

**Aylesbury Surgery
Health & Engagement
Forum**

Issue: 24 / June 2022

Platinum Jubilee

No words can describe the joy and awe of the nation coming together on such a momentous occasion of Her Majesty's 70 years Platinum Jubilee celebrations.

The Queen was born at 2.40 am on 21 April 1926 at 17 Bruton Street in Mayfair, London. She was the first child of The Duke and Duchess of York - who later became King George VI - and Queen Elizabeth. She was christened Elizabeth Alexandra Mary at Buckingham Palace on 29 May that year.



Mr Rajash Mehta-Chairman

After her father succeeded to the throne in 1936 and Princess Elizabeth became heir presumptive (first in line to the throne), On Wednesday 6 February 1952, she received the news of her father's death and her own Accession to the throne. she had ceased to be Princess Elizabeth and became Queen Elizabeth II.

The Queen and The Duke of Edinburgh's enduring marriage saw them support each other through many years of Royal duties, and produced four children, eight grandchildren and eleven great-grandchildren. The Queen has ruled for longer than any other Monarch in British history. Even the death of her beloved husband his highness the duke of Edinburgh has not deterred her from shying away from her duties. At the age of 96 her Majesty in spite of a few health issues she has never lost her demure. Her extraordinary reign and sense of duty and devotion has been an inspiration to all.

The Platinum jubilee celebrations at Buckingham Palace showed a nation moving on from Covid-19. It helped us all to move on from the dark days of Covid-19. We hope that this is the start of the nation getting back to normal.

Mr Rajash Mehta– Chairman

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This year Her Majesty The Queen became the first British Monarch to celebrate a Platinum Jubilee, marking 70 years of service to the people of the United Kingdom, the Realms and the Commonwealth. Her Majesty the Queen has become the longest reigning Monarch in British history, surpassing the reign of her great-great-grandmother Queen Victoria.

To celebrate this unprecedented anniversary, events and initiatives took place, culminat-



ing in a four day, a special extended bank holiday weekend in UK from Thursday 2nd to Sunday 5th June.

The Queen's Platinum Jubilee began with the Trooping the Colour took place in central London watched by tens of thousands of people who lined The Mall and watched on big screens nearby, as

well as the many more watching from their homes.

The Queen leads the lighting of the Principal Beacon at Windsor Castle followed by Over 3,000 beacons were lit throughout the United Kingdom, Channel Islands, Isle of Man and UK Overseas Territories, with a chain of lights across the country.



Buckingham Palace hosted the Platinum jubilee concert, which included performers from the world of music and dance performed the biggest hits in a star-studded tribute to Her Majesty's unprecedented anniversary. Sir Rod Stewart, Craig David, Duran Duran, Alicia Keys, Andrea Bocelli and Elbow were among the other artists who performed at the event

Highlights of the memorable event also included the spectacu-



lar flypast. Flying in the formation of 70 to mark the occasion.

The Queens also had a surprise of her own with a special guest, Paddington bear stole the show visiting Her Majesty for tea at Buckingham Palace. Paddington proved a hit with the Monarch, with the pair bonding over their shared passion for Marmalade sandwiches.

The Platinum Jubilee Pageant was a spectacle of an international parade/carnival with breath-taking street art, theatre, music and costumes. Many saw their favourite celebrities making an appearance include Sir Cliff Richard, Dame Shirley Bassey, Kate Moss, Jeremy Irons, Jayne Torvill and Christopher Dean, Gary Lineker, Rosie Jones, Kadeena Cox, Alan Titchmarsh, Heston Blumenthal, James Martin, Bill Bailey and Gok Wan.



During the 4 day event street parties and Big Jubilee Lunches were staged throughout the country. The members of the Royal family visited several events around England Scotland and Wales and to show support and thanks for our Monarch Queen Elizabeth II.

Aylesbury Surgery Health and Engagement Forum would like to congratulate her Majesty the Queen on reaching this amazing milestone of her 70 year anniversary.



It's medically proven that people who do regular physical activity have lower risk of:

- coronary heart disease and stroke
- type 2 diabetes
- bowel cancer
- breast cancer in women
- early death
- osteoarthritis
- hip fracture
- falls (among older adults)
- depression
- Dementia

Keeping active

Why is keeping active is so important ?

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.

Keeping active is important at any age, but regular physical activity as you get older brings its own benefits

Daily activity reduces your risk of obesity, diabetes, stroke, heart disease, and even some cancers. Not only that, but it can give you more energy, reduce your risk of falls, improve your sleep as well as boost your general mobility and confidence.

Health benefits

Being more active can help you:

- lower your blood pressure
- boost your levels of good cholesterol
- improve blood flow (circulation)
- keep your weight under control
- prevent bone loss that can lead to osteoporosis

What if I'm not very active?

Brisk walking is sometimes overlooked as a form of exercise, walking briskly can help you build stamina, burn excess calories and make your heart healthier.

You do not have to walk for hours. A brisk 10-minute daily walk has lots of health benefits and counts towards your recommended [150 minutes of weekly exercise](#). The reason for the event is to diversify and increase the amount of physical activity undertaken by people. To improve the well-being of all generations by raising awareness of health benefits by encouraging walking.

Voluntary and community events are an important aspect of everyday life that help encourage people to play a more active part in society.



Physical activity for adults and older adults

<ul style="list-style-type: none"> Benefits health Improves sleep Maintains healthy weight Manages stress Improves quality of life 	Reduces your chance of	<ul style="list-style-type: none"> Type II Diabetes -40% Cardiovascular disease -35% Falls, depression etc. -30% Joint and back pain -25% Cancers (colon and breast) -20%
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Some is good, more is better

Make a start today: it's never too late

Every minute counts

Easy steps to being active

Walking is a simple, free way of getting more physically active and is ideal for people of all ages and fitness levels. It is easy to build into your daily routine and doesn't require any special equipment.

As well as many mental and physical health benefits, walking can help you feel part of your community and reduce loneliness and isolation.

For walking to count towards your recommended level of physical activity, you should walk at a pace that increases your breathing speed and heart rate. Taking a brisk walk (as if you are late for an appointment) for just 30 minutes a day on at least 5 days per week can help you feel good (you will feel fitter and feel better about yourself); you will have more energy, reduce stress, reduce your blood pressure, manage your weight and sleep better. You will also have fun!

Ways you can be active in your every day life.

- Walking for short journeys rather than taking the car or public transport
- Walking around the house when on the phone rather than sitting down
- Daily stretching - can improve flexibility and balance, they can be done standing up or sitting down. You can ask your physiotherapist or staff at your local sports centre what stretches are best for you
- Contact local community groups in your area who can provide activities such as walking, volunteering and socialising with others
- gardening – light digging, carrying, bending, pushing a lawnmower.
- painting and decorating works muscles and can increase mobility and flexibility

Moderate and vigorous intensity is subjective, what is moderate to one person may be vigorous to another. It all depends on how fit you are.

Be active

at least

150

minutes moderate intensity per week

Increased breathing able to talk

OR

or a combination of both

at least

75

minutes vigorous intensity per week

breathing fast difficulty talking

to keep muscles, bones and joints strong

Build strength

on at least **2** days a week

Minimise sedentary time


Break up periods of inactivity

Improve balance

For older adults, to reduce the chance of frailty and falls

2 days a week

UK Chief Medical Officers' Physical Activity Guidelines 2019



B12

Vitamin B12 and B9 (commonly called folate) deficiency anaemia occurs when a lack of vitamin B12 causes the body to produce abnormally large red blood cells that cannot function properly.

Red blood cells carry oxygen around the body using a substance called haemoglobin.

Anaemia is the general term for having either fewer red blood cells than normal or having an abnormally low amount of haemoglobin in each red blood cell.

Symptoms of vitamin B12 - deficiency

Vitamin B12 and folate perform several important functions in the body, including keeping the nervous system healthy.

A deficiency in either of these vitamins can cause a wide range of problems, including:

- * Extreme tiredness
- * Lack of energy
- * Pins and needles (paraesthesia)
- * A sore and red tongue
- * Mouth ulcers
- * Muscle weakness
- * Disturbed vision
- * Psychological problems, which may include depression and confusion
- * Problems with memory, understanding and judgement
- * Breathlessness
- * feeling faint
- * headaches
- * Pale skin
- * Noticeable heartbeats (palpitations)
- * Hearing sounds coming from inside the body, rather than from an outside source (tinnitus)
- * Loss of appetite and weight loss

Some of these problems can also happen if you have a deficiency in vitamin B12 or folate but do not have anaemia.

Additional symptoms in people with anaemia caused by a folate deficiency can include:

- * symptoms related to anaemia
- * reduced sense of taste
- * diarrhoea
- * numbness and tingling in the feet and hands
- * muscle weakness
- * Depression

See a GP if you're experiencing symptoms of vitamin B12 or folate deficiency anaemia.

These conditions can often be diagnosed based on your symptoms and the results of a blood test.

Although many of the symptoms improve with treatment, some problems caused by the condition can be irreversible if left untreated.

Causes of a vitamin B12 or folate deficiency

There are a number of problems that can lead to a vitamin B12 or folate deficiency.


These include:

Pernicious anaemia – where your immune system attacks healthy cells in your stomach, preventing your body absorbing vitamin B12 from the food you eat - most common cause of vitamin B12 deficiency in the UK

a lack of these vitamins in your diet – this is uncommon, but can happen if you have a vegan diet and do not take vitamin B12 supplements or eat foods fortified with vitamin B12, follow a fad diet or have a generally poor diet for a long time

Medicine – certain medicines, including anticonvulsants and proton pump inhibitors (PPIs), can affect how much of these vitamins your body absorbs

Both vitamin B12 deficiency and folate deficiency are more common in older people, affecting around 1 in 10 people aged 75 or over and 1 in 20 people aged 65 to 74.





Treating vitamin B12 or folate deficiency anaemia

Most cases of vitamin B12 and folate deficiency can be easily treated with injections or tablets to replace the missing vitamins.

Vitamin B12 deficiency anaemia is usually treated with injections of vitamin B12.

There are 2 types of vitamin B12 injections:

- * Hydroxocobalamin
- * Cyanocobalamin

Hydroxocobalamin is usually the recommended option as it stays in the body for longer.

At first, you'll have these injections every other day for 2 weeks or until your symptoms have started improving. Your GP or nurse will give the injections.

After this initial period, your treatment will depend on whether the cause of your vitamin B12 deficiency is related to your diet or neurological problems, such as problems with thinking, memory and behaviour.

If your vitamin B12 deficiency is not caused by a lack of vitamin B12 in your diet, you'll usually need to have an injection of hydroxocobalamin every 2 to 3 months for the rest of your life.

If you need regular injections of vitamin B12, cyanocobalamin would need to be given once a month, whereas hydroxocobalamin can be given every 3 months.

But if you need replacement tablets of vitamin B12, these will usually be in the form of cyanocobalamin.

Folate deficiency management

To treat folate deficiency anaemia, your GP will usually prescribe daily folic acid tablets to build up your folate levels.

They may also give you dietary advice so you can increase your folate intake.

Good sources of folate include:

- * Broccoli
- * Brussels sprouts
- * Asparagus
- * Peas
- * Chickpeas
- * Brown rice
- * some fruit (such as oranges and bananas)



Most people need to take folic acid tablets for about 4 months. But if the underlying cause of your folate deficiency anaemia continues, you may have to take folic acid tablets for longer, possibly for life.

Before you start taking folic acid, your GP will check your vitamin B12 levels to make sure they're normal.

This is because folic acid treatment can sometimes improve your symptoms so much that it masks an underlying vitamin B12 deficiency.

	NATURAL SOURCE OF VITAMIN B12 AND FOLIC ACID
Vitamin B12	Chicken, eggs, beef, salmon, clams, milk, milk, gouda cheese, cheddar cheese, soy milk, almond milk, fortified cereals, and grains.
Folic Acid	Green leafy vegetables, dried beans, fruits, peas, fortified cereals and grains, beef liver, spinach, lentils, asparagus, beans.





Vitamin D

Vitamin D (also referred to as “calciferol”) helps regulate the amount of calcium and phosphate in the body.

Vitamin D is of great importance to our health. For one, it is responsible for maintaining our bones and teeth strong and healthy. In addition, it contributes to the normal functioning of our immune system. Since there aren't many vegan-friendly foods that contain vitamin D, certain food products are fortified with vitamin D.

These nutrients are needed to keep bones, teeth and muscles healthy.

A lack of vitamin D can lead to bone deformities such as rickets in children, and bone pain caused by a condition called osteomalacia in adults.

Why we need vitamin D. Vitamin D helps you absorb calcium and phosphorus from your diet and use these minerals to keep your bones, teeth and muscles strong. This helps prevent falls as you get older.

How we make vitamin D

We get a little vitamin D from food, but we get most of it from sunlight. The sun acts on chemicals under the skin and helps turn them into vitamin D. In winter in the UK, we don't get enough of the right type of sunlight to make enough vitamin D.

Vitamin D deficiency symptoms

Many people have no vitamin D deficiency symptoms or may complain of only vague ones such as tiredness or general aches. Because symptoms of vitamin D deficiency are often very nonspecific or vague, the problem is often missed.

Vitamin D deficiency symptoms in children

Children with severe deficiency may have soft skull or leg bones. Their legs may look curved (bow-legged). They may also complain of bone pains, often in the legs, and muscle pains or muscle weakness. This condition is known as rickets.

weight. Affected children might be reluctant to start walking.


- Tooth delay. Children with vitamin D deficiency may be late teething, as the development of the milk teeth has been affected.
- Irritability in children can be due to vitamin D deficiency.
- Children with vitamin D deficiency are more prone to infections. Breathing symptoms can occur in severe cases. Breathing can be affected because of weak chest muscles and a soft rib cage.
- Deficiency can cause low levels of calcium in the blood. This can lead to muscle cramps, fits and breathing difficulties. These need urgent hospital treatment.

Vitamin D deficiency symptoms in adults

Some people complain of a general tiredness, vague aches and pains and a general sense of not being well.

In more severe deficiency (known as osteomalacia), there may be more severe pain and also weakness. Muscle weakness may cause difficulty in climbing stairs or getting up from the floor or a low chair, or can lead to the person walking with a waddling pattern.

Bones can feel painful to moderate pressure (often more noticeable in the ribs or shin bones). Not uncommonly, people have a hairline fracture in the bone which is causing tenderness and pain. Bone pain often also occurs in the lower back, hips, pelvis, thighs and feet.

- Poor growth. Height is usually affected more than
- 



People at risk of vitamin D deficiency

Some people will not make enough vitamin D from sunlight because they have very little or no sunshine exposure.

The Department of Health and Social Care recommends that adults and children over 4 take a daily supplement containing 10 micrograms of vitamin D throughout the year if they:

- Who have low or no exposure to the sun, for example those who are housebound or confined indoors for long periods.
- Usually wear clothes that cover up most of their skin when outdoors
- If you have dark skin – for example you have an African, African-Caribbean or south Asian background – you may also not make enough vitamin D from sunlight. You wear sunscreen most or all of the time
- Pregnant and breastfeeding women may need more vitamin D
- You are an older adult, as older people can't make as much vitamin D
- You have a health problem or you're taking certain medications which change the way vitamin D is controlled in the body, such as Crohn's disease, coeliac disease, and some types of liver and kidney disease.
- You are very overweight, as there is some evidence to suggest that people who are very overweight are more likely to lack vitamin D
- You eat very few foods that contain vitamin D.
- People who take medication that affects vitamin D metabolism

You should consider taking a daily supplement containing 10 micrograms of vitamin D throughout the year.

Food Sources

Vitamin D is also found in a small number of foods. Sources include:

- Oily fish – such as salmon, sardines, herring and mackerel
- Red meat
- Liver
- Egg yolks
- Fortified foods – such as some fat spreads and breakfast cereals

Another source of vitamin D is dietary supplements.

What happens if I take too much vitamin D?

Taking too many vitamin D supplements over a long period of time can cause

too much calcium to build up in the body (hypercalcaemia). This can weaken the bones and damage the kidneys and the heart.

If you choose to take vitamin D supplements, 10 micrograms a day will be enough for most people.

Babies from birth to 1 year of age should have a daily supplement containing 8.5 to 10 micrograms of vitamin D throughout the year if they are:





Social Prescribing Service

Hello everyone,

My name is Khadija and I am the designated Social Prescribing Link worker for Aylesbury surgery. I am based at the Aylesbury surgery every Wednesday morning.

What can I support with?

As a Link worker I deal with non-medical needs, which may be social, emotional or economically related. My role is to connect you to the right support. This may include services for financial support, community groups, food banks, addiction services, housing advice support, job support, domestic abuse support, and more. I work with patients over a short term period.

How to get support from the Social Prescribing Service?

Firstly, you will need to speak to any member of the Aylesbury practice. This could mean calling the surgery to request social prescribing support or speaking to a practitioner during one of your appointments. Once the practice staff send the referral to social prescribing, I will get in contact with you in due course to arrange our first appointment.

How do I support?

The support is person centred, and so this means that we will focus on what matters to you. As a Social Prescriber I am not an advisor, but instead an enabler. This means that we work to equip you with the contacts and information which you need to help resolve your issues.

During our first appointment, I will try to understand what your needs are in order to connect you with the most appropriate support. With my knowledge and network of services and community contacts, I can help to guide you in the right direction for support.

Please get in touch with the surgery if you think you have a non-medical need which you require support with.

Khadija Parvin

Social Prescribing Link Worker



How could social prescribing help me?

- Feel less lonely and isolated
- Manage long term health conditions better
- Get support for housing difficulties
- Feel more confident and less stressed
- Take control of your own health and wellbeing
- Get support to stop smoking or cut down on alcohol
- Link up with community activities and groups

Social Prescribing Link Workers



Information for patients

What is Social Prescribing?

Social Prescribing allows GPs and other care staff to refer patients to a Link Worker who will help you to take control of your own health and wellbeing.

Several GP practices in Birmingham now have Link Workers who are based at the surgery. Link Workers have a wide network of community contacts so they can support you to access further help.

The service is confidential and free.

For more information, or if you would like to be referred to a Link Worker, speak to a member of staff at your GP practice.

What does a Link Worker do?

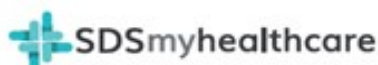
Link Workers are here to listen to what's happening in your life so they can help you come up with a plan.

At your one-to-one sessions (which can take place at the surgery, at your home, or in the community) your Link Worker will help you to work through your social, emotional and practical needs.

Your Link Worker will help put you in touch with local and community groups, so that you can access the advice and support you need.

If you have mild or long-term health needs, or feel worried, socially isolated or overwhelmed, ask your GP to refer you to your surgery's Social Prescribing Link Worker.

The Social Prescribing Link Workers Service is delivered in GP practices across South Birmingham by Gateway Family Services in association with



"When you got involved it was somebody to talk to and it was just what I needed. Not judgmental, just listening.

"You got me thinking about the future. I have moved forward in the last year more than I did in seven years."



"I had a lot of health problems and when I was made redundant I'd had enough. I didn't understand any of the system, what I was entitled to.

"You phoned up the council tax people, you phoned up the benefit agency and you were there to support me."



Above second from the left : Alison Painter with family and friends completed the race for life

Race for Life

On the 8th May 2022 our very own staff at Aylesbury Surgery completed the Race for Life with family and friends.

Well done Alison.

The Race for Life is Cancer Research UK's biggest series of fundraising events. Cancer Research UK's Race for Life is a series of events raising money for research into all 200 types of cancer.



Visit to Christ the King Church School

Now that COVID restrictions are over and we can all start to phase back to some normality as one of our phase into the community initiatives Mr Mehta was invited to speak with reception class children at Christ the King Church School in Kingstanding.

Mr Mehta was able to speak with the children about not being scared to go to the Doctors .

A Visit to the Doctors can make often make children feel anxious and distressed especially when they are attending to have treatment when visiting their GP surgery.

Children are generally very curious and want to learn about things. One way you can help children worry less is by listening to their concerns and answering any questions they have . Assuring a child that it is okay to be afraid & that it's a normal response, reminding them that seeing the doctor will lead to them feeling better. That they can get medicine that will help them .

It was a good opportunity to hear the children's views and experience of going to their local GP surgeries and answer some of their questions.



Mr Mehta with the reception class Children from Christ the King





Aylesbury Surgery

**Health & Engagement
Forum**

Warren Farm Road

Kingstanding

Birmingham

B44 0DX

Sign up for our newsletter

Tel: 0747479195

**E-Mail:
ashifrum@outlook.com**

Facebook:

**Aylesbury Surgery Health &
Engagement Forum**

Twitter: @rajashmehta

Walking for health and well being.

Whilst on the subject of normality we at Aylesbury Surgery Health and Engagement Forum would like to announce our up coming event after covid, our Annual Health Walk which we will be hosting on the 9th April 2023.

Health Walk is aimed at inactive people who would benefit most from doing more physical activity, as well as those that already enjoy an active life .

This an opportunity for social interactions with local people in the local area, a chance to increase fitness, improve mood. You're guaranteed a warm welcome and a walk at a pace and length that suits you whatever your ability.

Interested in joining us for a walk ? Or getting involved in organizing the event please get in touch with us via email at ashifrum@outlook.com .

More details will be provided nearer the time. In the meantime have a great summer and we look forward to hearing from you.

Mr Rajash Mehta—Chairman

**Aylesbury Surgery
Health & Enagagement Forum
invites you to join us for our Annual Health
Walk on the 9th April 2023.**

