

# Staunton & Corse Surgery Patient Group Newsletter

([www.stauntonsurgery.co.uk](http://www.stauntonsurgery.co.uk))

Editor: Donald Peach ([sandc.ppg@nhs.net](mailto:sandc.ppg@nhs.net))

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Spring seemed to have ‘sprung’ early this year with the hottest February on record; good news for all those with New Year resolutions involving exercise and improved levels of fitness! The last few weeks have been ideal for anyone intent on getting out and walking or cycling local routes - so how is your exercise routine progressing? It is well recognised that just a little light exercise, whether indoors or outdoors, does us the world of good both physically and mentally.

**Maggie Etheridge Staunton and Corse Practice Nurse Elaborates on Annual Health Reviews and Exercise.** There are certain people we recall for an annual health review and their recall will be dependant upon their health problems, ie. diabetes, hypertension, asthma, stroke and coronary heart disease being part of the groups we monitor. We have many things to address when we undertake a review and we usually discuss exercise at some point, however, it is difficult to personalise patients exercise requirements, so our advice is often very general, but none-the-less if invited for an annual review please come along and talk to us.

The NHS 'The Benefits of Exercise' website (<https://www.nhs.uk/live-well/exercise/exercise-health-benefits/>) has a useful section on exercise and states that “given the overwhelming evidence, it seems obvious that we should all be physically active. It's essential if you want to live a healthy and fulfilling life into old age”. This encouragingly advises that exercise can boost self esteem, reduce stress and depression and also reduce the risk of dementia. Also on a positive note it reduces the risk of heart disease, stroke and type 2 diabetes and cancer by up to an amazing 50% and early death by up to 30%! It gives detailed advice on the type of exercise suitable for different age groups.

Most of us are generally less active than we should be and this is probably not helped by the type of work we do, where we may spend long periods of physical inactivity whilst using a computer throughout the day, however, it is easy to get up and move about rather than sitting still for long periods and doing this roughly every hour will improve your days activity record.

Generally it is a good idea to find some exercise that you will enjoy and keep doing, as not all of us want to join a gym, so it is reassuring to know that walking is excellent and free to all of us, if we are able to brave the British weather.

**Thank you to Maggie for this encouragement; let's now look at a few of the activities available locally on a regular basis.**

**Walking:** Health walks are an ideal form of light exercise for those who are available for one morning a week. Walking for Health is England's largest network of health walks, helping people across the country lead a more active lifestyle. All walks are run by trained volunteers and Health Walks take place from Newent and Hartpury. Hartpury meet every Wednesday at the Village Hall and Newent every Thursday at the Chill Out Zone and both begin at 10.00am. The walks are of varying difficulty and duration but are normally well suited to all but those with severe medical conditions, however, do note that if you need a carer, they must attend with you. Apart from the benefit of watching spring unfold as you walk the footpaths, you will also enjoy short and varied conversations with fellow walkers and in some cases, walks may end with refreshments at a café or tea house. For further details go to [Health <https://www.walkingforhealth.org.uk/walkfinder/forest-dean-walking-for-health>](https://www.walkingforhealth.org.uk/walkfinder/forest-dean-walking-for-health). Or you can ring Susan on 01452 700707 for more information about Hartpury walks or Margaret on 01531 820245 for more information about Newent walks.

**Indoor Exercise** Exercise does not have to be all about outdoor activities, local village halls also host health related activities and it is well worth checking their websites to see what they have to offer. Staying local to the Practice, the Staunton and Corse Village Hall lists Pilates, Zumba and an Exercise Clinic amongst weekly activity groups; Hartpury Village Hall lists Badminton, Line Dancing, Short Mat Bowls and Exercise with Friends; Ashleworth Memorial Hall and Redmarley Village Hall both run a Pilates class; Whilst these may be what most of us recognise as exercise related, do not forget that dance classes are also a good form of exercise and not all classes require you to attend with a partner. For further details go to:

<http://corse-staunton-village-hall.com/page8.htm>

<http://www.hartpuryvillagehall.co.uk/page9.htm>

<https://ashleworthmemorialhall.btck.co.uk/RegularEvents>

<http://www.redmarley.org.uk/village-clubs/pilates/>

**Tai Chi Movements for Wellbeing (TMW)** are available for patients with some Respiratory Conditions by referral from your GP. The TMW has its roots in tai chi and chi gung and it is straightforward and easy to do. It can be adapted so anyone with a lung condition can try this, standing or seated. If your GP thinks TMW is for you, they will complete an Exercise Referral Form on your behalf and ask you to phone up to arrange an assessment. Classes cost £3.

**Active Balance** is a drop-in class with no need for a referral. The class is for those who are still independent and mobile but are concerned about falling or would just like to become more active and be more sociable! The class promotes strength, balance, flexibility and mobility. Active Balance classes are held at Newent Memorial on Fridays. Classes cost £3.

**Falls Prevention Exercise Classes** aim to encourage mobility, muscle strength and balance and are available for over 60's by referral from your GP, Nurse or Physiotherapist. You will need to see the practice nurse for a check on your blood pressure and pulse and will need to have a referral form completed so that they can let the 'class leader' know of any existing health problems and medications you may take. The classes are generally for people who are becoming concerned about their balance or have had a fall and so there is a range of seated and standing exercises designed to improve strength, flexibility and balance under the watchful eye of a qualified Postural Stability Instructor. Falls Prevention classes are held at Staunton and Corse Village Hall on Mondays, Hartpury Village Hall on Wednesdays and Newent Memorial on Fridays. If your GP, practice nurse or physiotherapist decides that the Falls Prevention scheme is right for you, they will complete an Exercise Referral Form on your behalf and ask you to phone up to arrange an assessment. Classes cost £3.

For further detail about Falls Prevention Exercise classes, TMW and Active Balance go to <https://www.fdean.gov.uk/residents/health-leisure/exercise-referral-scheme/> Healthy Lifestyles Gloucestershire has further advice on exercise, weight, alcohol and stopping smoking etc. <https://www.hlsglos.org/> **As always, if you are considering taking up regular exercise and you do have associated health problems, then talk to your GP or Practice Nurse about what is suitable for you.**

**NEW Patient Participation Group Members:** We extend a warm welcome to Anne Turner from Tirley who will take up her place with the Group at the April meeting.

**Contact Us:** If you have any suggestions about how our practice might improve patient services, you can pass these to the Patient Group for consideration. Either drop a note in our Suggestion Box which is situated in the foyer at the surgery or send an email to us at [sandc.ppg@nhs.net](mailto:sandc.ppg@nhs.net) or call Sue Knox (Chair) on 01452 700882

**E-Newsletter:** If you would like to receive our newsletter by email, please let us know at [sandc.ppg@nhs.net](mailto:sandc.ppg@nhs.net). (Note: All websites last accessed 11/03/19).

