

# WINTER NEWSLETTER 2018

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



## WPPG – Talks

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.

## Merry Christmas and a Happy New Year

Christmas is just round the corner and we all tend to over-eat and drink; and exercise less. Try weighing yourself every couple of days over the festive period to stop the mince pies and booze leading to a Santa style waist-line. It may be easier to moderate your eating before you step into January a little larger.

A few things that you can do to cut the calories and still enjoy the day. Avoid the skin on turkey, try having potatoes lightly roasted instead of ones cooked in goose fat. Have a mince pie and a small amount of single cream/natural yoghurt instead of Christmas pudding and brandy butter. This will result in reducing the fat and calorie content of the meal.

But above all eat small portions and try eating from a smaller plate and allow yourself to enjoy a few treats.

If you are going out for a dinner party, try to reduce your intake for the rest of the day. A high protein meal at lunch will help absorb the alcohol and make you less likely to binge on crisps and nibbles as soon as you arrive at the party.

Step away from the buffet !! Buffets can be a disaster for your diet. There's good evidence that the more food options there are, and the more people there are standing around eating, the more you'll be tempted to eat. Make one trip to the buffet table and then step away!

And don't forget: getting out and having a brisk walk will get rid of those extra calories and maybe you will meet a few locals doing the same. Do enjoy yourselves but take care.

## SURGERY INFORMATION ETC.

### Festive opening times

The surgery closes at 1pm on Christmas eve and is closed on 25<sup>th</sup>, 26<sup>th</sup> December and 1<sup>st</sup> January 2019. Calls will be answered at the Harpenden surgery until 6.30pm.

### New partners

Since Dr O'Hare retired there are 2 new Partners who are known to our patients, Dr Sujana Datta works from Harpenden and Dr Farah Dass works at both surgeries.

### Care Network

We are now part of Primary Care Network which includes The Village Surgery, The Elms Harpenden and Davenport Surgery Harpenden. Our website is full of information to help patients [www.thevillagesurgeries.co.uk](http://www.thevillagesurgeries.co.uk), at the bottom of the home page it has Your Health page link.

### FLU vaccinations

Had your vaccination yet? It may not be too late.

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](mailto: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](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.

## Would you like to stop robocalls?

Why does it seem like the only people who call anymore are the robots? Because maybe it's true. The government recognises that robocalls are on the rise, in part because it's so easy to make autodialer calls from anywhere in the world. When a colleague said he was receiving 20 robocalls a day on his mobile phone, we looked into what he could do to stamp out the annoying mobile calls.

So what is a robocall? A robocall is a call to your landline or mobile phone that uses an autodialer to send a recorded message and then connect you to a live telemarketer. While governments have attempted to restrict these telemarketing calls, robocalls can use a variety of tactics, including Caller-ID spoofing, to hide their location and evade detection.

What can you do? The simplest thing is to not answer a call from an unknown number. If, however, you do answer a robocall, we recommend you hang up and do not press a number, as pressing any number will likely flag your phone number for more robocalls. We also recommend you register your home and mobile phone numbers with [TPS \(Telephone Preference Service\)](#).  
NOTE: The village surgery uses a number that they need to keep for outgoing calls, so they hide the number. They will leave a message if you have an answering machine. They can also send reminders with text messages, so make sure you have provided them with your mobile number.

## 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. 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)



## November was mouth cancer action month.

Aaron at the Wheathampstead Dental Surgery reported that 7500 cases were reported nationally, resulting in 2300 deaths per year. Although this form of cancer is relatively rare at least 3 cases have been diagnosed in the village.

He advised that a healthy diet helps and that we should avoid smoking and too much alcohol.

Cancer can present in a number of ways if you inspect your mouth and have any concerns, you should visit your local dentist and make sure you keep up regular visits.

## WPPG mission

We have a simple objective: to improve the health of Wheathampstead residents.

We run a pilates group, provide 3 medical talks and 4 newsletters per year as well as providing close liason with the local surgery.

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.

## **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:

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