



AUTUMN NEWSLETTER 2020

www.wheathampsteadppg.org.uk

How to keep fit and healthy

During the "Lock down" the WPPG will be arranging an on-line talk on Thursday 26th November at 7.30pm. Dr Adejuwon and Mr Goldberg will cover the "How to keep fit and healthy" topic planned for earlier in the year. Obviously the subject matter is particularly pertinent given the current scenario and their talk will take account of this – e.g. the link between exercise and mental health.

Online consultations

During the pandemic the surgery has been receiving up to 1000 calls a day. This resulted in lengthy waits for patients and was unsustainable. All practices in HVCCG now have to offer online consultations. We are therefore piloting this service for those that can use it and when problems are not of an urgent nature. For anyone who cannot use the online communication tool they can still hold on the line to speak to a receptionist who will either help them to complete the communication or take details of their urgent problems and pass this to their GP.

As advised by NHS England all patients must first be triaged by the doctor to reduce the spread of Covid-19, protecting the Community and the medical team who serve it.

The Surgery is seeing patients face to face daily and has been doing so throughout the pandemic. They are also offering telephone and video consultations whenever possible.

They are asking patients who can use online communication when their problem is not of an urgent nature to use it. All clinical online communications go straight to the patients registered GP who will action them within 2 working days. This may be with a routine telephone appointment or a face to face appointment. The decision on this is made by the clinician once they are in receipt of the information from the patient.

The receptionists are happy to guide patients through the process if needed.

The aim is to keep the lines free for our vulnerable patients, patients that need urgent on the day advice and patients that cannot access online communication.



WPPG moving forward.....

As several residents used the Harpenden practise, we have been trying to include the practise into the WPPG.

We are also aiming to encourage families that would struggle to justify the annual cost and plan to remove the annual fee.. If you know families that are not aware of the WPPG, please get in touch.



Get the FLU vaccine

Invitations for Flu vaccines are being sent out from the surgery, with some already completed. The surgery has gone to great lengths to ensure COVID safety with a one-way system and distancing.

Please consider getting vaccinated. It takes less than a minute.

FLU mortality rates are usually lower than COVID-19 and this is usually due to a vaccine being available. Globally, about 3.4% of reported COVID-19 cases have died. By comparison, seasonal flu generally kills far fewer than 1% of those infected.



Going On-Line and staying in touch

The pandemic has forced us all to reduce our physical contact with friends and relatives and this has led to some challenges both technically and mentally.



Lack of social contact has affected some people in many ways and although some have supplemented their social contact on-line, others have struggled.

There are many resources available that may help. Go to <https://www.thevillagesurgeries.co.uk/page1.aspx?p=1&t=7> for links for Mental Health Wellbeing. This includes advice for people of all ages and with different issues.



DEMENTIA WELLBEING GROUP

MEAD HALL

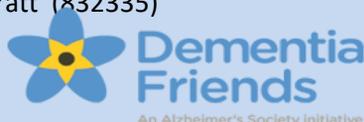
1st and 3rd Wednesday

10:30 - 12:00

During the "Lock down" meetings have had to be cancelled.

We look forward to starting again when the lockdown allows.

Contacts - Isobel Poole (832439) Margaret Carter (832368) and Jon Barratt (832335)



WHEATHAMPSTEAD SUPPORT FOR ALL

The "Wheathampstead Support for All" group of volunteers has been very successful and allowed many vulnerable to stay at home and isolate (...to help the NHS and to save lives). There are still a number of vulnerable (esp. elderly) people who are still doing their own shopping in Tesco, the Chemist, the Post Office and the Butcher. Don't risk it and use this valuable resource.

Call the helpline 01582-380910 and ask them to do your shopping.

There are signs in the village with this same message. Use the helpline to help the NHS and to save lives.

This is probably even more important with winter approaching. Let's all stay well and look forward to life after lockdown.

Recent changes means your committee has two vacancies; Secretary role and Event coordinator role. Please get in touch if you can spare four evenings a year plus a bit of time between committee meetings.

iain2.begg@virgin.net

Contact: Iain Begg
Chairman, WPPG
7 Old Rectory Gardens,
Wheathampstead
AL4 8AD
Phone: 07799-410670
Email: iain2.begg@virgin.net
www.wheathampsteadppg.org.uk