



# WINTER NEWSLETTER 2020

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

## The challenge of keeping fit and healthy in the 21st century whatever your age

The WPPG is delighted to announce that the topic for its next talk on 5th March 2020 at 19.30 in Wheathampstead Memorial Hall, will be "The challenge of keeping fit and healthy in the 21st century whatever your age". The talk will be led by two of London's leading sports medicine and orthopaedic doctors, Mr Andrew Goldberg and Dr Ade Adejouwani and will provide an opportunity for people of all ages to get the facts and squash those myths.

All are welcome, entrance is free and please invite anyone that may not be aware of the WPPG.

### Changes in the WPPG Committee

The Committee and Members of the Wheathampstead PPG would like to thank David Law for his 11 years of service as a founder of the WPPG and for his last 4 years as Chairman of the WPPG. He was involved in the starting up of the Pilates Classes and also as the WPPG Treasurer. We are all indebted to David for the contribution he has made to the WPPG.

We are delighted to welcome a new Committee member, Iain Begg, who has also volunteered to be our new Chairman. Iain has lived in Wheathampstead since he and his wife Sarah moved here in 2005. Iain quickly became an active member of our community through his involvement with the local business group, WEB, and then as a Parish Councillor. Iain has participated as a member of the Neighbourhood Plan Steering Group. Iain also brings a wealth of business experience which we hope will shape the future of the WPPG. Iain says: "I am thrilled to be supporting our local PPG and I have a lot to learn in my new role so I look forward to working with members of the Committee and also with the Village Surgery. I would love to hear the views of patients who use the practice so please feel free to drop me an email. I hope that we can increase the PPG engagement across the whole community."

Recent changes means your committee has two vacancies; Secretary role and Event coordinator role. Please get in touch if you can spare four evenings a year plus a bit of time between committee meetings.

[iain2.begg@virgin.net](mailto:iain2.begg@virgin.net)



### **FLU Jabs!!**

We still have influenza vaccinations for adults and 2-3 year olds in the surgery and there are patients who have not had these yet. If you need one, contact the surgery and make an appointment.

### **Shingles**

There are also quite a few patients age 70-80, who have not had their shingles vaccination yet, which is advisable and recommended by NICE guidelines/NHS England.

### **0-4 year olds**

Same day paediatric urgent GP appointments for 0-4 year olds will now be available as part of extended access and these appointments will be released at 11 am for the same afternoon. These appointments will be in various GP surgeries in Harpenden and St Albans.

### **New Year Resolution**

Some patients aged between 18 and 74 are entitled to a free NHS Health Check, to contact the surgery for further details, we also offer a stop smoking service

## 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.

## Keeping those New Year resolutions ??

We all start the year with good intentions but as February approaches many plans have gone by the wayside.

Exercise is so important not only to stay fit but in the fight to keep to the correct weight.

A brisk walk is easy to fit into your daily routine. Using the stairs. Take a 20 minute break at lunchtime. Get the family and friends involved – its much easier to work with a partner.

### Exercise without a GYM!!

There are plenty of things that can be done around the house, so why not create your own “workout”. Lifting your arms and legs while sitting at a desk or on a chair. A gentle stretch when you get out of bed helps before getting into the day’s chores. And surprisingly there are plenty of ideas on YouTube as well as Apps that help you and remind you to move etc.

Wheathampstead even has equipment near the scout hut on the Marford fields that is free to use.



## 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 Jon Barratt (832335)



## A-Z Health

**N** – Number. Keep your blood pressure in an acceptable range, and know your cholesterol number

**O** – Omega-3. Found in oily fish, mackerel salmon sardines, trout, good for the heart

**P** - Phytochemicals – tea contains phenols, thought to protect against stomach cancer

**Q** – Quantity - eat off a small plate to reduce the amount you eat

**R** – Riboflavin or B2 – helps to protect the nervous system and found in milk, yoghurt, meat, eggs

*To be continued.....*

## Carers

Carers in our community are doing an amazing job that often goes unrecognized. A carer is someone who without payment, provides help and support to a partner, relative, child, friend or even a neighbour who just cannot manage their own care.

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

We will be inviting carers for a coffee morning in Spring to allow them to share their experiences and gather information from our local community.

The annual WPPG subscriptions are 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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