

# NEWSLETTER

## Manor Street Surgery

WINTER

*A few words of advice from our practice Nurses...*

### Top tips for keeping warm and well this winter

Cold weather can be bad for our health, especially those aged 65 and over. Here are some things you can do to stay healthy this winter.

#### 1. Keep warm

Heat your home to at least 18°C (65°F). You may prefer your main living room to be slightly warmer. Keep your bedroom window closed on a winter's night. Breathing in cold air can increase the risk of chest infections.

#### 2. Get financial support

There are grants, benefits and sources of advice available to make your home more energy efficient, improve your heating or help with bills. View the Keep Warm Keep Well booklet online to learn more [www.gov.uk/phe/keep-warm](http://www.gov.uk/phe/keep-warm)

#### 3. Look after yourself

- Contact your GP to get your free flu jab if you are aged 65 or over, live in a residential or nursing home, or are the main carer for an older or disabled person. NHS Choices provides information about flu. Visit [www.nhs.uk/flu](http://www.nhs.uk/flu) to learn more.
- Don't delay in getting treatment for minor winter ailments like colds or sore throats. Visit your local pharmacist for advice on treatment before it gets worse so you can recover quicker.
- Layer your clothing whether you are indoors or outside. Wrap a scarf around your mouth to protect your lungs from the cold air.
- Wear shoes with a good grip if you need to go outside.
- When you're indoors, try not to sit still for more than an hour or so. Get up, stretch your legs and make yourself a warm drink.
- Have your heating and cooking appliances checked by a Gas Safe registered engineer to make sure they are operating safely.
- Contact your water and power suppliers to see if you can be on the Priority Services Register, a service for older and disabled people.
- For more information about how to stay warm and well in winter visit Age UK's website [www.ageuk.org.uk/winterprep](http://www.ageuk.org.uk/winterprep) or call **0800 587 0668**.



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## Contact

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Reproduced from NHS choices website.  
<http://www.nhs.uk/Livewell/winterhealth/Pages/KeepWarmKeepWell.aspx>

# Manor Street Surgery

## Manor Street PPG AGM was held on 7th November. Attended by 11 members of the PPG and Paul Drinkwater, Practice Manager.

The meeting began with an Open Forum and Paul Drinkwater answered questions on behalf of the Practice. The following points were covered:

- Parents concerned re their child's problems such as dyspraxia should make a first appointment with a GP rather than self-refer to child development services.
- The surgery no longer provides minor surgery (e.g. removal of tags and other cosmetic skin problems). The practice has guidelines and targets to meet with the prescription of generic medicines rather than branded.
- The issue of supply for the flu vaccine for over 65's was clearly acknowledged. The NHS are apparently running a programme to move supplies where surpluses to practices that need.
- All the surgery team are briefed about Extending Access and are mentioning to patients requiring an appointment who are having difficulty.

**Note:** The committee has asked that for future meetings one of the GPs should attend together with the Practice Manager. This was agreed.

### Other points of discussion included:

#### 1. Hertfordshire Health Walks (HHW)

The walks continue to attract participants (not just from Berkhamsted).

The Practice were asked to promote the walks to relevant patients and the Practice Manager will remind all staff. A visit has been requested from an HHW representative to speak at the surgery to update staff on the benefits of walking particularly in relation to long term conditions e.g. diabetes. There will be a survey conducted amongst service users of all the walks to gain insight into the needs of participants.

#### 2. Health and Wellness Events and developments within the Berkhamsted Patients' Group(BPG)

There have been 2 successful community events organised by the BPG this year Diabetes (95 attendance in April) and Coronary Heart Disease (45 attendance in July). More recently the Group has extended its' brief and is encouraging a wider membership than was first envisaged. Topics for discussion /action may be broader

in scope and of interest; it is hoped, to a wider patient group. The Manor Street Chair and other members have stepped down from the BPG.

### 3. Manor Street PPG Committee and into 2019

Committee members advised at the 2017 AGM that they would be stepping down from committee work at this point. Individuals will stay involved with the PPG but not in leadership roles. A new committee has yet to be appointed. In the interim, the Practice will take on the administrative running of the group (until the new committee is in place)

#### **Possible priorities for the PPG going forward have been suggested:**

- Helping the practice signpost/encourage patients to be more active; reference was made to the Herts Get Active programme in 4 localities in the county, which sadly runs out of Sport England funding at the end of 2018).
- Once the NHS Long Term Plan is published (expected December 2018), discuss the elements related to primary care and see where assistance is required.

At this stage, taking account of the interim arrangements for the PPG and the impact of organisational changes for other practices in the town, the practice would like time to consider the priorities further.

#### **ACTION**

1. PPG will meet with the practice to agree meeting dates for 2019 (pre-Christmas)
2. Prior to the first meeting in 2019, the retiring committee will meet with the practice to finalise priorities (early January)
3. The retiring Chair will hand over the PPG member data to the practice (pre-Christmas)

**Full Minutes can be found at**

<http://www.manorstreetsurgery.org/website/E82094/files/newsletter.pdf>



# Manor Street Surgery

## Hertfordshire Health Walks (HHW) – First Steps and Level 1

### More than a year on...

It is wonderful to report the continued success of the fortnightly walks on alternate Thursdays. People have enjoyed exploring their local environment beside the canal, visiting the castle, and learning about the restoration work at Rectory Lane cemetery. For some this would not have been possible without attending the walks.

Hertfordshire



Health Walks



### New dates added . . .

Due to the success of the HHW First Steps walks in Berkhamsted, the following new dates have been added:

**17th Jan, 14th Feb, 14th March, and 11th April 2019**

These additional walks will begin at the Sacred Heart Church car park. Walks are on the flat at a pace suitable for all, whether a regular walker or not. Trained leaders will be in attendance to assist along the way should anyone need a slower pace.

The Open Door Community Hub

<https://www.opendoorberkhamsted.co.uk/> is kindly providing refreshments (Tea/coffee, cake and hot soup) at the end of each walk for a donation, or we will see you safely back to Sacred Heart Church car park.

Come and join us and bring a friend.

*“Hertfordshire Health Walks are free, led, local, health-focused walks happening across the county helping everyone get outdoors, get more active and reap the benefits”.*

<https://www.walkingforhealth.org.uk/walkfinder/hertfordshire-health-walks>