**ST HELENS, ISLE OF WIGHT PPG**



***NEWSLETTER***



**Happy March!**

This month, we celebrate the official start of spring. As the weather starts to warm up, we’re always looking for fresh ideas to add more produce to our plates. While you’re at the vegetable shop or supermarket, make sure to pick up some of these in-season fruits and veggies.

Knowing what fresh produce items are in season when you go shopping can not only save you money but also means that you’ll be enjoying fruits and veggies at their peak!

Healthy eating doesn’t have to be expensive. Planning meals around in-season fresh produce is one of the easiest ways to save on groceries.

Eating a diet rich in fruit and vegetables is one of the simplest ways to boost our well-being.

**Packed with fibre and essential nutrients, fruit and vegetables are a must have in any healthy diet. But research has revealed that many of us don’t eat enough fruit and vegetables – with only 31% of UK adults meeting the five-a-day-recommendation.**



Although more expensive than a standard alarm clock, there are alarm clocks that can help aid your sleeping pattern. If you struggle with SAD (seasonal affective disorder) the [Lumie Bodyclock Active 250](https://www.lumie.com/products/bodyclock-active-250) wakes you with a gradually brightening sunrise to help boost mood and energy levels.

**Have seasonal fruit and veg**



This time of year there is an abundance of fruit and veg in season that will help boost your immune system. Oranges, blueberries, persimmon, beetroot and kale to name a few, are great for vitamin C and antioxidants, so it’s a good idea to incorporate more fruit and veg into your diet.

**Don’t skip breakfast**



Breakfast is important all year round but even more so in these months. Porridge is perfect as it is warming, makes you feel fuller for longer and is packed full of fibre. Plus if you eat breakfast you are less likely to reach for unhealthy snacks.

**Get some vitamin D**



The weather is an obstacle for many of us but if you can, wrap up warm and go for a walk to try and get some much needed vitamin D in natural daylight. It can also help with energy levels and is a great way to keep fit and keep your mood up.

**Take time out**



If you feel more tired in these months, this can lead to you feeling more stressed out, particularly in the run up to Christmas and the New Year. Take some time out and practice mindfulness or meditation, exercise is also a great way to relieve stress.

**Try and limit caffeine**



Of course for many, caffeine is a must to get through these months. However it can cause dehydration and affect sleep, so don’t overload on caffeine and try to limit your intake. You could swap your cuppa for a nutrient packed smoothie instead.

**Keep skin moisturised**



Even though we wrap up warm, with the cold and blustery weather, our skin can become very dry. Moisturise your hands and face to protect from the elements and lips too to prevent them from becoming chapped.

**Add some spice**



Add warming spices like ginger, turmeric and chillies to your foods, which have great health benefits to help keep winter bugs at bay. They are also great for flavour and warm our bodies up from the inside which is much need on a cold winter day.

**Go to bed early**



It goes without saying that if you only get a short amount of sleep, you are going to be restless and exhausted in the day. Try to go to bed early and get the full eight hours so you can get a proper rest and quit screen time an hour before you go to bed.

**Here are ten (10) simple events to add to your daily routine, contributing to a healthier, fitter YOU!**

**Follow these guidelines to achieve optimal health and well-being.**

**MARCH 2024 ISSUE 8**

**Five-a-day**

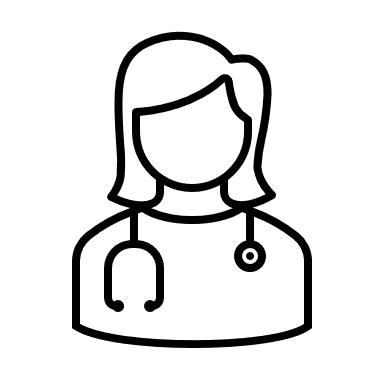
**A number and fruits on a table

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A close-up of fruits and vegetables

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**A day in the life – Paramedic Debbie**



My background in prehospital care means that I am used to working with people with a variety of health problems. From life threatening emergencies to minor injuries and illnesses, mental health, end of life care and chronic conditions. Working alongside the team at St Helens Medical Centre I can use my clinical training to help manage routine and urgent appointments, telephone consultations and home visits.

**Cancer Screening**

What Is Cancer Screening?

Cancer screening is looking for cancer before a person has any symptoms.

Screening can help find cancer at an early stage, before symptoms appear. When abnormal tissue or cancer is found early, it may be easier to treat or cure. By the time symptoms appear, the cancer may have grown and spread. This can make the cancer harder to treat or cure. It is important to remember that when your doctor suggests a screening test, it does not always mean he or she thinks you have cancer. Screening tests are done when you have no cancer symptoms.

There are different kinds of screening tests.

Screening tests include the following:

* [Physical exam](https://www.cancer.gov/Common/PopUps/popDefinition.aspx?id=270871&version=patient&language=English&dictionary=Cancer.gov) and [history](https://www.cancer.gov/Common/PopUps/popDefinition.aspx?id=689078&version=patient&language=English&dictionary=Cancer.gov): An exam of the body to check general signs of health, including checking for signs of disease, such as lumps or anything else that seems unusual. A history of the patient's health habits and past illnesses and treatments will also be taken.
* [Laboratory tests](https://www.cancer.gov/Common/PopUps/popDefinition.aspx?id=46590&version=patient&language=English&dictionary=Cancer.gov): Medical procedures that test samples of tissue, blood, urine, or other substances in the body.
* [Imaging procedures](https://www.cancer.gov/Common/PopUps/popDefinition.aspx?id=45720&version=patient&language=English&dictionary=Cancer.gov): Procedures that make pictures of areas inside the body.
* [Genetic tests](https://www.cancer.gov/Common/PopUps/popDefinition.aspx?id=46128&version=patient&language=English&dictionary=Cancer.gov): A laboratory test in which cells or tissue are analysed to look for changes in genes or chromosomes. These changes may be a sign that a person has or is at risk of having a specific disease or condition.



**1 in 7 men will be diagnosed with prostate cancer in their lifetime.**

Prostate Cancer kills more men than any other cancer in the UK.  A man dies from prostate cancer every 45 minutes in the UK, that’s over 11,500 every year.  Early diagnosis is the key to successfully treating prostate cancer.  On the Isle of Wight over 300 men are diagnosed with prostate cancer every year, which is one of the highest rates in the UK.

**Isle of Wight Prostate Cancer**

**Support Group**

**IWPCSG PSA TESTING EVENTS**

**Saturday 13 Apr 2024**

**09:00-14:00**

Masonic Hall, 6 Castle Road, Cowes, PO31 7QZ

**Saturday 01 Jun 2024**

**09:00-14:00**  
Sandown and Shanklin Rugby Football Club,

Station Approach, Sandown PO36 9EU

**Saturday 20 Jul 2024**

**09:00-14:00**  
Totland Bay Bowling Club

off The Broadway, Totland Bay PO39 0AT

**Details can be found on the website at:**

**https://iow.mypsatests.org.uk/**

[iwpcsg@gmail.com](mailto:iwpcsg@gmail.com)

[07568 245124](tel:07568245124)

A logo with colorful ribbons

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Age UK Isle of Wight is your local charity dedicated to providing essential services to support older adults on the Isle of Wight. Our mission is to support individuals aged 50+ to live well in later life. We believe that everyone deserves to enjoy a fulfilling and happy life, regardless of their age.

Since 1973, we have been supporting older Islanders to love later life. As we celebrate our 50th year, we need your help now more than ever to support those who have no one else to turn to. Our range of services are designed to meet the unique needs of individuals as they navigate the challenges and opportunities that come with aging. Our tagline, "Loving, caring, responsive" reflects our commitment to providing compassionate and responsive care to older adults in our community. Join us in making a difference in the lives of older adults on the Isle of Wight.

**Our vision:**An Island community where older people are respected, valued, included and able to live the life they choose.

**Our purpose:** Working with, and for, older people; driving change so they can live well whatever their circumstances.

[**We offer advice**](https://www.ageuk.org.uk/isleofwight/our-services/information-and-advice2/)

Our trained advisors offer free, confidential, and impartial information and advice to older people and their families on almost any subject. We also offer specialised Welfare Benefits advice.

A person wearing a headset

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[**We offer home help**](https://www.ageuk.org.uk/isleofwight/our-services/just-about-you-home-help/)

Our friendly & trustworthy personal assistants can help you with a range of tasks including all types of general housework, meal preparation, shopping, outings and more.

A person looking at another person

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[**We offer companionship**](https://www.ageuk.org.uk/isleofwight/our-services/good-neighbour-scheme/)

Our Good Neighbour Scheme volunteers telephone befriend and visit lonely older residents and offer friendship, support and reassurance for those with no-one else to turn to.

A person laughing while holding a tea cup

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[**We offer coordinated support**](https://www.ageuk.org.uk/bp-assets/link/3328a6c57cc54125ae803f7059bd1995.aspx)

We offer personalised and co-ordinated services to help you get the right support, at the right place, at the right time.

A person talking to a person

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### **Contact Us**

### Contact us on 01983 525282 to book a face-to-face appointment at our office, which is located at 147 High Street, Newport, Isle of Wight, PO30 1TY. [www.ageuk.org.uk/isleofwight](http://www.ageuk.org.uk/isleofwight)



**St Helens Health Walks 2024**

• St Helens Health Walks take place every Wednesday from 10am and usually ends around 1pm.

• Walkers meet by the sports pavilion on St Helens Green.

• The varied walks take place around the St Helens, Seaview, Bembridge and Brading areas and the distance is normally between 4 and 8 miles.

• A shorter walk for those requiring one is offered.

• The aim of the friendly walks is to help provide opportunities for physical exercise as well as positive social opportunities.

• The walks have a leader and a back marker to provide support for walkers.

• If you need further information, please contact Maurice Dix Tel: 07854 368 419 or by email at [maurice.dix@btinternet.com](mailto:maurice.dix@btinternet.com)

[**St Helens Community Fridge**](https://www.facebook.com/profile.php?id=61553606091949&__cft__%5b0%5d=AZVJ-8dCz-aZOq4bKXqVDQEAJ_JgwrHEHwk4AOU0_HtCuxwQyf81qr_z3Tn0ZDCvqCiXTKUzDU0_3VddUkGP1Xu1g7ciybP16DXSJeAJ-lAaLh3RBlV5iMqx5yW-90LNkiUw7RsiT6n5FshYIiVDF2HtqshLZGgu18a6cYkz49QODX1hGfp7hraC4kdanw_P7Rw&__tn__=-UC%2CP-R)

Don't forget to come along for a warm lunch every Wednesday at the Community Centre. Everyone is welcome and there is no charge. Pick up some eggs, fruit, bread, and other items from the Community Fridge while you're there! The food stand and fridge project are to reduce food waste and is open between 9 and 5 daily.

**A poster for a community event

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**Patient Group Members**

* **Chairman** - Keith Bradford - [keithbradford18@yahoo.com](mailto:keithbradford18@yahoo.com)
* **Vice Chair -** Patricia Jepson - [triciajepson@gmail.com](mailto:tricia.jepson5@btinternet.com)
* Susan Atwell
* Maurice Dix
* Lorraine King
* Gay Allen – [gayallen@outlook.com](mailto:gayallen@outlook.com)
* Diana Tuson
* Derek Burt
* George Weech
* Pam Hogg – [pamhogg57@gmail.com](mailto:pamhogg57@gmail.com)
* Peter Dodds – [peterdodds46@gmail.com](mailto:peterdodds46@gmail.com)
* **Business Manager** – Megan Odell
* **Operations Manager** – Summer Wearn
* **Secretary** – Jolie Hurst