



AUTUMN NEWSLETTER 2019

www.wheathampsteadppg.org.uk

Through the Keyhole – 10th October

We have Mr Geraint Lloyd who will be presenting a talk called “Through the Keyhole” which is about **Laparoscopic Abdominal Surgery** and will be prepared to answer questions from the audience.

Mr Lloyd is a consultant general and colorectal surgeon .

Please do join us at the Wheathampstead Memorial Hall on Thursday 10th October at 7.30 pm. All are welcome, entrance is free and light refreshments will be served during the short interval at 8.15 pm.

Flu Jabs

The last of the walk in Flu clinics was on 28th September but there is still time to get your flu jabs. For those people that are identified at risk, just make an appointment during normal surgery hours.

PCN (Primary Care Network)

The PCN's are now up and running, our PCN is called Harpenden Health PCN and the 3 surgeries are The Elms Surgery, Davenport Surgery and ourselves. Combined it has a patient population of 43,665.

Having PCNs enables health and social care professionals to offer more pro-active, personalised, co-ordinated and joined-up health and social care for patients.

PCNs provide a more efficient service to patients with the aim of improving their health and well-being.

As we develop we will keep you updated.

Measles !

Incidents of Measles are still on the increase and there have been confirmed cases within Hertfordshire. Our Surgery is contacting patients with a suggested MMR incomplete vaccination record. Note: some patients records may have been updated from another surgery. There are posters up in the surgeries: anybody with a rash should call the surgery before attending so we can segregate them.

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 liaison 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.

WWW - Help with online access

On-line access

You can now use Patient Access on behalf of loved ones and those you care for to book appointments, order repeat prescriptions and, where appropriate, view and share medical records.

We have received many requests from both patients and GPs over the past year to build this capability, and we've been working hard to ensure that we've built it in a way that is simple to use and most importantly, clinically safe.

To use Patient Access on behalf of your loved ones or dependents, you must request access via your GP.

If you need help, the Wheathampstead Community Group Internet Café is held on Tuesday mornings from 10-12 in the library. There is usually someone there that can help you set up the application.

Stretching

Stretching isn't just something you need to do before and after exercise. Incorporating stretches into your daily routine could reduce pain and boost your flexibility in day-to-day life.

Our modern lifestyle of sitting down for lengthy periods of time - be it at your desk or television - is putting us at higher risk of developing type 2 diabetes, ruining our posture and tightening our hip flexor muscles.

Try getting up five minutes earlier in the mornings to go through a few deep stretches; waking up your muscles and giving yourself some mental space to get ready for the day.

There are 3 pilates sessions every Tuesday arranged for our members. A lot of the exercises focus on careful stretching. It is very popular: if you are interested contact David Law to join the waiting list for this very popular activity.

Note: There is an article on the Patient Access site with a lot of useful ways to incorporate stretching, with examples you can try.

DEMENTIA WELLBEING GROUP

MEAD HALL

1st and 3rd Wednesday

10:30 - 12:00

Come along and learn what we are doing for the carers as well as those that have dementia in our village.

Why not pop in to the Mead Hall between 10.30 - 12.00 noon on the 1st and 3rd Wednesday of the month. The Dementia Club is well established and would welcome all from our amazing village: even just to have a cup of tea and see what goes on. You may be pleasantly surprised by seeing first hand what we do to help both carers and those living with dementia.

As a group we are well ahead in many areas over other groups. We also have a small number of new people attending.

Contacts - Isobel Poole (832439) Margaret Carter (832368) and Paul Millac (834490)



A-Z Health

I – Iodine – it is used to make thyroid hormones & comes from seafoods

J – Juice – a glass of orange juice a day gives you one of the 5 fruits/day, it helps with iron absorption as well

K – Vitamin K – found in asparagus, broccoli, apricots, peas - helps with the clotting process of the blood

L – Less saturated fat – less refined sugar will help with a healthier diet

M – Milk – for calcium (skimmed has the most) for strong bones and teeth

To be continued.....

Carers

Carers in our community are doing an amazing job that often goes unrecognized.

There are many organisations within Hertfordshire that provide valuable services for them.

We will be inviting carers for coffee and mince pies in December to allow them to share their experiences and gather information from our local community

The annual WPPG subscriptions were due on 1st April. This is still just £5 per household. A massive thank-you to our members who kindly pay by standing order. For those who pay by cheque or cash, the method is very easy. Just pop a £5 note or a cheque made out to **WPPG** into an envelope with your name and post code on the front. The envelope can be placed in the Red Box on the wall in the Wheathampstead Village Surgery or delivered to David Law, 8 Town Farm, Marford Road, Wheathampstead, Herts AL4 8QL

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