2019

We have “an Outstanding Surgery”

In March this year we were inspected by a team from the Care Quality Commission (CQC).

CQC are the independent regulator of health and social care in England. They ensure that health and social care services provide people with safe, effective, compassionate, high-quality care and encourage care services to improve.

We were delighted to be rated as “Outstanding”: an award which recognises all the hard work of our dedicated team. Like the rest of the NHS we work under increasing and, at times, extreme pressure and it’s only by working together that we have managed to achieve this outcome.

Our involvement in the local community was praised in the CQC report and we are very grateful to the PRG with whom we work closely on a number of community projects.

The full report can be viewed here:

https://www.cqc.org.uk/sites/default/files/new_reports/AAAJ3279.pdf



ACCESSING YOUR SURGERY VIA SMARTPHONE AND INTERNET....

ON YOUR SMARTPHONE:

Get more control of our health and care services

Get the NHS App

- Book and manage appointments at your GP practice
 - Securely view your GP medical record
 - Order your repeat prescriptions
- Check your symptoms, get instant advice, and more

www.nhs.uk/using-the-nhs/nhs-services/the-nhs-app/ OR www.nhs.uk/apps-library/mygp/



ON THE INTERNET:

Marden Medical Centre



Please help us to help you and visit our new, improved website for:

- Information on our team and all our services
- Guidance on how best to meet your health needs
- Links to reliable sources of health information

www.mardenmedicalcentre.nhs.uk/

Marden Medical Centre Annual Flu Immunisation Clinics

Flu can be a severe illness leading to potentially serious complications and even hospitalisation, particularly for those in certain higher risk groups.

Fortunately, immunisation can help protect against flu and its complications and we would strongly encourage anyone in an at risk group to be vaccinated. This year, to improve efficacy of the vaccine, NHS England is offering 2 different vaccines to adults, depending on your age and risk factors. We strongly encourage anyone in these groups to be immunised:

- anyone aged 65 and over
- pregnant women
- children and adults with an underlying health condition (including heart or respiratory disease, liver or kidney disease and diabetes) or obesity.
- A carer for an elderly or disabled person
- children and adults with weakened immune systems

Our adult flu clinics will be held at the Medical Centre on:

- **Wednesday 9th October, 2-6:30pm, for ANYONE AGED 65 and OVER**
- **Wednesday 23rd October, 2-6:30pm, for ANYONE AGED 18-65 AND ANYONE AGED OVER 65 WHO HAS NOT YET BEEN IMMUNISED**

(No appointments necessary)

Please make every effort to attend the clinic on your allocated day; there will be limited availability of appointments in normal surgery clinics

If you are housebound you will be contacted by the end of October.

Children in Reception to year 5, who are not in an at risk group, will be vaccinated at school.

Children aged 2 -17 years who are in an at risk group are entitled to receive immunisation via nasal spray from the surgery: dates of these clinics will be confirmed as soon as we are advised on availability of these vaccines which are supplied centrally.

Please ensure you keep looking at our website or the surgery notice boards for up to date information on all clinics as dates may be subject to last minute changes.

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



Involve Social Prescribing coordinator

Could you benefit from a conversation about your wellbeing?

Are you feeling overwhelmed by life's challenges, struggling with low mood or low self-esteem, feeling lonely or isolated?

Our Involve Coordinator, Hannah Stainton, can help you to access community activities, peer support, advice and much more.

For more information or to book an appointment please contact reception

Is volunteering with Involve something for you?

Could you change someone's life? Join us as a volunteer working alongside professionals to help people improve their health and wellbeing.

You'll gain training, support and development to make a real practical difference to someone in your community. This is a varied and flexible role where you will be offering practical and emotional support to patients from your local GP practice.

If you would like to volunteer contact Hannah Stainton via the surgery.



Friends of Marden Medical Centre

We are very grateful for the support given by The Friends of Marden Medical Centre. This is a registered charity whose aim is to oversee any donations or bequests given to the surgery. The generosity of our patients and their family and friends who have donated over the years has provided us with a wide range of equipment. All items are entirely for the benefit of patients and have allowed us to enhance the care we give. Some of the items purchased this year include:

- Alive Kor mobile ECG monitor
- Advance Care plan booklets
- Patient operated waiting room blood pressure monitor
- Automated doppler monitor (for assessing peripheral circulation)
- Paediatric pulse oximeters for assessing oxygen saturation levels

A full list of items is available from our Practice Manager. If you would like to join the committee please get in touch.

First Contact Physiotherapy

This is a new service which allows you to be seen by an experienced physiotherapist with an expertise in the assessment and management of musculo-skeletal conditions without having to see a GP first.

Conditions that are suitable for this service are: soft tissue injuries, arthritis, spinal pain, problems with muscles, ligaments and tendons.

Clinics are happening across the Weald: appointments can be booked via reception.

Please note that this service is for assessment only and does not offer ongoing treatment.

Staff Changes

We said a sad farewell to Dr Graham Streeter in April as he left us to embark on his very well deserved retirement.

We have been joined by Dr Jonathan Wentzel, an experienced and very well respected local GP who is working with us 3 days per week (Monday, Tuesday and Thursday).

Our senior Practice Nurse Marianne Hamlyn left in May to relocate with her family to the Canterbury area. We were sad to see her go but were delighted to be joined by Alison Tinsley who is a very experienced Practice Nurse with a special interest in Asthma and Diabetes.

Dr Hannah Decourcy Hallinan is now on Maternity leave but will be coming back next Spring. Until this time Dr Beatrice Taylor-Roberts, who has worked with us a GP Registrar but is now fully qualified, will be covering her sessions.

We also have a new GP Registrar with the team from August 2019 for 1 year. Dr Rob Derrick is an experienced doctor who is in his final year of GP Training: we welcome him to the practice.

At a time when General Practice recruitment is tough we feel very grateful to have such a complete and enthusiastic team!

**AN INVITATION FROM LIVING MEMORIES
FEEL GOOD ABOUT WHAT YOU REMEMBER, NOT BAD ABOUT WHAT YOU FORGET**

A positive approach to dementia - you are not alone



Dementia is a frightening diagnosis, but there is no need to feel lonely or isolated. Come along and meet us. If you know someone with memory loss, bring them along.

THE VESTRY HALL, MARDEN 10.30 – 12.30

Tuesday 24 September – Make do and Mend/Waste Not Want Not

Our Living Memories Cafe in Marden is providing support for those living with memory problems, but is also proving to be a great social hub for those who simply want to remember the past with all its funny stories and old-fashioned attitudes.

Weddings was one theme we have featured and with the help of old photographs we had a quiz to pinpoint the decade. It created much discussion about the styles and history of each decade.

Our latest meeting was another trip through the decades as musician Bing Lyle entertained us on his accordion singing Fats Waller, Al Bowly, Vera Lynne, Bing Crosby, Louis Armstrong and lots more, with golden nuggets of information along the way.

Our next meeting is 'Waste Not Want Not' on 24th September, a chance to recall how we used to recycle, before the age of plastic began. If you have something interesting to add to any of our themes, please drop in and join us for a chat.

email: livingmemories@mardenchurch.org.uk

Tel: Rachel 01622 831941

Public Health England is advising the public to ensure they have had 2 doses of MMR vaccine after outbreaks of measles are confirmed across England.

Dr Mary Ramsay, Head of Immunisation at PHE, said:

We will continue to see measles cases in unvaccinated individuals and are monitoring the situation carefully. People who have not had 2 doses of the MMR vaccine are particularly at risk.

We want to remind people that measles is not just a disease of young children, and most of the cases this year have been in people over the age of 15. Adults or parents who are unsure if they or their children have been fully vaccinated should check with their GP and make an appointment to receive 2 doses of MMR vaccine.

This is an important reminder for parents to take up the offer of MMR vaccination for their children at 1 year of age and as a pre-school booster at 3 years and 4 months of age.

We would also encourage people to ensure they are up to date with their MMR vaccine before travelling to countries with ongoing measles outbreaks.

Come and Sing - Singing is good for you!

Alternate Thursdays, Marden Congregational Church Hall

On these dates:

September 19th

October 3rd, 17th and 31st

November 14th and 28th

Saturday 30th November singing at Kenward House Christmas Fair (details TBC)

December 12th and 19th (Christmas Party)

Singing 2-3pm, Refreshments 3-3:30pm. £1 per session to cover costs.



Contact: Sarah (832925) or Marden Medical Centre (831257)



Supported by Marden Medical Centre, Marden PRG and St Michael and All Angels Church and Marden Congregational Church