



# MIDDLESTOWN PATIENT PARTICIPATION GROUP



## Winter 2018/19 Newsletter

Our next *One Day Event* starts at 9.30am on Thursday 31 January 2019 covering the theme of *Caring for you and Caring for others*. Please come along and talk to the people who will be there.



Carers Wakefield & District have been providing support to carers in the district for over 25 years.

If you are looking after a friend or relative due to sickness, disability or old age we are able to provide a listening ear, information and advice around things that may affect you or the person you care for, refer or signpost you to other relevant agencies and put you in touch with other carers who may be in a similar situation to yourself.

We work alongside other professionals in the Connecting Care Hubs, you can learn more about them here: <https://connectingcarewakefield.org/> in an attempt to provide individuals and families the right care, at the right time by the right person.

We understand that caring can be very rewarding but equally may be having an impact on your own health and wellbeing or financial situation, if this the case and you wish to know more about the service we offer please contact 01924 305544.

### SOME FLU STATISTICS

In the 2017 flu season the Practice gave 2249 vaccines and 189 declined the vaccine. In 2018 (at 10.12.18) the Practice have given 2255 flu vaccines, with 94 who have declined.

However, of those eligible to have a flu vaccine we have 896 people who have still not had the free vaccine, made up of:

- 64 years & over - 418;
- 18 - 64 year in an at risk group - 332;
- 2 - 17 year olds at risk - 33;
- 2 & 3 year olds - 64.



The next PPG Newsletter is due on 1<sup>st</sup> April 2019 and our next One Day Event, about Mental Health, will be on 11<sup>th</sup> April. We hope to have Turning Point and Child & Adolescent Mental Health Services (CAMHS) with us on that day.

Our aim is to always make life for the over 50s a positive and enjoyable experience.



We have a range of integrated services aimed at supporting older people and their carers by meeting their needs to promote independence in older age. Our services include:

- Advocacy
- Befriending
- Home Assessments
- Connecting Care Hubs
- Home Shopping Service
- Social Support and Group activities
- Supported hospital discharge
- Home Support Services
- Bereavement Support
- Winter Support Measures

We look forward to seeing you at Middlestown Medical Centre where you can come and find out how we can support you.

Age UK Wakefield District, 7 Bank Street, Castleford WF10 1JD

Tel: 01977 552114 Email: [admin@ageukwd.org.uk](mailto:admin@ageukwd.org.uk)

Web: [www.ageukwd.org.uk](http://www.ageukwd.org.uk)

Registered Charity No: 1096511 Company Ltd by Guarantee: 4512958

Maria Green-Lynch, Carers Champion, Wakefield Public Health will also be at the Event. A Digital Resource for Carers developed by Carers UK is now available in Wakefield District. This resource offers up to date information and tools to support carers and can be found at [www.wakefield.gov.uk/health-care-and-advice/digital-resource-for-carers](http://www.wakefield.gov.uk/health-care-and-advice/digital-resource-for-carers)

A busy morning at our last One Day Event in November on Dementia.



**2019 Practice Training: surgery closed from 12 noon on Wednesdays, until 8.30am the following day on 27 February 2019 and 20 March 2019.**

## AN UPDATE ON STATINS

Statins are a group of medicines that are used to help lower low density lipoprotein (LDL) cholesterol in the blood. LDL is referred to as the "bad cholesterol" and statins help to reduce the production of it in the liver. High levels of LDL in the blood can be dangerous and lead to narrowing and hardening of the arteries, leading to cardiovascular disease (CVD). CVD is a general term used to describe a disease of the heart or blood vessels. It's the most common cause of death in the UK.

The main types of CVD are:

- Coronary Heart Disease (CHD) - when the blood supply to the heart becomes restricted
- Angina - sharp chest pain caused by CHD
- Heart attack - when the supply of blood to the heart is suddenly stopped
- Stroke - when the supply of blood to the brain is suddenly stopped

Your doctor may recommend taking a statin if you have been diagnosed with a form of CVD and/or if you have personal and family history to suggest that you are more likely to develop CVD at some part of your life in the next 10 years and lifestyle measures haven't helped to reduce this risk.

Statins come as tablets that are taken once daily. Some statins have to be taken at night and with some statins it does not matter which part of the day they are taken, as long as they are taken at the same time each day. Check with your doctor or pharmacist the best time to take your statin.

Statins can sometimes interact with other medicines, increasing the risk of unpleasant side effects. Statins can also interact with grapefruit and its juice and therefore this should be avoided when taking statins. Some of the most common side effects of statin include constipation, headache, muscle and joint stiffness. You doctor will discuss the benefits and risks of taking statins before you start them and generally benefits outweigh the risks.

It is important to read your patient information leaflet that comes with your medication, to check if there are any interactions you should be aware of or if you experience any unpleasant side effects and speak to your doctor or pharmacist if in doubt about anything.

### TIPS FOR HEALTHY EATING No.6

It is recommended that men have around 2,500 calories a day. Women should have around 2,000 calories a day. Most adults are eating more calories than they need, and should eat fewer calories.

Eat the right amount of calories for how active you are, so that you balance the energy you consume with the energy you use. If you eat or drink too much, you'll put on weight. If you eat and drink too little, you'll lose weight.

#### EAT LESS SALT - no more than 6g a day for adults

Eating too much salt can raise your blood pressure. People with high blood pressure are more likely to develop heart disease or have a stroke.



Even if you don't add salt to your food, you may still be eating too much. About three-quarters of the salt we eat is already in the food we buy, such as breakfast cereals, soups, breads and sauces.

Use food labels to help you cut down. More than 1.5g of salt per 100g means the food is high in salt. Adults and children over 11 should eat no more than 6g of salt (about a teaspoonful) a day. Younger children should have even less.

### UPDATE YOUR DETAILS

Please don't forget, if you change address, phone numbers or any other of your contact details, remember to let the Practice know. Thank you.

**WINTER TIPS** - One of the best ways to stay well this winter is to keep warm. This can help prevent colds, flu or more serious health conditions. **Eat well** - food is a vital source of energy, try to make sure you have hot meals and drinks regularly through the day. **Wrap up warm** - several thin layers will keep you warmer than one thick layer. **Keep active round the house** - this will help keep your joints moving and keep you warm.

### DID YOU KNOW?

You can make an appointment with the Practice Pharmacist - just contact reception on 01924 237100