

# Aylesbury & Surgery Health & Engagement Forum

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## Mindfulness

In our busy daily schedules, we rush through life, not stopping to notice the world around us. Often, it is hard to stop or slow down as we try to reach our daily goals, and after time, we realise that time has passed us by and begin to feel heaviness and rigidity of our body and minds. The things that we thought mattered don't any more and we find ourselves unhappy with life. Slowly, it starts to affect our mental wellbeing.

It doesn't have to be this way, and it is never too late to make changes in your life. Today you can make a huge step in reconnecting with your body by increasing your awareness. Take a step back each day and appreciate the little things in life. Live in the moment. A healthy mind starts with you. Listen to your thoughts and feelings from moment to moment. Take out 5 minutes, sit down, close your eyes, take deep breaths, and empty your mind of your troubles. Meditation is a great way to relax and is beneficial mentally and physically.

Pay attention to the little things and the world around you. Try to see the world in a different light and see how you can do things differently. Be open to new ideas, cultures, and experiences that can enrich your life. This means paying attention to the sights, sounds, smells, and tastes of the present moment.

The key to changing your life is mindfulness, and the key to mindfulness is being aware. Mindfulness can help us slow down and enjoy life. Each day, it can help us understand ourselves, our bodies, and our needs. It can help you reconnect with yourself and the world around you. It is easy to think about our physical health as being separate to our mental health but in reality they are very much connected and one can impact the other.

The key to happiness starts with your body's signals. Simply ask yourself right now, "How do you feel?" What you do with the answers you receive may make all the difference when it comes to living a balanced and joy-filled life. Commit to replacing any negative thoughts you have about your body with thoughts of gratitude .

Empathy is the ability to see things from another's perspective and feel their emotions. Putting yourself in another person's shoes might lead you to act with compassion and do what you can to improve their situation. In doing so, you can reduce the other person's distress as well as your own

Being caring allows you to have empathy for others and to live a life based on affection, love, and compassion for the people around you. It can be tempting to fall into a life of selfishness and to focus only on your own goals and desires, but your days will be far more rewarding if you think about what the people in your life are thinking and feeling. Being caring means providing a listening ear, noticing when someone needs help, and helping your community without asking for a reward

Mr Rajash Mehta



Mr Rajash Mehta — Forum Chairman

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# Royal Sutton Fun

On Saturday 4th June 2023 runners took the streets of Sutton Coldfield for the annual Royal Sutton Fun Run 2023. The sun shone as thousands took part in the race around the royal town.

The route included the town centre and Sutton Park. Check out the pictures. As you can see our very own Doctor Bhomra and Mrs Bhomra honoured us by participating and completing the fun run.

Eager to do their bit by participating along with many others were Mr Rajash Mehta and his wife Dr Poonam Mehta and their two children.



Above : Dr and Mrs Bhomra



Below: Dr Bhomra, Mr Mehta and his son Swastik



Mr Rajash Mehta above with his son Swastik.

Below; Mr Mehta, Mrs Bhomra, Dr Mehta and Swastik



The Fun Run was created back in 1982 to provide entrants with an opportunity to raise money for an organisation of their choice. While regular recipients such as Cancer Research UK, St Giles Hospice, Pancreatic Cancer Research Fund, Teenage Cancer Trust & Birmingham Children's Hospital appear as regular choices, smaller local organisations are regularly nominated such as The Gap, Sutton Coldfield Cancer Support Centre, Breast Friends – Sutton Coldfield, Our Place Support & Tamworth Blind Club.

Well done to all those participating, and for raising so much money for so many good causes.

# COMBATING HIGH BLOOD PRESSURE (HYPERTENSION)

## **WHAT ARE THE SYMPTOMS OF HIGH BLOOD PRESSURE?**

HIGH BLOOD PRESSURE DOES NOT USUALLY CAUSE ANY OBVIOUS SYMPTOMS. SYMPTOMS CAN OCCUR IN RARE CASES WHERE A PERSON HAS A VERY HIGH BLOOD PRESSURE LEVEL SO IT IS GOOD TO BE AWARE OF THESE.

THE SYMPTOMS MAY INCLUDE:

- SEVERE HEADACHES
- BLURRED OR DOUBLE VISION
- REGULAR NOSEBLEEDS
- SHORTNESS OF BREATH
- FEELING OF PULSATIONS IN THE NECK OR HEAD

IF YOU ARE EXPERIENCING NEW, SEVERE OR PERSISTENT SYMPTOMS YOU SHOULD CONTACT A HEALTH CARE PROVIDER / GP

## **WHY YOU SHOULD NOT IGNORE HIGH BLOOD PRESSURE**

BY IGNORING OR NOT MONITORING YOUR HIGH BLOOD PRESSURE IT CAN LEAD TO COMPLICATIONS

### **COMPLICATIONS**

AFTER A PROLONGED PERIOD, UNTREATED HIGH BLOOD PRESSURE CAN CAUSE HEART DISEASE AND RELATED COMPLICATIONS SUCH AS HEART ATTACK, STROKE, AND HEART FAILURE.

### **OTHER COMPLICATIONS INCLUDE:**

FLUID BUILD-UP IN THE LUNGS  
VISION LOSS  
KIDNEY DAMAGE  
ERECTILE DYSFUNCTION  
MEMORY LOSS

## **CAUSE OF HIGH BLOOD PRESSURE**

THERE ARE NUMBER OF FACTORS THAT CAN CAUSE HIGH BLOOD PRESSURE

1. **NON- MODIFIABLE RISK FACTORS**
2. **MODIFIABLE RISK FACTORS**

## **NON-MODIFIABLE RISK FACTORS**

### **1. AGE**

BLOOD PRESSURE TENDS TO RISE WITH AGE. IN ENGLAND, THE INCREASE IN AVERAGE SYSTOLIC PRESSURE BETWEEN AGES 16 TO 24 YEARS AND 75 YEARS AND ABOVE IS JUST UNDER 20MMHG. THIS IS THOUGHT TO REFLECT THE LENGTH OF TIME THAT PEOPLE ARE EXPOSED TO MODIFIABLE LIFESTYLE RISK FACTORS.

### **2. GENDER**

HEALTH SURVEY FOR ENGLAND FIGURES SHOW THAT FOR ANY GIVEN AGE UP TO ABOUT 65 YEARS, WOMEN TEND TO HAVE A LOWER BLOOD PRESSURE THAN MEN.

### **3. ETHNICITY**

IN ENGLAND, PEOPLE FROM BLACK AFRICAN AND BLACK CARIBBEAN ETHNIC GROUPS HAVE A HIGHER RISK OF HYPERTENSION THAN THE GENERAL POPULATION, ALTHOUGH ANY DIFFERENCES IN HYPERTENSION BETWEEN OTHER ETHNIC GROUPS IS NOT ALWAYS APPARENT..

### **4. GENETICS**

GENETIC FACTORS PLAY SOME ROLE IN HIGH BLOOD PRESSURE, HEART DISEASE, AND OTHER RELATED CONDITIONS. RESEARCH ON TWINS SUGGEST THAT UP TO 40% OF VARIABILITY IN BLOOD PRESSURE MAY BE EXPLAINED BY GENETIC FACTORS.

## **MODIFIABLE RISK FACTORS**

THERE ARE A NUMBER OF ENVIRONMENTAL RISK FACTORS THAT ARE DRIVING THE EPIDEMIC OF CARDIOVASCULAR DISEASE. HEALTH PROFESSIONALS AND LOCAL AUTHORITIES SHOULD RAISE AWARENESS OF THESE FACTORS AND ENCOURAGE PEOPLE TO MAKE HEALTHY LIFESTYLE CHANGES.

### **1. EXCESS DIETARY SALT**

EXCESS DIETARY SALT IS ONE OF THE MOST IMPORTANT MODIFIABLE RISK FACTORS FOR HIGH BLOOD PRESSURE. A HIGH SALT DIET DISRUPTS THE NATURAL SODIUM BALANCE IN THE BODY. THIS CAUSES FLUID RETENTION WHICH INCREASES THE PRESSURE EXERTED BY THE BLOOD AGAINST BLOOD VESSEL WALLS.

AVERAGE SALT CONSUMPTION FOR ADULTS IN ENGLAND IN 2014 (BASED ON 24-HOUR URINARY SODIUM EXCRETION) WAS 8.0 GRAMS PER DAY. BUT AVERAGE SALT CONSUMPTION REMAINS TOO HIGH AS ADULTS AND CHILDREN OVER 11 SHOULD HAVE NO MORE THAN 6G PER DAY, YOUNGER CHILDREN SHOULD HAVE EVEN LESS.

### **2. OBESITY**

IT IS NOT JUST A DIET HIGH IN SALT THAT CAN INCREASE THE RISK OF HIGH BLOOD PRESSURE. EATING A DIET HIGH IN CALORIES AND FAT, ESPECIALLY SATURATED FAT WHICH WE ARE CONSUMING TOO

MUCH OF, AND LOW IN FRUIT AND VEGETABLES INCREASES THE RISK OF BECOMING OVERWEIGHT OR OBESE. OBESE MEN ARE MORE THAN TWICE AS LIKELY TO DEVELOP HIGH BLOOD PRESSURE AND OBESE WOMEN 3 TIMES MORE LIKELY.

### .3. EXCESS ALCOHOL CONSUMPTION

ALCOHOL HAS BEEN IDENTIFIED AS A CAUSAL FACTOR IN MORE THAN 60 MEDICAL CONDITIONS, INCLUDING HIGH BLOOD PRESSURE. HEAVY HABITUAL CONSUMPTION OF ALCOHOL LINKS TO RAISED BLOOD PRESSURE. BLOOD PRESSURE RISES, IN SOME CASES TO DANGEROUS LEVELS, WHEN LARGE AMOUNTS OF ALCOHOL ARE CONSUMED – PARTICULARLY WHEN BINGE DRINKING.

### 4. LACK OF PHYSICAL ACTIVITY

PEOPLE WHO DO NOT TAKE ENOUGH AEROBIC EXERCISE ARE MORE LIKELY TO HAVE OR TO DEVELOP HIGH BLOOD PRESSURE. PEOPLE IN THE UK ARE AROUND 20% LESS ACTIVE NOW THAN IN THE 1960S

### 5. IMPACT OF DEPRIVATION AND SOCIO-ECONOMIC STATUS

THE BURDEN OF HIGH BLOOD PRESSURE IS GREATEST AMONG INDIVIDUALS FROM LOW-INCOME HOUSEHOLDS AND THOSE LIVING IN DEPRIVED AREAS.

### 6. MENTAL HEALTH

MANY FORMS OF MENTAL HEALTH ISSUES CAN AFFECT HEART DISEASE. ANXIETY AND STRESS CAN INCREASE HORMONES LIKE ADRENALINE AND CORTISOL WHICH IMPACT ON BLOOD PRESSURE AND HEART RATE.

IT IS ALSO THOUGHT THAT PEOPLE WHO ARE STRESSED DEAL WITH THAT STRESS BY ENGAGING IN UNHEALTHY EATING HABITS, AS WELL AS SMOKING AND DRINKING, AND THIS INCREASES THEIR RISK OF HAVING A HIGH BLOOD PRESSURE.

## IMPROVING THE DETECTION AND MANAGEMENT OF HIGH BLOOD PRESSURE

### MEDICATION

BETA BLOCKERS: HELPS IN REDUCING THE HEART RATE THUS DECREASING THE BLOOD PRESSURE.

**ACEBUTOLOL . ATENOLOL . BETAXOLOL**

DIURETICS: INCREASES URINATION WHICH IN TURN REDUCES THE SODIUM AND FLUID CONTENT RESULTING IN DECREASING BLOOD PRESSURE.

**BUMETANIDE . CHLORTHALIDONE . CHLOROTHIAZIDE**

ANGIOTENSIN-CONVERTING ENZYME (ACE) INHIBITORS: WIDENS THE BLOOD VESSELS THEREBY AIDING IN EASY BLOOD FLOW AND REDUCE THE BLOOD PRESSURE.

**CAPTOPRIL . FOSINOPRIL . LISINAPRIL . RAMIPRIL**

ANGIOTENSIN II RECEPTOR BLOCKERS (ARBs): HELPS RELAX THE

BLOOD VESSELS TO LOWER THE PRESSURE.

**LOSARTAN . TELMISARTAN**

CALCIUM CHANNEL BLOCKERS: REDUCES THE AMOUNT OF CALCIUM ENTERING HEART MUSCLES THEREBY REDUCING THE HEART RATE AND CONTROLLING BLOOD PRESSURE.

**AMLODIPINE . FELODIPINE . ISRADIPINE**

ALPHA BLOCKERS: THE MUSCLES OF ARTERIES AND VEINS ARE RELAXED THUS REDUCING THE BLOOD PRESSURE.

**DOXAZOSIN . PRAZOSIN . TERAZOSIN**

## NUTRITION

### FOODS TO EAT:

EAT MORE FRUITS, VEGETABLES, AND LOW-FAT DAIRY FOODS  
CUT BACK ON FOODS THAT ARE HIGH IN SATURATED FAT, CHOLESTEROL, AND TRANS FATS

EAT MORE WHOLE-GRAIN FOODS, FISH, POULTRY, AND NUTS

### FOODS TO AVOID:

FROZEN FOODS  
SALTY AND SUGARY FOODS  
CAFFEINE AND ALCOHOL  
RED MEATS

**MOST IMPORTANTLY MONITOR OR GET YOUR BLOOD PRESSURE MONITORED REGULARLY TO HELP YOU STAY IN CONTROL.**



# Importance of vitamin B12



## **Vitamin B12 Deficiency**

Vitamin B12 is a crucial nutrient that is required for a variety of important bodily functions. It plays a key role in red blood cell formation, DNA synthesis, and neurological function. Unfortunately, many people suffer from a deficiency in this essential vitamin. In this article, we will explore the causes, symptoms, and treatments of vitamin B12 deficiency.

## **Causes of Vitamin B12 Deficiency**

**Pernicious anaemia:** This is the most common cause in the UK. Pernicious anaemia is an autoimmune condition that affects the absorption of Vitamin B12 in the stomach. The exact cause of pernicious anaemia is not known but it is common in those above 60 years and common in female than male

**Diet:** One of the most common causes is a lack of dietary intake. Vitamin B12 is found in animal products such as meat, fish, and dairy, so individuals who follow a vegan or vegetarian diet may be at increased risk of developing a deficiency.

**Malabsorption:** Another cause of vitamin B12 deficiency is malabsorption. This can occur when the body is unable to absorb the vitamin from the digestive tract. This may be due to a number of factors, including gastrointestinal surgery, certain medications, or conditions such as Crohn's disease or celiac disease.

**Functional B12 deficiency:** Some people can experience problems related to a vitamin B12 deficiency despite appearing to have normal levels of vitamin B12 in their blood. This can happen as the result of a problem known as functional vitamin B12 deficiency, where there's a problem with the proteins that help transport vitamin B12 between cells. This often results in neurological complications involving the spinal cord.

## **Symptoms of Vitamin B12 Deficiency**

The symptoms of vitamin B12 deficiency can vary depending on the severity and duration of the deficiency. Mild deficiencies may not cause any noticeable symptoms, while more severe deficiencies can lead to a range of unpleasant symptoms.

Some of the most common symptoms of vitamin B12 deficiency include fatigue anaemia, weakness, and light-headedness. Other symptoms may include tingling or numbness in the hands or feet, difficulty walking, and memory problems. In severe cases, vitamin B12 deficiency can even lead to neurological damage, which may be irreversible.

## **Treatment of Vitamin B12 Deficiency**

The treatment of vitamin B12 deficiency depends on the underlying cause of the deficiency. In cases where the deficiency is due to a lack of dietary intake, increasing the consumption of vitamin B12-rich foods or taking vitamin B12 supplements may

be sufficient to correct the deficiency.

In cases where malabsorption is the cause of the deficiency, treatment may involve addressing the underlying condition. For example, individuals with Crohn's disease may need to undergo surgery to remove damaged parts of the intestine, while those with celiac disease may need to follow a gluten-free diet.

In some cases, individuals with severe vitamin B12 deficiency may require injections of the vitamin to correct the deficiency. These injections are typically administered by a healthcare professional and may need to be given regularly over a period of several weeks or months or sometimes for life. Before one can commence these injections, they will have to go through medical assessment since medications may be required for life.

## Conclusion

Vitamin B12 deficiency is a common condition that can have serious health consequences if left untreated. Fortunately, with proper diagnosis and treatment, it is possible to correct the deficiency and prevent further complications. If you are experiencing symptoms of vitamin B12 deficiency, it is important to speak with your healthcare provider to determine the underlying cause and develop an appropriate treatment plan.

**Dr Joseph Agbi**

**GP registrar at Aylesbury Surgery**



# DEMENTIA

## What is Dementia ?

Dementia is a syndrome associated with an ongoing decline of brain functioning. There are many different causes of dementia, and many different types. People often get confused about the difference between Alzheimer's disease and dementia. Dementia is often associated with old age, but not many people know that Dementia is not a normal part of getting older. One in 14 people over the age of 65 have dementia, and the condition affects 1 in 6 people over 80.

One of the most difficult things to hear about dementia is that, in most cases, dementia is irreversible and incurable. However, with an early diagnosis and proper care, the progression of some forms of dementia can be managed and slowed down.

Over time, Dementia can affect memory, problem-solving, language and behaviour. Dementia may cause people to feel insecure and lose confidence in themselves and their abilities.

Two of the main types of dementia are:

- Vascular dementia
- Alzheimer's disease is the most common type of dementia.

Dementia - :Cause of dementia results when once-healthy neurons (nerve cells) in the brain stop working, lose connections with other brain cells, and die. While everyone loses some neurons as they age, people with dementia experience far greater loss.

Vascular dementia is caused by reduced blood flow to the brain, which damages and eventually kills brain cells.

This can happen as a result of:

- Narrowing and blockage of the small blood vessels inside the brain
- A single stroke, where the blood supply to part of the brain is suddenly cut off
- Lots of "[mini strokes](#)" that cause tiny but widespread damage to the brain

If you have been diagnosed with dementia, it's important to remember that:

- You're still you, even though you have problems with memory, concentration and planning
- Everyone experiences dementia differently
- Focusing on the things you can still do and enjoy will help you to stay positive

With the right help and support when you need it, many people can, and do, live well with dementia for several years.

- Stay socially active
- Keeping in touch with people and engaging in social activities, such as going to the theatre or cinema, or being part of a walking group or choir, is good for your confidence and mental wellbeing.
- Look after your health

It's important to look after your physical and mental health when you have dementia:



- Eat a healthy, balanced diet and drink plenty of fluids.
- Exercise regularly. This could be a daily walk or gardening, or you could try tai chi or dancing.
- Ask your GP if you would benefit from [flu vaccination](#) and [pneumonia vaccination](#).
- Get enough sleep. Try to avoid naps during the day and caffeine and alcohol at night.
- [Depression](#) is very common in dementia. Talk to your GP, as there are [talking treatments](#) that can help.
- Have regular dental, eyesight and hearing check-ups.

## Seven Stages Of Dementia

The cognitive decline that accompanies dementia conditions does not happen all at once - the progression of dementia can be divided into seven distinct, identifiable stages.

### Stage 1: No Cognitive Decline

Stage 1 of dementia can also be classified as the normal functioning stage. At this stage of dementia development, a patient generally does not exhibit any significant problems with memory, or any cognitive impairment. Stages 1-3 of dementia progression are generally known as "pre-dementia" stages.

### Stage 2: Age Associated Memory Impairment

This stage features occasional lapses of memory most frequently seen in:

Forgetting where one has placed an object

Forgetting names that were once very familiar

Oftentimes, this mild decline in memory is merely normal age-related cognitive decline, but it can also be one of the earliest signs of degenerative dementia. At this stage, signs are still virtually undetectable through clinical testing.

### Stage 3: Mild Cognitive Impairment

Clear cognitive problems begin to manifest in stage 3. Including :

- Getting lost easily
- Noticeably poor performance at work
- Forgetting the names of family members and close friends
- Difficulty retaining information read in a book or passage
- Losing or misplacing important objects
- Difficulty concentrating

Patients often start to experience mild to moderate anxiety as these symptoms increasingly interfere with day to day life. Patients who may be in this stage of dementia are encouraged to have a clinical interview with a clinician for proper diagnosis.

### Stage 4: Mild Dementia

At this stage, individuals may start to become socially withdrawn and show changes in personality and mood. Denial of symptoms as a defence mechanism is commonly seen in stage 4. **Behaviours to look for include:**

- Decreased knowledge of current and/or recent events
- Difficulty remembering things about one's personal history
- Decreased ability to handle finances, arrange travel plans, etc.

- Disorientation
- Difficulty recognizing faces and people

In stage 4 dementia, individuals have no trouble recognizing familiar faces or traveling to familiar locations. However, patients in this stage will often avoid challenging situations in order to hide symptoms or prevent stress or anxiety.

## Stage 5: Moderate Dementia

Patients in stage 5 need some assistance in order to carry out their daily lives. The main sign for stage 5 dementia is the inability to remember major details such as the name of a close family member or a home address. Patients may become disoriented about the time and place, have trouble making decisions, and forget basic information about themselves, such as a telephone number or address.

While moderate dementia can interfere with basic functioning, patients at this stage do not need assistance with basic functions such as using the bathroom or eating. Patients also still have the ability to remember their own names and generally the names of spouses and children.

## Stage 6: Moderately Severe Dementia

When the patient begins to forget the names of their children, spouse, or primary caregivers, they are most likely entering stage 6 of dementia and will need full time care. In the sixth stage, patients are generally unaware of their surroundings, cannot recall recent events, and have skewed memories of their personal past. Caregivers and loved ones should watch for:

Delusional behaviour

Obsessive behaviour and symptoms

Anxiety, aggression, and agitation

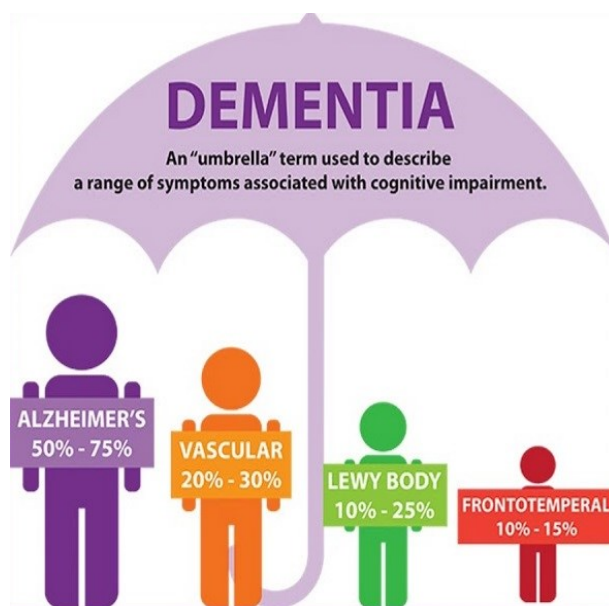
Loss of willpower

Patients may begin to wander, have [difficulty sleeping](#), and in some cases will experience hallucinations.

## Stage 7: Severe Dementia

Along with the loss of motor skills, patients will progressively lose the ability to speak during the course of stage 7 dementia. In the final stage, the brain seems to lose its connection with the body. Severe dementia frequently entails the loss of all verbal and speech abilities. Loved ones and caregivers will need to help the individual with walking, eating, and using the bathroom..

Dementia can change the relationships of the surrounding people. Family dynamics can be affected, both positively and negatively. It can be difficult for you and the people around you to adjust and it may take some time.



#### The Nest Project

THE NEST PROJECT AT NEW HEIGHTS. OUR SERVICE OFFERS 16 FREE COUNSELLING SESSIONS TO ANYONE, AGED OVER 16, WHO HAS EXPERIENCED OR WITNESSED DOMESTIC ABUSE IN THEIR LIFETIME. WE RECOGNISE THAT EVEN THOUGH THE INITIAL REFERRAL MAY BE BECAUSE OF DOMESTIC ABUSE, AT TIMES WE HAVE TO WORK WITH ISSUES RELATING TO CHILDHOOD ABUSE, SEXUAL VIOLENCE, LOSS AND SELF-ESTEEM TO NAME BUT A FEW.

WE ARE AVAILABLE MON-THURSDAY 9 -4PM - TERM TIME ONLY.

WE ARE POST CODE FUNDED ACCEPTING REFERRALS FROM B23/B35/B43/B4/B72/B73.B74/B75/B76.

OUR WAITING LIST IS OPEN SO REFERRALS ARE ASSESSED AND ALLOCATED QUICKLY. WE ACCEPT PROFESSIONAL AND SELF-REFERRALS.

AS PART OF THE NEST TEAM, WE ALSO OFFER AN ADVICE AND WELFARE SERVICE WHICH AIMS TO OFFER ADVICE AND SUPPORT TO PEOPLE WHO NEED HELP WITH CLAIMING BENEFITS - PIP/ UNIVERSAL CREDIT/ DISABILITY ALLOWANCE AND A RANGE OF OTHER BENEFITS ( WE DON'T HAVE A HOUSING OFFICER HERE BUT CAN SIGNPOST AS REQUIRED). WE CAN ALSO HELP WITH FOOD BANK VOUCHERS. OUR COMMUNITY RESPONSE WORKERS ARE HERE FROM 9-3 MON-THURSDAY. TERM TIME ONLY.

NEW HEIGHTS WARREN FARM COMMUNITY PROJECT  
108 & 124 WARREN FARM ROAD  
KINGSTANDING  
BIRMINGHAM. B44 0QN  
TELEPHONE: 0121 386 4345 (OFFICE)



## New Heights

### Warren Farm Community Project

**New Heights creates a safe, confidential and friendly space to help people by nurturing, empowering and giving them the opportunity to flourish.**

#### St Johns

St Johns centre offers a range of activities and sessions to meet the needs of our community.

These include: Lunch Club, Youth Social Action, Crackers Stay & Play, Tai Chi, Forget Me Not – Sing a Long Choir, Crochet, Stitch and Chat.

Venue hire of the community hall and kitchen also available.

#### New Heights Community Cafe

Heights Community Cafe is a inclusive and friendly cafe that provides a discounted menu.

Opening times: Monday to Friday 8am – 12pm

#### The Nest Project

Nest means nurture, empower, support and transform .NEST offers FREE Welfare Advice, Advocacy & Specialist Domestic Abuse Counselling to those in the Erdington Constituency and Sutton.

## Projects at New Heights Kingstanding

**Art for Wellbeing**

FREE Arts and Crafts workshops to help you relax and have fun!

Join us every Monday  
**3rd, 10th, 17th, 24th, 31 st July & 7th August**

**11.00am - 12.30pm**  
**St John's Centre**  
124 Warren Farm Road, B44 0QN  
open to all

**12.45pm-2.15pm**  
**New Heights Community Cafe**  
108 Warren Farm Road, B44 0QN  
Males only



# THE PLASTIC MIGRANT

AN ORIGINAL PLAY HIGHLIGHTING THE IMPACT OF CLIMATE CHANGE

**WED 28th JUNE** 7:30pm, **FRI 30th JUNE** 7:30pm,  
**SAT 1st JULY** 2:30pm & 7:30pm

**TICKETS: FIRST 4 ROWS, ADULT £15**  
CHILDREN & STUDENTS **£10**  
**REST: ADULT £10 CHILDREN & STUDENTS £5**

UNDER 16'S MUST BE ACCOMPANIED BY AN ADULT  
GREAT WYRLEY ACADEMY HALL LN, GREAT WYRLEY,  
WALSALL WS6 6LQ



[WWW.TICKETSOURCE.CO.UK/WASUP](http://WWW.TICKETSOURCE.CO.UK/WASUP)

## Aylesbury Surgery

### Health & Engagement Forum

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### Preparing for a medical appointment

One of the most intimidating things about being a patient is in the relationship building with healthcare provider. Some underlying questions often include: Will they understand my concerns? Will I finally get a diagnosis? Will I hear bad news? The following tools may help to enhance your initial appointment, set the stage for improved communication between you and your provider, and reduce your anxiety as a patient.

- Ask for a female or male doctor, or a translator if you need one prior to your appointment.
- Make some notes of 2 or 3 most important things you want to discuss.
- Plan to update the doctor — Let your doctor know what has happened to your health since your last visit. If you have been treated in the emergency room or by a specialist, tell the doctor right away. Mention any changes in your appetite, weight, sleep, energy level, vision, or hearing. Also tell the doctor about recent changes in medications you take or their effects on you
- List or bring all your medicines and pills – including vitamins and supplements.
- Write down details of your symptoms, including when they started and what makes them better or worse.
- Do not be afraid to ask if you do not understand. For example: "Can you say that again? I still do not understand."
- If you do not understand any words, ask for them to be written down or explained.

### **Checklist of questions to ask at your appointment**

- Will I need any follow-up tests or appointments?
- Tests, such as blood tests or scans
- What are the tests for?
- How and when will I get the results?
- Who do I contact if I do not get the results?
- Treatment ?
- Are there other ways to treat my condition?
- What do you recommend?
- Are there any side effects or risks? If so, what are they?
- How long will I need treatment for?
- How will I know if the treatment is working?
- How effective is this treatment?
- What will happen if I do not have any treatment?
- Is there anything I should stop or avoid doing?
- Is there anything I can do to help myself?



Your health care provider is there to help you as much as they can within their ability. Even the best doctor may not have answers to some of your questions. Your doctor may be able to help you find the information or refer you to a specialist. You are a key part of your health and wellness. You know how you're feeling, and it's important to share that with your healthcare team . Our goal is to provide you with the care you deserve at every doctor visit. Together, we can make a plan that will help you stay healthy and feel your best.

Mr Rajash Mehta