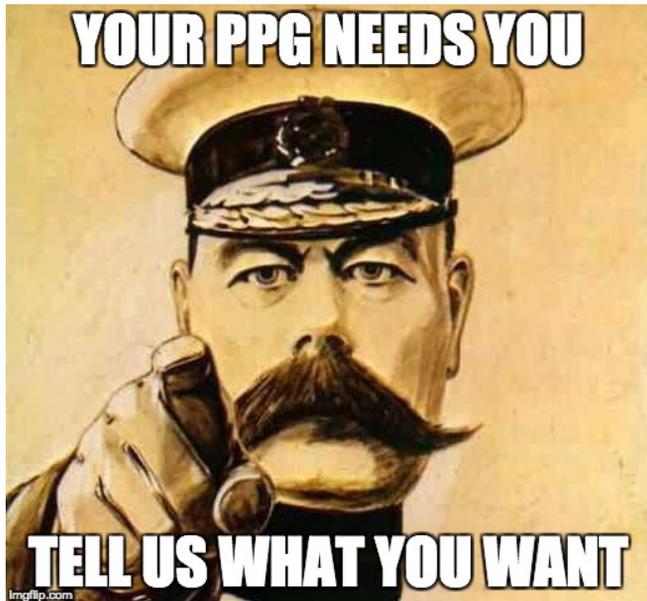


WINTER NEWSLETTER 2017

www.wheathampsteadppg.org.uk



The next **WPPG speaker meeting** will be on **Thursday 8th March 2018 at 7.30 pm** held in the Wheathampstead Memorial Hall. There will be a talk by Mr Graham Phillips, "Take Advantage of your Pharmacist".



The WPPG aims to build 2-way communication and co-operation between the Wheathampstead practice and its patients to the mutual benefit of all. Your feedback is important. Tell us what you want.

*e.g. Subjects for speakers?
Information in the newsletter?
Advice on diet?
First-aid?
Etc.....
Tell us what you want.*

We are also looking for people who may want to join the committee – please talk to David Law if you are interested.

And why not pass this on to friends in the village who may not be WPPG members.

E-mail to: editor@wheathampsteadppg.org.uk

NEWS

ON-LINE PATIENT ACCESS

The take up for on-line access has been very good. This not only helps patients, but also will mean the surgery can provide a better, more efficient service. If you haven't registered please go to <https://patient.emisaccess.co.uk/register>

FLU JABS

The surgery has provided over 3800 flu vaccinations this year – the most successful year yet. If you have not yet had one you may be eligible and it may not be too late. Its easy to come along and get the protection you may need for the winter. It is the safest place to have a flu jabs as they hold all medical records and can also offer shingles and pneumonia vaccinations if required.

WHEN THE SURGERY IS CLOSED

When the surgery is closed you can contact 111 in the first instance if you need to speak to a GP. A & E should only be used for accidents and medical emergencies. Details of services available when the surgery is closed can be found on the website

<http://www.thevillagesurgeries.co.uk/info.aspx?p=10>

EVENING TALK

The surgery held an educational evening for over 40 patients who, for various reasons, were deemed to be at risk of cardio vascular disease. Dr. Solomons gave a very informative talk covering risk factors and ways in which patients can reduce those risk factors.

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

New Year Resolution

Exercise – the best medicine



If there is one resolution that might help you avoid a visit to the surgery in 2018 it is ensuring you get enough exercise.

Exercise is the perfect way to reduce many risk factors. An app is available to encourage people to walk briskly for at least 10 minutes a day - please click on link below for information.

<https://www.nhs.uk/news/2017/08August/Pages/10-minute-walk-a-day-app-launched-to-tackle-inactivity-epidemic.aspx>

Sometimes it is difficult to keep your resolutions, but it really can make a difference, so if you have any ideas please contact the WPPG and share them.

We now have some equipment in the village which may help some of us improve our health. Have a go!!



Big Brother or the future of healthcare?

As more of us carry wireless devices around, the potential to capture information about our health and amount of exercise we do becomes simple.

Already the majority of our cell phones can determine where we are and some Smart-phones allow the user's movement to be measured. With the addition of a fitness watch/device it is possible for a person's heart rate and activity to be monitored and already this information can be shared with the surgery. In the future this can be a valuable addition for GPs to be able to see the general health of patients. How long will it be before your GP calls you to say they need to see you?

FESTIVE QUIZ:

Find the Words

There are 11 Words to find

B	T	U	R	K	E	Y	D	F
G	M	I	N	C	E	P	I	E
I	N	R	O	A	S	T	T	S
N	C	N	O	M	L	A	S	E
Z	A	P	P	L	E	T	M	O
H	R	E	N	O	U	S	O	T
A	R	O	I	O	T	D	K	A
M	O	M	R	C	G	L	E	T
G	T	P	B	J	M	R	D	O
P	S	O	R	A	N	G	E	P

DEMENTIA WELLBEING GROUP

The Dementia Club continues with the Parish Council renewing the funding for the Mead Hall for another year.

The latest visit was to the Crooked Chimney where 26 attended. Hertswise, who provide support for dementia services in Herts, attended for the whole session and explained what was available under the new regime, which has only just got going in earnest.

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



Letters to the editor:

One of our members reports :-

Since the advice on exercise in the newsletter and the BBC program, I have been walking for half an hour most days and my blood pressure has improved.

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.com
www.wheathampsteadppg.org.uk