



## Patient Access

One benefit from joining the Online access is their e-mail newsletter. Their strapline is: “Healthy living tips from the experts”.

### Online access to your surgery

The online access has been updated and offers a simple way to book an appointment, get a repeat prescription and get access to your medical history. You can also allow this to be shared with a healthcare organisation outside the practice. This could be very useful to assist a specialist in a referral, to assist with a decision or in the case of an emergency.

Access is easy and the Screen to the right shows how easy it is to log in.



The availability of your GP can be seen in the screen Below, making it easy to pick a convenient time



You also get a very informative e-mail sent to you if you subscribe to the service.

### Vitamin D

Did you know that vitamin D is the exception to the rule where supplements are concerned? No matter how healthy your diet, it's really tricky to get enough of the sunshine vitamin in the colder months. About 90% of our body's vitamin D is made in our skin from sunshine falling on it. That's all very well if you live in the Mediterranean, but in gloomy old Britain, the sun isn't strong enough between October and April to give us any vitamin D. Take a look at the link from Patient Access

<https://news.patientaccess.com/4Q86-2025-98U5D5N02/cr.aspx>

### FLU vaccinations

The annual flu vaccination walk-ins have finished and been a success. There is still some vaccine available, make an appointment if you are eligible.

### AGM and Talk

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.

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](http://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.

## WHAT'S A HEALTHY PORTION?

Food portion size has been in the news recently, with the UK being the 3rd fattest country in Europe.

Many food products have healthy portion size marked, but do we follow the advice? We have got used to larger portions, to "super size" or to have "add on" chips or rice, different high calorie sauces, fried onions or mushrooms.

A healthy cornflake portion is about 30gms or 3 tablespoons. However an "average" portion is about 44gms nearly 50% more. This will increase the calories, especially if the cereal is sugar/chocolate coated.

How can we cut our portion size?

### Some hints and tips

Use a smaller bowl or plate.

Choose lighter dishes from the menu when eating out.

Eat slowly and chew well.

Wait 5 minutes before you have seconds. Do you really need it?

If you have bread before a meal, have it without butter or don't have it at all.

Here are some handy measures/portion sizes that can help.

Cheese 30gms - a matchbox size

Cooked meats 60-90gms a pack of cards

Cooked fish- 140gms palm of your hand

Nuts - 30gms - handful.

Baked beans - 150gms - 4 tablespoons,

Pasta 2-3 Tablespoons,

New potatoes - 2 egg sized boiled potatoes

Grapes 80gms- 10-12, 2plums, dried fruit - 30gms 1 tablespoon/1small handful.

Carrot/peas/sweet corn 80gms or 3 tablespoons

Fruit juice - 1 glassful

Lack of fruit and vegetables is estimated to be the root of almost 1/2 diet related deaths.

On a brighter note try and enjoy the smaller portions that you eat, and increase your exercise.

OUR NUTRITIONAL INFORMATION			
	○ Typical value per 100g	○ Per 30g serving	
ENERGY	1626 kJ	383 kcal	488 kJ 115 kcal
FAT	1 g		0.3 g
of which saturates	0.2 g		0.1 g
CARBOHYDRATE	87 g		26 g
of which sugars	10 g		3 g
FIBRE	1 g		0.3 g
PROTEIN	6 g		1.8 g
SALT	1.13 g		0.34 g
<b>VITAMINS:</b>			
		(%NRV)	(%NRV)
VITAMIN D	4.2 µg	(83)	1.3 µg (25)
THIAMIN (B1)	0.91 mg	(83)	0.28 mg (25)
RIBOFLAVIN (B2)	1.2 mg	(83)	0.35 mg (25)
NIACIN	13 mg	(83)	4.0 mg (25)
VITAMIN B6	1.2 mg	(83)	0.35 mg (25)
FOLIC ACID	166 µg	(83)	50.0 µg (25)
VITAMIN B12	2.1 µg	(83)	0.63 µg (25)
<b>MINERALS:</b>			
		(%)	(%)
IRON	8.0 mg	(57)	2.4 mg (17)

(%NRV) = % Nutrient Reference Value.

**REFERENCE INTAKES (RIs) EXPLAINED**

488kJ 115kcal This is the amount of energy in one bowl.

6% This is the percentage of your daily energy allowance that one bowl will provide.

The RIs shown are based on official recommendations and are a guide not a target. \*Reference intake of an average adult (8400kJ/2000kcal)

### STOP PRESS

On Thursday 11<sup>th</sup> October, a good turn out of WPPG members at the Wheathampstead Memorial Hall were entertained by Dr David Evans, MD, FRCP on the subject of Asthma, Cause & Management. Dr Evans was able to explain in detail the different causes of Asthma, how best to manage the effects and how to live with the problem. There were a number of questions from members of the audience, which were superbly answered by our speaker.

Dr Håvard Molvik gave an appreciative vote of thanks on behalf those present.

## DEMENTIA WELLBEING GROUP

The Dementia Club is well established and considered to be well ahead in many areas over other groups. Information is shared on local provisions of help and those providing services such as Admiral Nurses come and join in.

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 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month. For more information please get in touch with Paul Millac, telephone 01582 - 834490

E-mail: [paulmillac@hotmail.com](mailto:paulmillac@hotmail.com)



## Letters to the editor:

One of our members reports :-

For many years I resisted the idea of a walking stick: I thought it was only for old people. But having had a fall that could have been quite serious, I finally accepted that it might be worth a try. I find it has given me confidence and I walk a lot more with it.

If you have a story please contact:

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