SUMMER NEWSLETTER 2018

www.wheathampsteadppg.org.uk

WPPG – Thursday 11th October

Thanks to Dr Molvik and all his hard work, we can now confirm details of our next PPG talk to be held at the Wheathampstead Memorial Hall on Thursday 11th October at 7.30 pm

Our speaker will be Dr David Evans who has extensive medical experience and he will be talking to us about Allergies and Asthma. In addition to his planned talk, Dr Evans will be pleased to answer questions from the audience about this subject. There will be refreshments provided after the talk and there is no charge for attending. Members of the Wheathampstead Patient Participation Group and any visitors will be very welcome to join us.

A Day at the Village Surgery Reception

I knew our receptionists were busy and wanted to find out what we could all do to help them (and us).

I arranged to speak to Marilyn Proto, one of our receptionists at the Village Surgery; to see what a typical day included and what she and her colleagues do. Marilyn has been at the surgery for 6 years and was previously at a travel agency. Although surgery hours are 8am-1pm; 2.30pm - 6pm, that day Marilyn had started at 07:30am and was not due to finish until after 6:30pm with barely an hour for lunch. She explained that when the surgery closes there are many tasks that need to be done and there were over 40 Doctor's tasks due to be completed before going home on that day.

She accepts that appointments are sometimes difficult to get and is frustrated when people do book them and then not turn up or cancel them. TEXT message reminders are available, but only possible if people register their mobiles and ensure their details are up to date. She reminded me that the village pharmacy or NHS choices provide valuable advice. There is also the possibility of using other GPs in the surrounding area, however consent to share medical records would be needed. The on-line EMIS service has had some teething problems, but for people with access, this provides a very efficient way to book appointments and repeat prescriptions.

Marilyn clearly enjoys work at the village surgery and remembered an occasion when a pair of ladies asked to use the toilet in the surgery. Although facilities are really for patients, she agreed to let them in, only to find that a coach had parked outside and a long queue of ladies formed outside as the driver had encouraged them all to use the surgery.

NOTE:

A receptionist at the Village Surgery will always be happy to advise but it would be rare that a suitable medical person would be available to handle an emergency if a patient turned up with a problem requiring immediate attention. We would ask patients to seek assistance at their nearest A & E or telephone 111 for medical advice. The trained person would either offer suitable medical advice or if considered necessary they would call the paramedics'.

The WPPG celebrates its first 10 years

A big thank you to all the PPG members who attended our AGM and were entertained by our brilliant speaker John Kirkby. John showed some fascinating pictures of paramedics and ambulances that were around in the Beds & Herts Ambulance Service at the start of his career. He spoke with great enthusiasm about his experiences which resulted in him progressing successfully through various levels of medical achievements. John is now the owner and Clinical Director of a company that has developed a range of medical equipment supplies and runs medical education courses. His company works with GP Practices to help them develop their systems.

Herts County Council is promoting healthy living by organising health walks, graded according to your existing fitness. Further information is available on healthwalks.cms@hertfordshire.gov.uk



West Herts Hospital Trust and the Herts Valleys Clinical Commissioning Group are developing "My Care Record" which should soon allow A&E quicker and more comprehensive access to GP's records. For further information go to www.mycarerecord.org.uk

In this day of data protection you need to ensure that you have given consent to have your medical record shared.

Don't forget there is a lot of information about the surgery www.thevillagesurgeries.co.uk/

How to stay Hydrated & Healthy

While some of us enjoyed the recent hot weather, many of us forget to drink enough fluid. Being hydrated will improve energy levels, boost your immune system, promote healthy skin, aid weight loss and much more.

One sign of dehydration is by the colour of your urine.

In extreme cases water alone won't be able to effectively rehydrate you. As well as fluids, you may need to re-introduce the salts lost. There are specific salts that include the right amount of sugar and salt: however if you are stuck, a pinch of salt and sugar will help re-introduce the salts that are lost.



WPPG Subscription

We are always looking for ways to encourage new WPPG members and realise that young families would benefit from our group. If you have any ideas to encourage them please let us know.

Thank you for your support.

DEMENTIA WELLBEING GROUP

Now in our third year the Dementia Club is well established as a relaxed social environment for people living with dementia and their carers. We attract upwards of 30 at a time, meeting on the first and third Wednesdays of the month in the Mead Hall between 10.30 and 12.00. Information is shared on local provisions of help and those providing services such as Admiral Nurses come and join in. Current research is covered briefly. Contacts - Isobel Poole (832439) Margaret Carter (832368) and Paul Millac (834490)

Anyone interested in what we do, or helping, are welcome to call in at the Mead Hall between 10.30 - 12.00 noon on the 1st and 3rd Wednesday of the month. For more information please get in touch with Paul Millac, telephone 01582 - 834490

E-mail: paulmillac@hotmail.com

Dementia Friends
An Alzheimer's Society initiative

Letters to the editor:

One of our members reports :-

I don't answer telephone calls that I don't recognize and I had a call from the NHS that had the number withheld. I didn't answer the call and missed an important message.

ANY IDEAS.

Perhaps an answering machine would allow you to screen the call before picking up.

If you have a story please contact:

editor@wheathampsteadppg.org.uk

Contact: David Law
Chairman, WPPG
8 Town Farm,
Wheathampstead
AL4 8QL. Phone: 01582 833628
E-mail: david.c.law@btinternet
www.wheathampsteadppg.org.uk