

# SPRING NEWSLETTER 2018

[www.wheathampsteadppg.org.uk](http://www.wheathampsteadppg.org.uk)



## WPPG – AGM – Thursday 7<sup>th</sup> June

Please note in your diary that our AGM will be held at the Wheathampstead Memorial Hall on Thursday 7<sup>th</sup> June starting at 7.30 pm with a guest speaker. We shall be proudly celebrating our first 10 years, having officially launched on 1<sup>st</sup> April 2008. Please do join us with a good chance of some 'bubbly' and cake to mark the occasion.

## WPPG Needs YOU!

The Wheathampstead Patient Participation Group has been running for 10 years. Despite its success it has failed to attract some of the younger families in the village. The NHS asks that ALL patients are included in PPGs and we need to encourage younger membership. With a few younger members on the committee, younger ideas may incubate, which may attract younger families.

If you know anyone that would like to join the committee please contact David Law for an informal chat.

The WPPG aims to build 2-way communication and co-operation between the Wheathampstead practice and its patients to the mutual benefit of all. PPG's are a great way to deliver lifestyle and wellbeing advice to patients in a more focused and relevant way.

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

E-mail to: [editor@wheathampsteadppg.org.uk](mailto:editor@wheathampsteadppg.org.uk)



Luton & Dunstable University Hospital NHS Trust ranked 1 out of 133 trusts

**The latest NHS results (March 2018) show the Luton & Dunstable Hospital as the best in the country.**

## 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>

### DR AUSTEN O'HARE RETIRED

DR O'Hare started with the Surgery on 3rd August 1981 and has been a partner for 36 years (as well as a doctor for 40 years, all in the NHS).

Dr Farah Dass will be carrying on in his place. Farah has worked with the team for several years and many will have met her and will know her to be skilful as well as kind.

Anita Mixides has been appointed as Practice Manager.

## Data Protection

This is to confirm that we securely hold your name, address, telephone numbers and email address (if applicable) on a computer database. This information will have been provided by you when you joined the Wheathampstead Patient Participation Group. We also use this database to record your annual subscription payments. Your information is used for the purpose of contacting you and for sending newsletters and any other communication relating to the WPPG. Your data will never be passed to or sold to any other organisation. You have the right at any time to contact the WPPG and request your data to be removed from our records.

Don't forget there is a lot of information about the surgery [www.thevillagesurgeries.co.uk/](http://www.thevillagesurgeries.co.uk/)



## Eat a Rainbow of vegetables

Vegetables are a valuable source of nutrients, and should be included in the diet. As well as vitamins and minerals, they also contain fibre. Fibre is needed to prevent constipation as it increases the movement of food along the colon. Soluble fibre, found in peas and beans, can reduce the level of cholesterol. Fibre is also thought to reduce the risk of colon cancer. More and more people are trying to eat foods that are in season and bought locally, whether from a farmer's market or delivered in a box from a nearby farm.

Around this time of year are a variety of vegetables such as spinach, onions, turnip, swede, broccoli, cabbage, spring greens, leeks, carrots and potatoes and more. It is important that our vegetables are consumed, as they contribute greatly to a healthy diet. There are many tasty ways to incorporate vegetables in the diet.

Here are some ideas, Broccoli and Stilton soup - very easy to make. Vegetable curry and rice - to spice up a meal. Vegetable risotto, raw carrot chopped in small lengths with avocado dip. Cooked cabbage with black pepper butter and mustard, mixed and tossed in the saucepan till heated through. Roasted vegetables (-courgettes, peppers, onions, mushrooms ) add different spices and herbs to give a bit of variety.

## WPPG Subscription reminder

Yes, it is that time of year again when the WPPG subscriptions are due. Over 50% of our members pay their subs by standing order and this is very much appreciated.

If you normally pay by cheque or cash, then payment for the new year became due on 1<sup>st</sup> April. The annual household membership fee is still just £5. To pay this, please just pop a cheque made out to WPPG or a £5 note into an envelope with your name and postcode on the envelope. Then take it to the Wheathampstead Village Surgery and place it in the Red Box on the wall close to the reception desk.

If you would like to pay by standing-order in future, we can send you a simple form to complete.

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 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 :-

Since my wife was diagnosed with terminal cancer, the local services from the hospice and district nurses have been amazing. It's only now I realise just how lucky we are to live in a village with access to such caring professionals.

If you have a story please contact:  
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