



AUTUMN NEWSLETTER 2017

www.wheathampsteadppg.org.uk

The next **WPPG meeting** will be on **Wednesday 25th October 2017 at 7.30 pm** held in the Wheathampstead Memorial Hall.

There will be a talk by Mr Azad Ghuran, a Consultant Cardiologist on symptoms and conditions for the public.

NEWS

ON-LINE PATIENT ACCESS

The take up for on-line access has been very good. This not only helps patients but also will mean the surgery can provide a better, more efficient service.

FLU JABS

The surgery offers flu jabs every year and this year dates are Saturdays 16th & 23rd September, 7th October between 9am -1pm.

Its easy to come along and get the protection you may need for the winter. It is the safest place to have a flu jabs as they hold all medical records and can also offer shingles and pneumonia vacs if required.

NEW RECEPTIONISTS

Please welcome our new receptionists Stacey , Jesyca and Elaine

DEFIBRILLATORS

A man in his 50s at the Harpenden surgery suffered cardiac arrest. The surgery's defibrillator was used and the Air Ambulance took him to Harefield hospital. Defibrillators can be critical in saving lives : they are found in many supermarkets and there is one at the back of memorial hall.

NEW WPPG CHAIRMAN REQUIRED

David Law has been involved with the WPPG for many years. He continues his 10 year role as Treasurer but will be standing down after 3 years as Chairman and we require a volunteer to take over. – Please contact David Law – contact details over.....

Dates for your diaries:

Next talk - 8th March 2018

The Pilates classes continue to be extremely popular with so many individuals benefitting from regular Tuesday afternoon attendance. These classes were initiated by the Wheathampstead Patient Participation Group in 2008 with the support of our amazing tutor, Slim Tilli.

A stylized logo for Pilates. The word 'PILATES' is written in a bold, black, serif font. A red line forms a circular shape around the letter 'A', and a blue line forms a circular shape around the letter 'I'.

PILATES

These Pilates classes are run on a non-profit making basis because we know that they have the potential to improve the health of any participant.

We are pleased to say that at last we have been able to offer places to everyone on the waiting list. If you would like to find out more about these classes, please email David Law on david.c.law@btinternet.com

QUIZ:

It's late at night and you need medical help fast but it's not a 999 emergency. You think you need to go to A&E or need another NHS urgent care service. You don't know who to call or you don't have a GP to call. You need health information or reassurance about what to do next.

What number should you call ?

Answers on page 2



Exercise

In a study by Public Health England; approximately 40% of middle aged people (40-60 year olds) do not manage a ten minute brisk walk; even once a month. A brisk 10 minute walk once a day does so much good. Exercise helps with reducing some of the symptoms of conditions such as arthritis, heart disease, cancer, diabetes and stroke. It not only keeps us fit and mobile, but also helps with lowering blood glucose, improves circulation and generally increases flexibility and a sense of wellbeing.

Why not try a walk to the shops instead of taking the car. Remember there are groups that go walking in Hertfordshire, such as the Ramblers or the Health Walks.

Note: If you are undergoing treatment or suffering from some conditions, it may be best to check with your G.P. first.



Patient Access lets you use the online services of your local practise. This may include arranging appointments, repeat medication, secure messages, medical record and updating your details. You need to register with your practise, and then create a personal account. Once you have an account, you can access via you PC or tablet. There are even applications for smart phones. Getting online may be easy for younger people, but there is help at hand at the Internet Café held at the village library from 10 – 12 every Tuesday morning.

DEMENTIA WELLBEING GROUP

The Dementia Club continues with the Parish Council renewing the funding for the Mead Hall for another year.

During the summer months the numbers have held up to 20-30. New enquiries come regularly but not everyone decides the sessions are for them – at least for the time being.

We struck lucky with the visit to the Lavender fields. Also a visit to the Elephant and Castle.

The Psychology department at Herts University have asked for volunteers in a memory training exercise, so we are on the list for research recruitment.

The Alzheimer's society have us on a list of villages "working towards dementia friendly status".

Anyone interested in what we do, or helping, are welcome to call in at the Mead Hall between 10.30 - 12.00 noon on the 1st and 3rd Wednesday of the month. For more information please get in touch with Paul Millac, telephone 01582 - 834490

E-mail: paulmillac@hotmail.com



Letters to the editor:

One of our members reports on her experience in the local pharmacy: She says:-

My son burnt his hand quite badly and after running the hand under a cold tap for a while, I decided to take him to the pharmacy. The advice they gave me was very reassuring and because of the size of the burn, they advised me to go to A&E From SG.

Dear SG, The pharmacy can often provide excellent advice when they are open. Out of hours telephone 111

If you have a story please contact the editor at editor@wheathampsteadppg.org.uk

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Answer to quiz: Call 111 – for less urgent health needs contact your GP or pharmacist in the usual way