

SPRING NEWSLETTER 2019

www.wheathampsteadppg.org.uk



WPPG – Talk on Anxiety



Anxiety is something that affects so many of us.

Please do attend our next talk where we have Dr Mog Hepworth sharing with us suggestions on how to live with Anxiety. Dr Hepworth has been a Clinical Psychologist for over 10 years, specialising in Neurological Disorders through all age groups. She has a practice in Borehamwood as well as working in the NHS. She holds a Doctorate in Clinical Psychology as well as a BSc Honours in Psychology.

Dr Hepworth will be fully prepared to answer questions from the audience. Please do join us at the Wheathampstead Memorial Hall on Thursday 7th March at 7.30 pm. All are welcome, entrance is free and light refreshments will be served during the short interval at 8.15 pm.

WWW - Help with online access

On-line access

So many day to day tasks now require the Internet and the Village Surgery provides several important services that can be accessed on-line.

Services include:

- Making appointments
- Repeat medication
- Viewing your medical record and results

You can also subscribe to a weekly e-mail with helpful information by

**Dr. Sarah Jarvis, MBE,
Clinical Director at Patient**



Simply go to <https://www.patientaccess.com/> or download the application on your phone and register with the surgery.

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.

Have you kept your New Year Resolutions?

By now you will have forgotten all the media messages to eat healthily, exercise regularly and give up any bad habits that you may have. You may have taken out a gym membership or joined an exercise group.

Perhaps you could find a “buddie” to exercise with? Often the additional help from a friend may encourage you to keep up the good work.

There are several walking groups in the village and even taking a brisk walk to get a paper in the village helps.

Have you got a friend that has a dog? They may be pleased to walk with you (dogs are fun, but conversation is a bit limited).

Stopping smoking - A member shared this :

I was a 40 / day smoker and decided I had to give up. That was over 40 years ago. I just calculated that I have saved the equivalent of £350,000! And I am still alive.

HASTY

HASTY is a new pilot service that is delivered from The Village Surgery for young people ages 5-19 suffering with stress, anxiety or low mood.

Referrals can be made by your GP.

This is a pilot scheme running from 26FEB19 to 26JUL19

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

The 'D' Word Workshop **ARE YOU PREPARED FOR THE FUTURE ?**

On 4th February, two of your WPPG Committee members attended a fascinating interactive talk by representatives of The Anne Robson Trust. This is a charity set up to help people to understand end of life matters and also to support them. This is a potentially delicate subject but one that we should all be mindful of. There were a number of practical suggestions at the meeting that we should consider in respect of for example making a will, preparing a Power of Attorney, planning organ donations and many other matters. For more information, it is well worth looking at the web site: www.annerobsontrust.org.uk

Other issues that we should all be aware of:

Putting your house in order

1. Wills,
2. Making a funeral plan,
3. Planning for future care and support,
4. Signing up as an organ donor,
5. Making sure your loved ones know your plans,

What do hospices provide?

The local hospices have a lot of very essential services to offer, and many of us don't realise how much they can help. Also they rely on donations to survive.

The WPPG is considering whether we should arrange a workshop to allow our members to hear first hand from the experts and also be able to ask questions.

DEMENTIA WELLBEING GROUP

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.

The group have been invited back to the Golf Club again, where everyone enjoyed the opportunity of a new venue.

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)



Why we should drink milk

Often we take milk for granted but look what it can do for you.

Protein – for muscles
Vitamin B – for energy
Vitamin B2 - makes energy available in the body, and involved maintenance of healthy mucous membranes
Potassium – controls blood pressure and regulates body fluids
Magnesium – formation of nerve and muscles
Vitamin B12 – function immune system
Phosphorous – Helps bone formation
Calcium – helps form bones and strong teeth
Skimmed – 33Kcal/100ml
Semi – 46Kcal/100ml
Full fat - 65Kcal/100ml
And soya milk as an alternative but make sure it is fortified with calcium.



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.

The annual WPPG subscriptions will be 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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