



# MIDDLESTOWN PATIENT PARTICIPATION GROUP



## 2019 Newsletter

Our next **One Day Event** starts at 9.30am on Thursday 18<sup>th</sup> July 2019 covering the theme of *Managing a Healthy Lifestyle*. Please come along and talk to the people from Live Well Wakefield and Wakefield Council's Health Improvement Team who will be there.

### HEALTH IMPROVEMENT TEAM

Hi, I'm Chris Dugher, a Specialist Health Improvement officer in Wakefield Council's Health Improvement Team. My specific role involves developing and delivering targeted health interventions across the district to groups or localities that have been identified as having a specific health problem. These health problems can be anything from obesity to mental health issues. The majority of the activities our team deliver are based around physical activity but also include nutritional advice, mental health advice and referrals to partner organisations in relation to other topics, including smoking and alcohol.

Other members of the health improvement team specialise in other areas including schools, families and young children (under 5s), adults (walking and cycling), and workplace health and wellbeing.

As well as small local projects we work on larger projects which happen district wide and for longer timescales, one such programme which is taking place at the moment is the Year of Walking. This project is aimed at increasing the number of people in the Wakefield District who are regularly walking and therefore making a positive impact on their health. There will be many activities taking place over the year as part of the Year of Walking. We have also just launched the Aspire Health App (available on all app stores as a free download) which allows people to track their activity and take part in the Year of Walking 500 mile challenge, and other competitions which will happen over the year.

**READ THE LABEL** - not sure of the effects of your medication - could it make you drowsy, might it react with other medication, are you having a strange reaction when taking it - then make sure you **READ THE LABEL**. If you are unsure then contact your pharmacist.



### LIVE WELL WAKEFIELD

Live Well Wakefield offer 3 self-help courses for those who are living with any long-term health condition. These are free and open to those over 18 who live in the Wakefield District. Managing a healthy lifestyle is our passion!

These courses offer tools and techniques to help support people with the demands of a chronic health issue.

- **General self-management of long term health conditions (EPP)** This course runs for 6 weekly sessions of 2.5 hours per session and is also valuable for those in a caring role.
- **New beginnings for your mental health.** This course addresses specific issues around managing depression and anxiety. This course runs for 7 weekly sessions of 2.5 hours per session
- **Managing persistent pain.** Learn new ways to tackle some of the challenges life brings when living with chronic pain. This course runs for 6 weekly sessions of 2.5 hours per session.
- We have a new course for those living with and beyond Cancer, called **Cancer - Thriving and Surviving** starting soon.

#### Workshops

We also offer short workshops which offer an opportunity to meet and share with others. There are practical techniques to try and tools which you can build on to support you at home and in the future.

Call us: 01924 255363

Email us: [swy-tr.livewellwakefield@nhs.net](mailto:swy-tr.livewellwakefield@nhs.net)

Find us on Facebook: [Livewellwakefield](https://www.facebook.com/Livewellwakefield)

Find us on Twitter: [sms@livewellwakefield](https://twitter.com/sms@livewellwakefield)

Visit our website: [www.livewellwakefield.nhs.uk](http://www.livewellwakefield.nhs.uk)

Advance Notice: Our One Day Event on 14<sup>th</sup> November is about Sepsis. Anyone can develop sepsis after an injury or minor infection, although some people are more vulnerable.

For more information about Sepsis go to [www.nhs.uk](http://www.nhs.uk) and search for Sepsis.

**2019/20 Practice Training: surgery closed from 12 noon on Wednesdays, until 8.30am the following day on 17 July, 18 September, 16 October, 13 November, 15 January, 26 February, 18 March.**

## TIPS FOR HEALTHY EATING No.8

### Get active and be a healthy weight

Eating a healthy, balanced diet plays an essential role in maintaining a healthy weight, which is an important part of overall good health. Being overweight or obese can lead to health conditions such as type 2 diabetes, certain cancers, heart disease and stroke. Being underweight could also affect your health.

Most adults need to lose weight, and need to eat fewer calories to do this. If you're trying to lose weight, aim to eat less and be more active. Eating a healthy, balanced diet will help: aim to cut down on foods that are high in saturated fat and sugar, and eat plenty of fruit and vegetables. Don't forget that alcohol is also high in calories, so cutting down can help you to control your weight.

Physical activity can help you to maintain weight loss or be a healthy weight. Being active doesn't have to mean hours at the gym: you can find ways to fit more activity into your daily life. For example, try getting off the bus one stop early on the way home from work, and walking. Being physically active may help reduce the risk of heart disease, stroke and type 2 diabetes.

After getting active, remember not to reward yourself with a treat that is high in energy. If you feel hungry after activity, choose foods or drinks that are lower in calories, but still filling. If you're worried about your weight, ask your GP or a dietitian for advice.



## NEIGHBOURS CAMPAIGN SPARKS POSITIVE ACTION ACROSS WAKEFIELD



A campaign which aims to combat loneliness across West Yorkshire and Harrogate has inspired hundreds of people across the area to take conscious steps to look out for those around them. The 'Looking out for our neighbours' campaign, commissioned by West Yorkshire and Harrogate Health and Care Partnership launched on the 15<sup>th</sup> March with the aim of helping to prevent loneliness and improve the wellbeing of residents in the area.

Campaign activity has included the distribution of 'helpful neighbour packs' across the Wakefield district that includes a range of different resources to help residents take simple, positive action to look out for a neighbour in need. The campaign has received support from over 350 supporters including high-profile organisations such as Jo Cox Loneliness Foundation, Andy's Man Club, Wakefield Trinity Rugby Club and the Yorkshire Ambulance Service.

Since the launch of the campaign, all supporters have been promoting its message throughout their organisation and within their community. The campaign has also received attention on social media, with the hashtag #OurNeighbours being used over 1,000 times. In addition to the 30,000 helpful neighbour packs distributed, a further 600 people have downloaded a digital version of the pack from the campaign website.

To download your own helpful neighbour pack or find out more about the 'Looking out for our neighbours' campaign, visit: [ourneighbours.org.uk](http://ourneighbours.org.uk)

It may seem early to be thinking of Flu, but just a reminder that once we get into September it will be time to think of booking your flu jab. It's better to have the flu vaccine as soon as it becomes available, usually in October, but it's always worth getting vaccinated after this, even if there have already been outbreaks of flu. Give the surgery a call late August to book your jab.



The next PPG Newsletter due 4<sup>th</sup> November 2019. Next One Day Event is 14<sup>th</sup> November 2019 - covering Sepsis.