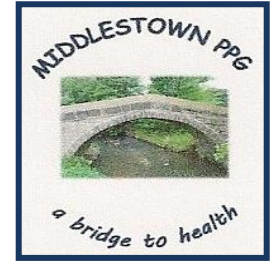


MIDDLESTOWN PATIENT PARTICIPATION GROUP



Winter Newsletter 2013/14

HAPPY NEW YEAR to all our readers

HEALTHY EATING



Now winter is upon us it is even more essential to keep healthy. Eating well and sensibly is beneficial to good health in several ways:

- ❖ Reduces the risk of heart disease and high blood pressure.
- ❖ Reduces the chances of getting cancer.
- ❖ Gives us more energy.
- ❖ Keeps us well.
- ❖ Improves bowel habit.
- ❖ Skin, nails and hair look healthier.

It doesn't have to be difficult either. Eating and drinking too much will put on weight, and so a balance of a wide range of foods will maintain a healthy body.

Starchy foods:

Cereals, potatoes, pasta, rice and bread particularly wholegrain.

Fruit and vegetables, including unsweetened fruit juice:

Fruit can be eaten as a snack or cut up over cereals. Vegetables can be cooked as an accompaniment to a meal or cooked into dishes e.g. stews and casseroles.

Fish and meat:

A good source of protein, especially fish, high in omega 3 fats. Try to eat more white meat such as chicken or turkey and a little less red meat.

Cut down on saturated fats and sugars. We all need some fat in our diet but the amount and type is important. Too much saturated fat increases cholesterol in the blood, increasing the risk of heart disease. This is found in cakes, biscuits, cream, cheese, sausages and pies. Too much sugar causes weight gain and tooth decay. Try to cut down on sugary fizzy drinks, cakes and biscuits.

Eat less salt by not adding to food at the table or in cooking. Enough salt can be found in cereals, soups, bread and sauces we buy.

Try not to skip breakfast and keep well hydrated by drinking plenty of fluids through the day.

KEEP ACTIVE

Get up and out more if the weather permits. Wrap up warm and walk with friends or even the dog!



Get active by moving your feet to the beat of music! Try one of the many types of dances; Salsa, Ballroom, Zumba or just shake your stuff at home!

- ❖ Try Swimming, Yoga or Pilates for strengthening upper body muscles to help posture and support.
- ❖ Above all take time for yourself to keep well and fit to be the best you can be.

If you are experiencing difficulties with any dietary / weight issues or finding it difficult to keep warm in the Winter months, please contact the nursing team.

Lesley Schofield, Practice Nurse

You asked us the Practice said
Patient Appointment with a specific clinician 3-4 months in advance: do not leave it until the last minute to do so, bookable appointments get booked up and if left to the last minute then none are available. The best way to ensure a specific clinician is to book straight away or within a week of being asked to do so, this will ensure an appointment with the appropriate clinician is booked. You could ask the receptionist to speak to the actual clinician and try to sort something out to avoid disappointment; clinicians do also book leave and if they are away in 3-4 months other arrangements can be made.

IS A CONSUMER CHAMPION for the people of Wakefield & District on health and social care issues. It will provide advice, information and signposting; gather views and experiences of local people; give local people a voice to influence the design and delivery of services. Healthwatch Wakefield wants to hear from you - what you like and dislike about health and social care services which you or your family receive such as from doctors, hospitals and care homes. We also have opportunities for you to volunteer to check, change or suggest new services. Talk to us - you can make a difference.

☎ 01924 234007; enquiries @healthwatchwakefield.co.uk;
www.healthwatchwakefield.co.uk; Freepost RTEE-RJAX-HKHU,
27 King Street, Wakefield WF1 2SR

EXPERT PATIENTS PROGRAMME ~

SELF-MANAGEMENT COURSE

If you have an on-going illness or condition this is a course which could change your life. The self-management course known as the Wakefield Expert Patients Programme is a free NHS course run by people with on-going illness. It puts you back in control of your condition. For more information enquire at Reception or call 01977 665732, email admin.epp@swyt.nhs.uk or www.WakefieldEPP.co.uk



PITTER-PATTER-CHATTER

For everything you want to know about pregnancy, giving birth, breastfeeding and early years check out the website www.pitterpatterchatter.org

This website has been developed as a partnership between local women who have used maternity services, Wakefield NHS Clinical Commissioning Group, Mid Yorkshire Hospitals NHS Trust, Wakefield Council and Little Angels Community Interest Company. All the information in this website has been checked and verified by local midwives, health visitors or public health staff.

Are you MOBILE?

If you let Reception have your mobile phone number, and give your consent to being contacted, you can be reminded by text of your appointment, medicine reviews and possibly texted some test results.

This will keep you up to date and also help reduce yours and the Practice's costs in telephone calls. It will also help prevent patients forgetting and not attending their appointments, which in turn prevents wasted time for doctors.

A win-win situation all round!

Did you know

About the King Street Walk In Centre at 47 King Street, Wakefield WF1 2SY, tel 0845 121 1023. This is a walk in centre where individuals can drop in without an appointment to see an experienced nurse for assessment, advice and treatment for minor ailments and injuries.

You can e-mail your thoughts and ideas to us at:

Middlestown.ppgroup@wdpct.nhs.uk

Please be aware that we cannot enter into any discussion regarding your own health, the treatment you receive from the surgery, handle any complaints or deal with any other confidential issues arising from your own personal circumstances.

You asked us The Practice said

Waiting room seating: a patient asked if some high back chairs could be provided in the waiting room to make it easier for patients with mobility problems. We will have at least 2 of these chairs shortly.

Have an appointment -



DETAILS UPDATE

Please don't forget to let the Practice know if any of your details change such as address or phone number. Thank you.

You can also view this newsletter on our PPG Webpage at: www.middlestownmedicalcentre.nhs.uk
Please pass this newsletter on to family or friends after you have finished with it.