

# SUMMER NEWSLETTER 2019

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



## WPPG AGM and talk on Gastroenterology

As well as our AGM we have Dr R L Mead who will be presenting a talk called "The Guts and the Glory" and will be prepared to answer questions from the audience.

Gastroenterology is the branch of medicine focused on the digestive system and its disorders. Diseases affecting the gastrointestinal tract, which include the organs from mouth into anus, along the alimentary canal, are the focus of this speciality

Please do join us at the Wheathampstead Memorial Hall on Thursday 6<sup>th</sup> June at 7.30 pm. All are welcome, entrance is free and light refreshments will be served during the short interval at 8.15 pm.

## 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.

## HASTY

The HASTY pilot is going very well, we are fully booked and had to close referrals.

## PCN (Primary Care Network)

We are now part of a PCN with Davenport and The Elms Surgeries. As we develop we will keep you updated. See the item overleaf.....

## 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

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.

## PCN Primary Care Networks

As our population grows and people live longer we see people with long term conditions such as diabetes and heart disease, or suffering with mental health issues and may need to access their local health services more often.

To meet these needs, our practices have begun working together and with community, mental health, social care, pharmacy, hospital and voluntary services in our local areas in primary care networks PCNs.

PCNs build on current primary care services and enable greater provision of proactive, personalized, coordinated and more integrated health and social care. Clinicians describe this as a change from reactively providing appointments to proactively care for the people and communities they serve. Where emerging primary care networks are in place in parts of the country, there are clear benefits for patients and clinicians.

Did you know that rather than a visit to the hospital, there are many services that can be provided locally here at the village surgery.

## DEMENTIA WELLBEING GROUP

### MEAD HALL

1<sup>st</sup> and 3<sup>rd</sup> 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 1<sup>st</sup> and 3<sup>rd</sup> 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

A – Vitamin A – help with eyesight, bone growth and is an antioxidant. Found in carrots, liver and eggs.

B – Vitamin B are water soluble, so steam or cook quickly or eat raw as more vitamins will be retained.

C – Copper – found in wholegrains, liver and nuts. Help with protecting body cells from chemical damage.

D – Vitamin D – the sunshine vitamin. Formed when the skin is exposed to sunlight.

E – Exercise – even a short 20min walk every day helps mobility, circulation and lowers blood pressure.

F – Fibre keeps constipation at bay. Soluble fibre found in oats, peas, beans and helps lower cholesterol.

G – Grab a banana each day. Its high in potassium which helps to control blood pressure.

H – Help yourself to an occasional glass of wine. Maybe good for the heart.

*To be continued.....*

The annual WPPG subscriptions were due on 1<sup>st</sup> 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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Chairman, WPPG

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