

Aylesbury Surgery Health & Engagement Forum

Issue 19/ March 2021

Join me on my journey to a healthy lifestyle



Mr Rajash Mehta-
Practice Manager / Chairman

As you are all aware one of the top priorities in my life is to give back to community

The pandemic has made many of us realise nothing in life should be taken for granted especially our health

I have launched a YouTube channel . It will be about health & well being . I've already many guests to have on the channel & hoping to motivate people to join me

I am pledging to you all to get healthier & fitter, by looking after myself I will be able to support others longer

Please take a look <https://youtu.be/HVOJBnq1NH4> & subscribe for future vlogs

Please subscribe to my @YouTube channel

https://www.youtube.com/channel/UCu_2zdEALghIBDPKILmB8Q

Stay fit and healthy during the COVID-19 lockdown

The last year has been awful for so many people, with millions dealing with grief, stress, financial difficulties, job losses and isolation caused by the pandemic. It is easy in such conditions to lose sight of little things that keep you going. Cooped up and feeling sluggish, bored, even a bit miserable? Despite being confined indoors during the coronavirus outbreak, it is important to do what you can to protect your health and wellbeing.

A healthy diet and exercise are key to help you build the immunity you need to fight off any disease. Amid the COVID-19 lockdown. Eating and exercise go hand in hand. When and what you eat can be important to how you feel when you exercise, whether it's doing daily chores, a casual workout or training.

As well as exercise we need to be mindful of what we eat. When at home, there is a tendency to indulge in comfort food and snack on unhealthy snacks such as crisps, chocolate and cakes. Eating healthier and balanced foods can provide essential nutrition that can provide adequate fuel for the body for all its needs and leaving you feel healthy and fit.

THIS ISSUE

Healthy lifestyle	1
Exercise & Healthy eating	2 -3
John Taylor Hospice	4-5
Vaccinations	6
Is it safe to have the vaccine ?	7
Puzzle corner	8-9
Winner of Teddy Bear Raffle	10

Begin Your
2021 With
The Smart,
Approach
to Weight
Loss &
Promote a
Lifetime of
Good Health



Knowing when and
what to eat can
make a difference
in your workouts.
Understand the
connection be-
tween eating and
exercise

Eating and exercise: 5 tips to maximize your workouts

Exercise is a vital part in keeping healthy. Exercise releases chemicals in the body that make us feel good, and it's also been linked to better sleep, reduced stress and anxiety, and improved mental health.

An average of 30 minutes exercise is recommended. You can even break that up into 10 minute sections — 10 minutes in the morning, 10 in the afternoon, and 10 in the evening. This can be in the form of a brisk walk, household chores or cycling. Try and make it a daily routine.

1. Eat a healthy breakfast

If you plan to exercise within an hour after breakfast, eat a light breakfast or drink something such as a sports drink. Focus on carbohydrates for maximum energy.

Good breakfast options include:

- Whole-grain cereals or bread
- Low-fat milk
- Juice
- A banana
- Yogurt
- A pancake



2. Watch the portion size

Small meals or snacks.

Knowing recommended serving sizes for commonly eaten foods can help you moderate your intake.

Here are some examples:

- Cooked pasta or rice: 1/2 cup (75 and 100 grams, respectively)
- Vegetables and salad: 1–2 cups (150–300 grams)
- Breakfast cereal: 1 cup (40 grams)
- Cooked beans: 1/2 cup (90 grams)
- Nut butter: 2 tablespoons (16 grams)
- Cooked meats: 3 ounces (85 grams)

• Eat these about one to three hours before exercising.

• Eating too much before you exercise can leave you feeling sluggish.

• Eating too little might not give you the energy you need to keep feeling strong throughout your workout.



3. **Snack on Healthy foods**

Good snack options include:

- An energy bar
- A banana, an apple or other fresh fruit
- Yogurt
- A fruit smoothie
- A whole-grain bagel or crackers
- A low-fat granola bar
- A peanut butter sandwich
- Sports drink or diluted juice



4. **Eat after you exercise**

You should also consider having a meal or snack an hour or so after training moderately.

Healthy and Convenient Post-Workout Foods

- Brown rice
- Chocolate milk
- Fruit
- Lean proteins
- Nut butter
- Power greens
- Quinoa
- Whole grain wraps/ tortillas
- Yogurt



5. **Drink - Stay hydrated**

Don't forget to drink fluids. You need adequate fluids before, during and after exercise to help prevent dehydration.

If you're not going to be exercising for more than about an hour, try drinking water as it should be all you need to restore your fluid levels. Drink about 1/2 to 1 cup of water every 15 to 20 minutes during your workout.

Meanwhile, try to avoid having any alcohol for at least 24 hours after training, alcohol can increase swelling to damaged tissues and delay repair processes





March in Memory

Complete 50 miles in memory of a loved one, and for John Taylor Hospice.

Dedicated John Taylor Hospice supporters will be clocking up the miles by Marching in Memory of their loved ones this month. March in Memory is a new sponsored challenge which asks people to walk, run or cycle 50 miles during the month to raise vital funds for local hospice care.

“Fundraising in someone’s memory is a very special and meaningful way to mark their life, while helping others in need at the same time,” explains Charlie Pette, Community and Events Fundraising Manager at the hospice. “We’re delighted and very grateful that so many people have got behind the event, and have pledged to complete 50 miles their way during March. To everyone who is taking part, we’d like to say thank you. Your determination and kindness helps to ensure that hospice services are there for everyone - when and where they need them.”

Friends Danielle, Katie and Liz have been walking and running to honour the memory of two people very special to them. Liz Smart explains: “Amongst everything else 2020 hit us all with, it also took away two very special people. Our incredible, loyal family friend Don in January and then my great friend and all-round legend Jamie in May, aged just 38, and only days after the birth of his beautiful daughter. In a time of pure heartbreak, both Don and Jamie received outstanding end of life care from John Taylor Hospice who offered comfort in the most awful of times, as well as providing ongoing care for their families during this unfathomable situation.

“Through a combination of walking, cycling and running, we challenged ourselves to complete a total of 240km! We finished with a walk around the local area visiting places special to Don and Jamie, with our end destination being John Taylor Hospice. We’re so grateful to everyone who got behind us and donated money. It’s going towards such a fabulous cause and spurred us on all the way.”

If you’ve missed out on taking part in March in Memory, but would like to walk in memory of your loved ones, then John Taylor Hospice has a special date for your diary.

“On Saturday 10 July, the popular Sunset Walk will return to Sutton Park,” adds Charlie. “One of our biggest and best events, this 10k walk through the beautiful setting of Sutton Park is a fun event that raises thousands for local families.

We’re busy planning the event, in line with Government guidance, and will share full details once we have them. In the meantime please register your interest so we can get in touch and tell you more about the Sunset Walk as soon as we can!”

To book your place, and find out more, please visit www.johntaylorhospice.org.uk/sunsetwalk



left to right; Danielle, Katie and Liz

The COVID-19 vaccine rollout is underway.

Two of the COVID-19 vaccines now approved for use in the UK by the The Medicines and Healthcare products Regulatory Agency (MHRA) are in the process of being rolled out – the Oxford-AstraZeneca vaccine and the Pfizer-BioNTech vaccine. A third, the Moderna vaccine, has been approved and will begin to be given in the Spring.

What's the difference between the vaccines?

The Pfizer vaccine, which requires two jabs, is reported as having a 95% success rate in preventing COVID-19 infection in participants without evidence of prior infection.

The Oxford-AstraZeneca vaccine has reported 70% efficacy as a single dose and up to 90% efficacy if a half dose is given followed by a full dose.

The vaccine developed by Moderna, which uses the same mRNA approach as the Pfizer vaccine looks to be 95% effective, and looks particularly promising for efficacy in people over 65. it also involves two jabs.

The Pfizer, AstraZeneca and Moderna vaccines have now been approved for use in the UK. Vaccines are being given at GP surgeries, dedicated vaccine hubs, hospitals and in England, some pharmacies. You will be contacted when you are eligible for an appointment. This is most likely to come in the form of a letter, either from your GP or the NHS, encouraging you to book an appointment and the roll out has already began starting with the following:

1. Residents in a care home for older adults and their carers
2. All those 80 years of age and over and frontline health and social care workers
3. All those 75 years of age and over
4. All those 70 years of age and over and clinically extremely vulnerable individuals
5. All those 65 years of age and over
6. All individuals aged 16 years to 64 years with underlying health conditions which put them at higher risk of serious disease and mortality
7. All those 60 years of age and over
8. All those 55 years of age and over
9. All those 50 years of age and over



Vaccines are the key to releasing us all from the grip of this pandemic, is yet another important step towards ending lockdown and returning to normal life.

How safe is the COVID-19 vaccine?

Everyday, more and more people are receiving one of the COVID-19 vaccines. many are wondering or concerned about the potential side effects. It is normal for some people to experience mild side effects from the COVID-19 vaccine

Most side effects of the COVID-19 vaccine are mild and should not last longer than a week, such as:

- a sore arm where the needle went in
- feeling tired
- a headache
- feeling achy
- feeling or being sick

You can take painkillers, such as paracetamol, if you need to.

If you have a high temperature you may have coronavirus or another infection.

If your symptoms get worse or you are worried, call 111.

Allergic reactions

Tell healthcare staff before you are vaccinated if you've ever had a serious allergic reaction.

You should not have the COVID-19 vaccine if you have ever had a serious allergic reaction (including anaphylaxis) to:

- a previous dose of the same vaccine
- any of the ingredients in the vaccine

The approved COVID-19 vaccines do not contain any animal products or egg



The best things in life are the people you love and the memories you cherish. At Warren Farm Lodge care home we're here to support you to create more special moments.

Warren Farm Lodge care home

Warren Farm Lodge care home, 123 Warren Farm Road, Kingstanding B44 0PU

Call 0808 102 5744 Visit www.anchor.org.uk/WarrenFarmLodge



Proudly not-for-profit



Aylesbury Surgery

Health & Engagement Forum

Puzzle Corner

EASTER

Fill in the crossword and find the hidden words.



1



2

1

2



5



3

3

4



4

5

6



8



6

7

8

9



7



10

10

11



12



9

12

13



13

14



11

15

16



14

17

18



17

19



18

?



16



19



15

CODEBREAKER (or CODEWORD, or CODE CRACKER) WORD PUZZLE

The number in each square corresponds to a letter. The same number represents the same letter.
 Crack the code and fill the grid by determining which letter relates to which number.
 To help you get started three word entries have picture clues, and four letters are already in place.

				3	5	11	3	15	8		1	G		3		9		5
				21		9		19		8	2	R	9	14	8	2	15	14
				10	2	4	15	8	3		3	E		16		9		10
				8		1		16		2	3	E	13	3	2	5	3	2
											4	N						
	15	14	14	10	2	12	9	10	4					18		16		3
7		10		20		9	1	2	15	9	4	7	10	11			9	
3	4	1	15	1	9	4	1		6		3		4	15	9	13	3	
2		4		10		1			20	3	15	5	8		1		10	
17	3	15	2	18	17							5	10	23	10	19	2	4
18		14		12	10	1							21		4		17	
	7		7		19							1	15	5		6		5
8	15	13	3	2	4	5							22	10	12	9	15	14
	14		3		1	9	2	18	5		5		18		4			2
1	10	3	2	5		1			19		15	8	8	9	8	19	12	3
	4		5	21	9	4	15	14	16			10		8		8		11
15		15		10		15		24	3	3	21	5	15	24	3	5		
14	10	14	10	4	19	8	5		15			10		9				
8		19		5		19	2	14	18	10	13	3	2					
10	19	8	12	10	10	2	5		8		3							
2		3		2		3		14	16	15	2	6						

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
G	R	E	N																				

ANSWER: 1-G, 2-R, 3-E, 4-N, 5-S, 6-M, 7-B, 8-T, 9-I, 10-O, 11-W, 12-D, 13-Y, 14-C, 15-A, 16-H, 17-Y, 18-L, 19-U, 20-F, 21-P, 22-Z, 23-J, 24-K.

Aylesbury Surgery Health & Engagement Forum

The past year has been tough on many of us and a very trying time. Now with the administration of the vaccines we are starting to see a bit of normality return to our daily lives.

We at Aylesbury Surgery Health and Engagement Forum look forward to when we are able to open the doors to the public again and are able to meet you all face to face again.

Due to the COVID pandemic we have had to cancel many events but that has not damped our spirits. Due to social media we were still able to continue some of the events. We would like to say a big thank you everyone that has supported us participated in our virtual events.

Join Me Rajash Mehta on my journey to eating healthy and exercising on the following link: https://www.youtube.com/channel/UCu__2zdEALghlBDPKILmB8Q

Aylesbury Surgery
Warren Farm Road
Kingstanding
Birmingham
B44 0DX

Tel: 0747479195
E-Mail:

ashiforum@outlook.com

Facebook:

Aylesbury Surgery Health
& Engagement Forum

Twitter: @rajashmehta

Winner of the Teddy Bear Raffle Mr Phillip Grantham

Below from Left to Right—Sangita Driver, Phillip Grantham and nurse Suki Kaur

