



# WINTER NEWSLETTER 2016/2017

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

The next **WPPG meeting** will be held in the Wheathampstead Memorial Hall on **Thursday 9<sup>th</sup> March 2017 at 7.30 pm.** The talk will cover diabetes. The WPPG is primarily for its members, however everyone is welcome.

Why not invite neighbours or a friend to come along with you.

Over the festive season our village surgery gets very busy. Consider using the website where you might find the answer to your problem. We are closed Monday 26<sup>th</sup> and Tuesday 27<sup>th</sup> of December 2016. Closed Monday 2<sup>nd</sup> of January 2017. Open all other weekdays as usual.

Visit the website [www.thevillagesurgeries.co.uk/](http://www.thevillagesurgeries.co.uk/) for:

- **Appointments**
- **Opening Times**
- **Prescriptions**
- **Clinics and Services**
- **Medical Teams**
- **Contact Details**



## Health and Wellbeing Clinics

The Village Surgery is offering the very popular health and wellbeing clinics supported by St Albans District Council and Herts Valley Clinical Commissioning Group.

These clinics are free and appointments are 30 minutes long. Blood pressure check, body composition analysis, postural assessment, health and wellbeing guidance and local exercise program information will be provided during the 30-minute assessment.

They are aimed at patients who are suffering from long-term health conditions e.g. diabetes.

Please ring our surgery to book an appointment – these are available in Harpenden every other Friday morning for both Harpenden and Wheathampstead patients. (01582 763951).

## NHS Health Checks

The Village Surgeries also offer NHS Health Checks. This is your chance to get your free midlife MOT. These are for adults in England aged 40-74 years of age without a pre-existing condition.

Your circulatory and vascular health will be assessed and your risk of getting a disabling vascular disease will be analysed.

For more information:  
<http://www.nhs.uk/Conditions/nhs-health-check/Pages/NHS-Health-Check.aspx>

If you would like a free NHS health Check, perhaps as part of a New Year resolution - please telephone your surgery to make an appointment.

Appointments are available during the day and extended hours - 7-8am and 6.30-8.30p

## Flu vaccinations

More than 3500 of our patients have been given flu vaccines at our surgeries so far. There are still more free flu vaccines available for those over 65 years of age and patients in at-risk groups (for example chronic lung, heart disease, chronic kidney disease, chronic liver disease, chronic neurological disease, diabetes, immunosuppression, coeliac, pregnant women and morbidly obese patients). Just phone our surgery and book an appointment for your free flu vaccine before the influenza virus arrives in Wheathampstead.

## **Alternative Festive Binging ?**

Drinks in general can contain a large amount of Calories. We want to have a good time and still can with some simple changes to reduce calories, sugar and alcohol.

Try alternating a red wine (80-90 Kcal small glass) with a non-alcoholic drink. Have a white wine spritzer to make the wine go further. For beer or larger (200 Kcal/ pint approx) - try having a shandy with low cal lemonade. Spirits can have low calorie mixers or water added to the drink.

Some non-alcoholic drinks can be high in calories and sugar. Fruit juice will be absorbed quickly, pushing blood glucose up quickly. Smoothies can be 300-400 calories! They may have fibre and vitamin C but try to reduce the calories and sugar by adding more vegetables and less fruit.

Other drinks like hot chocolate (281 cals in drinks outlets) can be made at home by using semi- skimmed or skimmed milk which will lower the calories or omitting the cream on top. Of course keep off the sugar in tea and coffee - use artificial. Sweetener.

There are lots of ways, dilute orange juice with water, have diet coke instead of the full strength ones.

Try to drink plenty of water it's good for you!

Remember a little of what you fancy and everything in moderation. But most important of all enjoy the festive season.

## One of our members reports on a service that all men over 65 should take advantage of.....

*"I have just returned from St. Albans City hospital where I had AAA (Abdominal Aortic Aneurysm) screening. Happily, I was well within normal range.*

*It is a straightforward process where a technician applies a gel to your stomach and then runs a hand-held scanner from your heart*

*to your navel. You don't even need to undress, merely undo your shirt. The process took about 15 minutes in total, including explaining the process to me and showing me the results.*

*I was told that the service has been going a couple of years and now routinely picks up men at age 65. However, if you were not picked up at the time, there is no plan to go back and pick up the older ones. I was therefore asked to spread the gospel and encourage my older men friends to ring the*

*hospital and get a free check. Aneurysms can be serious, but if diagnosed they can be treated successfully.*

*I became aware of the service through reading a PPG newsletter. I telephoned the screening programme number (01727-897719), gave my name, address and age (you must be 65 plus) and received an appointment about two weeks hence, together with a helpful explanatory leaflet."*

### DEMENTIA WELLBEING GROUP

The Dementia Club continues to grow - we reached 30 recently, aided by ladies from the Village showing us 'twiddles' (objects not movements!) There have been 3 outings now; well subscribed and requested by the group - a Christmas lunch is in the offing. The Carers Only group has folded for lack of clients and Elaine Barber from the Alzheimers Society who ran it has joined us to help instead.

A beautifully worked cushion cover produced by a WI member has now gone to the Bluebell dementia ward at Watford General Hospital.

The Dementia Wellbeing Group meets in the Mead Hall on the first and third Wednesdays of every month. Anyone interested in what they do, or helping, are welcome to call in between 10.30 - 12.00. For more information please get in touch with Paul Millac, telephone 01582 - 834490  
E-mail: paulmillac@hotmail.com

<https://www.dementiafriends.org.uk/>



### WPPG Membership

Membership is just £5 per year and this covers everyone in your house. It is open to all ages to assist in promoting good health locally.

We need your help to encourage new members to join. Once you have read your WPPG Newsletter, please do pass it on to a friend or a neighbour and suggest they may like to join the WPPG.

Benefits include:

- Three health talks each year by professional consultants or physicians
- Your personal copy of the WPPG Newsletter every three months
- We inform you about key NHS issues
- We will take up concerns on your behalf with the Wheathampstead Village Surgery

**Please help us to sign up new members.***The*

*WPPG is affiliated as a member of NAPP*

*(National Association for Patient Participation)*

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

The Latest NAPP bulletins can be found at

<http://www.napp.org.uk/latestbulletins.html>