



Mercheford House

Summer Newsletter



July 2025

Welcome to the Merccheford House Summer Newsletter

We hope you're all looking forward to the summer holidays. In this edition, we're shining a spotlight on our Social Prescriber—highlighting the important work they do within our community. Plus, we've got some useful dates and updates to help keep you informed and prepared for the weeks ahead. We hope you find this newsletter both helpful and informative

Spotlight on: Empowering your Well-being with Karen, Our Social Prescriber

What Does a Social Prescriber Do in General Practice?

This month, we are thrilled to shine a light on the incredibly valuable role of our Social Prescriber, Karen. In today's healthcare landscape, we understand that true well-being extends far beyond just medical treatments. That's where Karen comes in. She is here to offer a unique and holistic kind of support, acting as a crucial link to a vast network of non-medical activities and services available right here in our community. Her primary goal is to help you navigate these options and find the perfect fit to support your overall health and happiness.

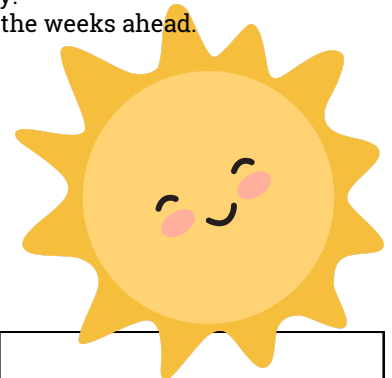
Tailored Support for Your Individual Needs

One of the most remarkable aspects of social prescribing is its personalized approach. Perhaps you've been feeling a bit isolated and are looking to connect with others who share your interests, or maybe you're keen to become more active but aren't sure where to start. You might even be hoping to learn a new hobby to boost your mental well-being, or perhaps you're facing practical challenges like finding support with benefits or housing. Karen understands that everyone's needs are different. She takes the time to listen, truly understand your individual goals, and then works collaboratively with you.

This isn't a one-size-fits-all solution; it's about identifying the specific local resources that will genuinely benefit you. This could encompass an incredible array of possibilities, from lively walking groups and therapeutic gardening clubs to engaging arts and crafts classes, compassionate befriending services, and essential advice on practical concerns.

A Holistic Approach to Health and Happiness

Social prescribing is built on a powerful understanding: that numerous factors beyond traditional medical treatment can profoundly impact your health and happiness. Stress, loneliness, financial worries, and a lack of engagement can all take a toll. By addressing these broader determinants of well-being, Karen plays a vital role in helping you to not just manage symptoms, but to truly live a fuller, healthier, and more connected life. She empowers you to take an active role in your own well-being journey. If you're curious about how social prescribing can open up new avenues for your health and happiness, please don't hesitate to ask your GP or another member of our practice team for a referral. Karen is here to help you discover the resources that can make a real difference.



Information:

Opening Hours
Monday - Friday
8am - 6:00pm

Triage hours:
8am onwards

Telephone number:
01354 656841

Website:
www.MerchefordHouse.nhs.uk

Out of Hours:
Call 111

Address:
28 Elwyn Rd,
March PE15 9BY



Mercheford House

Summer Newsletter



July 2024

Here's some important updates and information you should know

Do You Know Where Your Local Defibrillators Are?

In an emergency, every second truly counts.

Knowing the location of the nearest defibrillator can be a lifesaver for someone experiencing a sudden cardiac arrest. We're fortunate in March to have many of these vital devices installed throughout our community.

What is a Defibrillator?

A defibrillator (AED) is a portable device that can deliver an electric shock to restart a normal heart rhythm. Used alongside CPR, it significantly boosts the chances of survival.

Finding Them in March

March has a good number of public access defibrillators. While it's great to know general locations, the most important step in an emergency is always to dial 999 immediately. The ambulance service operator will tell you the exact location of the closest available defibrillator and provide any necessary access codes. Many defibrillators are registered on The Circuit, the National Defibrillator Network, which directly links them to ambulance services for rapid deployment.

Learn More:

Familiarising yourself with CPR and how to use a defibrillator can give you the confidence to act.

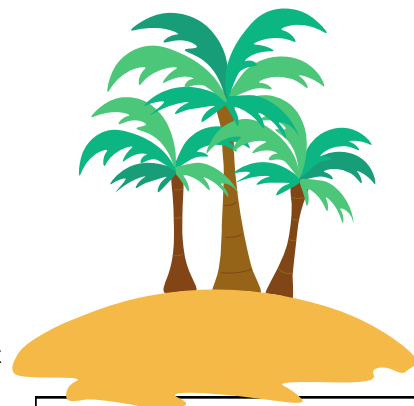
Let's all help make our community safe

Some common locations in March include (but are not limited to):

- Mercheford House, Elwyn Road (Cabinet)
- Town Hall, Market Place (Inside)
- Oliver Cromwell Hotel, High St (Inside)
- One Stop Shop, The Causeway (Inside)
- Braza Club, Elm Rd (Inside)
- Tesco, Hostmoor Ave (Inside)
- Riverside Practice, Marylebone Rd / West End (Cabinet)
- CO OP, Badgeney Rd (Cabinet)
- March Community Centre (Cabinet)
- Cavalry School, Cavalry Drive (Cabinet)
- March Gold Club, Grange Rd (Cabinet)
- Clovelly House, Station Rd (Inside)
- Police Station, Burrowmoor Rd (Inside)
- St Wendreda's Hall, Church St (Cabinet)

This list is not exhaustive, and locations can change. To find your nearest defibrillator, visit www.defibfinder.uk

In an emergency always call 999 first.



PPG Email:

cpicb.merchefordhouse@PG.nhs.ne

Facebook: @Mercheford House

Instagram:

@Merchefordhousesurgery

Tesco Pharmacy: 0121 519 7504

Cornerstone Pharmacy: 01354 652165

Boots Pharmacy: 01354 652180



Mercheford House Practice Closure Notice

Mercheford House will be closed on various afternoons for clinical governance and staff training. The practice will be closed from 14:00 to 18:00 and will reopen the following morning at 08:00.

Upcoming Closure Dates for 2025:

- Wednesday, 16th July
- Thursday, 18th September
- More Dates TBC

We will keep you updated as soon as any additional dates are confirmed.

We apologise for any inconvenience this may cause.

- If you require a doctor during these closure afternoons, please call 111.
- If you have a medical emergency, please call 999 immediately.

Thank you for your understanding



Mercheford House