

## ST HELENS, ISLE OF WIGHT PPG



### NEWSLETTER



### SPRING

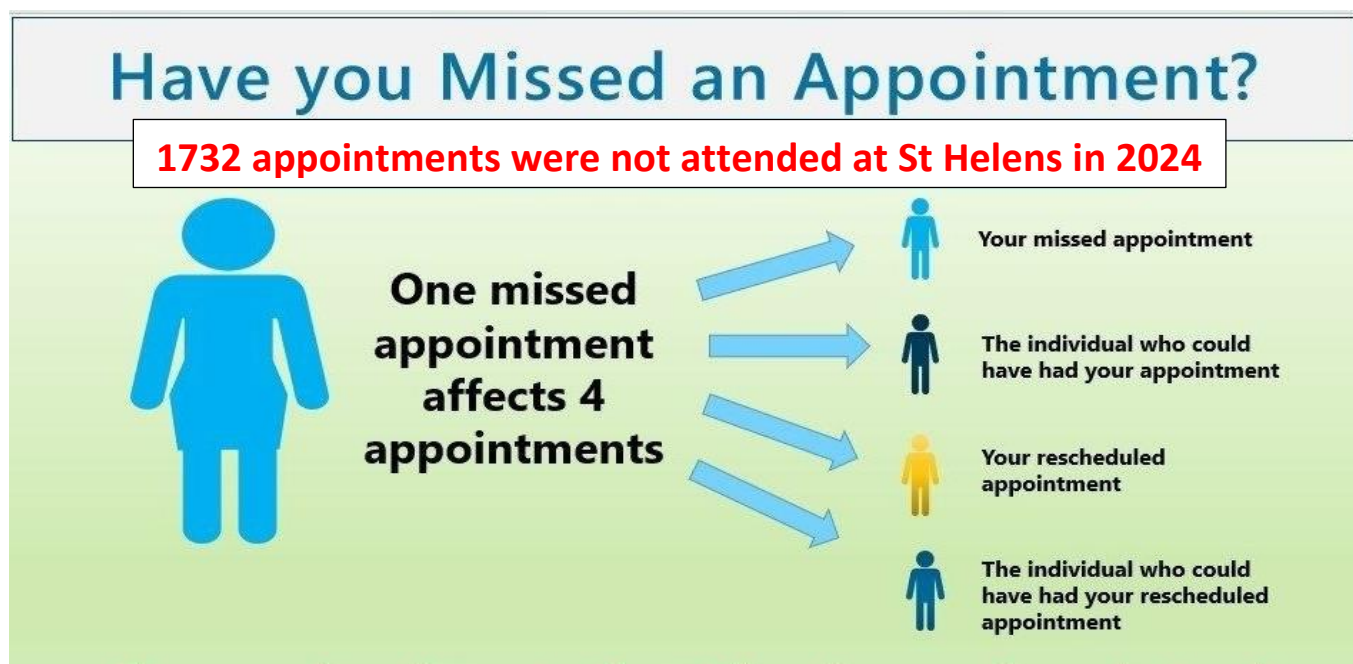
#### [What happens in Spring?](#)

Spring is the season when trees, plants, and flowers start to bud, grow and bloom. Plants need water, light, warmth, and soil or compost to grow. They get the perfect conditions they need to grow in spring - when there are often more rain showers and sunlight compared to the cold winter. The increase in daylight not only provides plants with the light they need; it also warms up the soil.

In short, spring nurtures the growth of plants and trees. Depending on the tree, you may see it start sporting new leaves from as early as mid-March in the Northern Hemisphere and as early as mid-August in the Southern Hemisphere.

Flowers, like daffodils, also begin to bud and grow. Just take a look outside during the spring, and you will be able to see life all around you – from leaves on trees to singing birds, it's magical to observe.

## Missed Appointments



In 2024, we experienced a total of 1732 missed appointments. This represents 430 hours of clinician time that could have been dedicated to other patients.

In January 2025, we experienced a total of 178 missed appointments. This equates to 45 hours of clinician time that could have been dedicated to other patients.

If you are unable to attend your scheduled appointment, we kindly ask that you inform us as soon as possible by calling the surgery on 01983 871828 or cancelling your appointment through patient online services. This will help us make the most of our clinician's time and allow us to offer the appointment to someone else who may be in need.

## Proxy Access

Did you know a GP surgery can give someone proxy access so they can help another person manage their GP Online Services. A proxy may be able to act for the person they support by –

- Online prescription management
- Appointment bookings
- Questionnaires (updating name, address, contact number, email etc)
- Detailed coded record access
- Full clinical record access (records from the later of the registration date or 1<sup>st</sup> November 2023)

If you're aged 16 or over, you can ask for someone to be your proxy for any reason. It does not stop you having access to your GP Online Services yourself. If you would like to give permission to someone having proxy access to your GP Online Services, please ask the surgery for a Consent to Proxy Access Consent Form.

## 8 Tips for Healthy Eating

These 8 practical tips cover the basics of healthy eating and can help you make healthier choices.

The key to a healthy diet is to eat the right amount of calories for how active you are so you balance the energy you consume with the energy you use.

If you eat or drink more than your body needs, you may put on weight because the energy you do not use is stored as fat. If you eat and drink too little, you may lose weight.

You should also eat a wide range of foods to make sure you are getting a balanced diet and your body is receiving all the nutrients it needs.

It's recommended that men have around 2,500 calories a day (10,500 kilojoules). Women should have around 2,000 calories a day (8,400 kilojoules).

Most adults in the UK are eating more calories than they need and should eat fewer calories.

### 1. Base your meals on higher fibre starchy carbohydrates

Starchy carbohydrates should make up just over a third of the food you eat. They include potatoes, bread, rice, pasta and cereals.

Choose higher fibre or wholegrain varieties, such as wholewheat pasta, brown rice or potatoes with their skins on.

They contain more fibre than white or refined starchy carbohydrates and can help you feel full for longer.

Try to include at least 1 starchy food with each main meal. Some people think starchy foods are fattening, but gram for gram the carbohydrate they contain provides fewer than half the calories of fat.

Keep an eye on the fats you add when you're cooking or serving these types of foods because

that's what increases the calorie content – for example, oil on chips, butter on bread and creamy sauces on pasta.

## **2. Eat lots of fruit and veg**

It's recommended that you eat at least 5 portions of a variety of fruit and veg every day. They can be fresh, frozen, canned, dried or juiced.

Getting your 5 a day is easier than it sounds. Why not chop a banana over your breakfast cereal, or swap your usual mid-morning snack for a piece of fresh fruit?

A portion of fresh, canned or frozen fruit and vegetables is 80g. A portion of dried fruit (which should be kept to mealtimes) is 30g.

A 150ml glass of fruit juice, vegetable juice or smoothie also counts as 1 portion, but limit the amount you have, no more than 1 glass a day as these drinks are sugary and can damage your teeth.

## **3. Eat more fish, including a portion of oily fish**

Fish is a good source of protein and contains many vitamins and minerals.

Aim to eat at least 2 portions of fish a week, including at least 1 portion of oily fish.

Oily fish are high in omega-3 fats, which may help prevent heart disease.

Oily fish include:

- salmon
- trout
- herring
- sardines
- pilchards
- mackerel

Non-oily fish include:

- haddock
- plaice
- coley
- cod
- tuna
- skate
- hake

You can choose from fresh, frozen and canned, but remember that canned and smoked fish can be high in salt.

Most people should be eating more fish, but there are recommended limits for some types of fish.

## **4. Cut down on saturated fat and sugar**

You need some fat in your diet, but it's important to pay attention to the amount and type of fat you are eating.

There are 2 main types of fat: saturated and unsaturated. Too much saturated fat can increase the amount of cholesterol in the blood, which increases your risk of developing heart disease.

On average, men should have no more than 30g of saturated fat a day. On average, women

should have no more than 20g of saturated fat a day.

Children under the age of 11 should have less saturated fat than adults, but a low-fat diet is not suitable for children under 5. In addition, full-fat dairy products, such as cheese, fromage frais and yoghurt, are recommended up to the age of 2 years.

Saturated fat is found in many foods, such as:

- fatty cuts of meat
- sausages
- butter
- hard cheese
- cream
- cakes
- biscuits
- lard
- pies

Try to eat less saturated fat and choose foods that contain unsaturated fats instead, such as vegetable oils and spreads, oily fish and avocados.

For a healthier choice, use a small amount of vegetable or olive oil, or reduced-fat spread instead of butter, lard or ghee.

When you're having meat, choose lean cuts and cut off any visible fat.

All types of fat are high in energy, so they should only be eaten in small amounts.

### **Sugar**

Regularly consuming foods and drinks high in sugar increases your risk of obesity and tooth decay.

Sugary foods and drinks are often high in energy (measured in kilojoules or calories), and if consumed too often can contribute to weight gain. They can also cause tooth decay, especially if eaten between meals.

Free sugars are any sugars added to foods or drinks, or found naturally in honey, syrups and unsweetened fruit juices and smoothies.

This is the type of sugar you should be cutting down on, rather than the sugar found in fruit and milk.

Many packaged foods and drinks contain surprisingly high amounts of free sugars.

Free sugars are found in many foods, such as:

- sugary fizzy drinks
- sugary breakfast cereals
- cakes
- biscuits
- pastries and puddings
- sweets and chocolate
- alcoholic drinks

## **5. 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 do not add salt to your food, you may still be eating too much.

About three-quarters of the salt you eat is already in the food when you buy it, 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 aged 11 and over should eat no more than 6g of salt (about a teaspoonful) a day. Younger children should have even less.

## **6. Get active and be a healthy weight**

As well as eating healthily, regular exercise may help reduce your risk of getting serious health conditions. It's also important for your overall health and wellbeing.

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 by eating fewer calories.

If you're trying to lose weight, aim to eat less and be more active. Eating a healthy, balanced diet can help you maintain a healthy weight.

## **7. Do not get thirsty**

You need to drink plenty of fluids to stop you getting dehydrated. The government recommends drinking 6 to 8 glasses every day. This is in addition to the fluid you get from the food you eat.

All non-alcoholic drinks count, but water, lower fat milk and lower sugar drinks, including tea and coffee, are healthier choices.

Try to avoid sugary soft and fizzy drinks, as they're high in calories. They're also bad for your teeth.

Even unsweetened fruit juice and smoothies are high in free sugar.

Your combined total of drinks from fruit juice, vegetable juice and smoothies should not be more than 150ml a day, which is a small glass.

Remember to drink more fluids during hot weather or while exercising.

## **8. Do not skip breakfast**

Some people skip breakfast because they think it'll help them lose weight.

But a healthy breakfast high in fibre and low in fat, sugar and salt can form part of a balanced diet, and can help you get the nutrients you need for good health.

A wholegrain lower sugar cereal with semi-skimmed milk and fruit sliced over the top is a tasty and healthier breakfast.

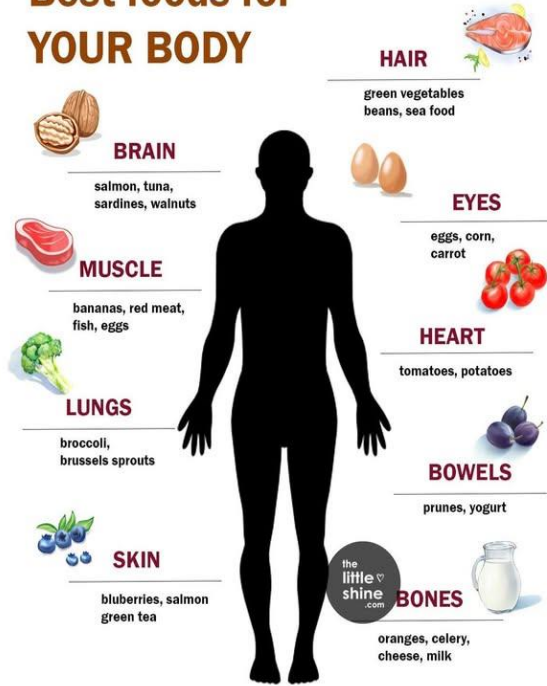


# 15 REASONS WHY YOU SHOULD DRINK MORE WATER

@BELIEVEPHQ



# Best foods for YOUR BODY



# FOODS THAT HELP LOWER CHOLESTEROL



# SNACKS TO KEEP YOU FULL

@confessionofadietitian





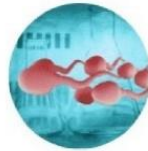
## PROSTATE CANCER SYMPTOMS & SIGNS



Frequent urination



Weak/interrupted urine flow



Blood in the seminal fluid



Need to strain to empty the bladder



Blood in the urine



Pain or burning during urination



The urge to urinate frequently at night



Erectile dysfunction

New data shows that prostate cancer is the most common cancer for men in England. So, it's important to know more about it.

Prostate cancer usually develops slowly, so there may be no signs for many years.

However, the chances of developing prostate cancer increase as you get older. Most cases develop in men aged 50 or older and prostate cancer is more common in black men.

If something in your body doesn't feel right, contact your GP practice, or find more information on prostate cancer. <https://www.nhs.uk/conditions/prostate-cancer/>

### St Helens Health Walks 2025

Walking is a type of cardiovascular physical activity, which increases your heart rate. This improves blood flow and can lower blood pressure. It helps to boost energy levels by releasing certain hormones like endorphins and delivering oxygen throughout the body.

Spring is a season of change and growth, so it's the perfect opportunity to make a positive change in your life.

- 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)



### **Patient Participation Group Members**

**Chairman** - Keith Bradford - [keithbradford18@yahoo.com](mailto:keithbradford18@yahoo.com)

**Vice Chair** - Patricia Jepson - [triciajepson@gmail.com](mailto:triciajepson@gmail.com)

Susan Atwell

Maurice Dix – [maurice.dix@btinternet.com](mailto:maurice.dix@btinternet.com)

Gay Allen – [gayallen@outlook.com](mailto:gayallen@outlook.com)

Diana Tuson – [dianatuson52@hotmail.com](mailto:dianatuson52@hotmail.com)

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 Gomm

**Secretary** – Jolie Hurst