

Aylesbury Surgery Health and Engagement Forum

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Walking for Health

Each year we try and raise awareness to the benefits of walking. Many of us take our health for granted and do not think of making changes until it is too late and we are suffering from underlying health issues. Due to the lock down it has been even more important than before to try and fit walking into our routine to try to fit walking into our routine for each day.

Exercising regularly, every day if possible, is the single most important thing you can do for your health. In the short term, exercise helps to control appetite, boost mood, and improve sleep. In the long term, it reduces the risk of heart disease, stroke, diabetes, dementia, depression, and many cancers.

- ◆ Burn calories
- ◆ Strengthen the heart
- ◆ Reduce the risk of high blood pressure and help lower your blood sugar
- ◆ Stronger bones and joints
- ◆ Boosts immune function
- ◆ Boost your energy
- ◆ Increase self-esteem
- ◆ Reduces Blood Pressure
- ◆ Strengthens Bones
- ◆ Improves Memory – relieves stress
- ◆ Weight Loss
- ◆ Increases metabolism
- ◆ Stronger bones and joints
- ◆ Helps you relax and ease stress
- ◆ Joining walking groups –make new friends



Mr Rajash Mehta-Chairman of the Aylesbury Surgery Health and Engagement Forum

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Benefit of walking for Health

1. Burn calories

Walking can help you burn calories. Burning calories can help you maintain or lose weight.

Your actual calorie burn will depend on several factors, including:

- walking speed
 - distance covered
- your weight

2. Strengthen the heart -Improves Cardiovascular System

According to several researchers, brisk walk for 20 minutes a day and five days a week can significantly lower your risk of suffering a stroke. Walking is the best exercise for sedentary individuals, especially adults, to reduce the risk of heart and cardiovascular diseases. Walking at least 30 minutes a day, five days a week can reduce your risk for coronary heart disease.

3. Can help lower your blood sugar

Taking a short walk after eating may help lower your blood sugar. Consider making a post-meal walk a regular part of your routine. It can also help you fit exercise in throughout the day.

4. Eases joint pain

Walking can help protect the joints, including your knees and hips. That's because it helps lubricate and

strengthen the muscles that support the joints.

Walking may also provide benefits for people living with arthritis, such as reducing pain. And walking 5 to 6 miles a week may also help prevent arthritis.

5. Boosts immune function

Walking may reduce your risk for developing a cold or the flu.

6. Boost your energy

Walking increases oxygen flow through the body. It can also increase levels of cortisol, epinephrine, and norepinephrine. Those are the hormones that help elevate energy levels.



GOOD = GOOD
FOOD = MOOD



7. Improve your mood

Walking can help your mental health. Studies Trusted Source show it can help reduce anxiety, depression, and a negative mood.. Walking can help reduce the stress levels by improving circulation, which, in turn, provides nutrients and oxygen to the cells. It helps in decreasing the stress hormones.

To experience these benefits, aim for 20 minutes of brisk walking or other moderate intensity exercise three days a week. You can also break it up into three 10-minute walks.

8. Reduces Blood Pressure –

The study looked at the association of walking at a faster pace with factors like overall causes of death, cardiovascular disease, and death from cancer. This is one of the most common diseases these days. Although it can be controlled naturally. Walking for 20 minutes a day can help control blood pressure and even reduce it to some extent.

9. Strengthens Bones

Walking 20 minutes a day prevents loss of bone density, thereby reducing the risk of osteoporosis, fracture, and injury. It helps in strengthening bones which is very crucial specially as we grow old. Walking can also prevent arthritis and other diseases related to bones.

10. Improves Memory

Walking may help clear your head and help you think creatively. Several studies suggest that walking can help improve the memory to some extent. Walking for 20 minutes a day can really be beneficial for our brain and memory.

Tips for staying safe while walking

To ensure your safety while walking, follow these tips:

- Walk in areas designated for pedestrians. Look for well-lit areas if possible.
- If you walk in the evening or early morning hours, wear a reflective vest or light so cars can see you.
- Wear sturdy shoes with good heel and arch support.
- Wear loose, comfortable clothing.
- Drink plenty of water before and after your walk to stay hydrated.
- Wear sunscreen to prevent sunburn, even on cloudy days.



Mr Rajash Mehta -Practice Manager (right) and Tosh Reynolds (Left) our local Postman. Mr Reynolds job involves a lot walking and keeps him very healthy

YOGA and Mental Health

According to research on Mental Health, 1 in 5 adults live with mental illness, and nearly 60 percent of adults with mental illness don't receive annual treatments. While mental illness shows up in differently for people, one thing is true across the board: The negative stigma around mental disorders needs to end. We should never feel embarrassed or scared to talk about it and you should never be ashamed of it.

Yoga has been gaining popularity as a complementary therapy for mental health conditions, but research on the efficacy of yoga is still in its beginnings. Yoga originated in India several thousand years ago as a system of physical and spiritual practices. Yoga is a very effective stress reduction and relaxation tool. Performance of various postures requires the tensing and stretching and then relaxing of muscle groups and joints, which effectively produces relaxation in much the same way that a massage or Progressive Muscle Relaxation (a technique used by behavioural psychologists) does. Yoga practice also draws attention towards breathing, which produces a meditative and soothing state of mind.

yoga is one of the most popular exercises known to improve mental health and general body wholeness by reducing stress, improving flexibility and concentration, and promoting a sense of peace. It is a mind-body activity that integrates meditation, controlled breathing, and increased flexibility.

For instance, yoga has been shown to help with the following:

1. **Reducing Anger:** Practicing yoga has also been shown to decrease verbal aggression in adults. It also improves your mental health by increasing your level of consciousness and changes how you experience the world (positively).

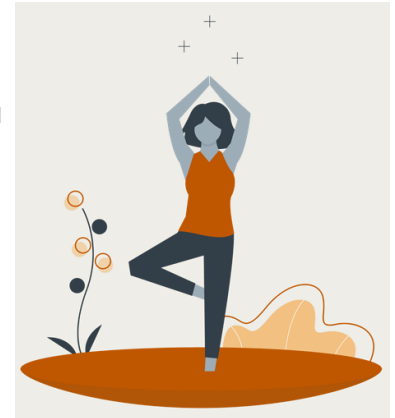
2. **Reducing Anxiety :** Numerous studies have found that yoga may decrease anxiety symptoms, including performance anxiety. Studies have shown yoga can help reduce depression, improve affect, and decrease perceived stress.



3. **Improving Sleep:** yoga reduced insomnia and improved sleep quality. here are numerous cases of insomnia amongst people of different ages. Instead of depending solely on recommended medications to stabilize your sleep routine, practicing yoga can help improve your sleep quality.

4. **Reducing Post Traumatic Stress Disorder (PTSD) Symptoms :** Yoga also has a calming effect on an overly-stimulated nervous system. Practicing yoga promotes stillness and self-regulation, especially to those living with PTSD.

5. **Improving Mood :** Studies have shown yoga can help reduce depression, practicing Yoga will extend to other parts of your life and help you regulate your emotions. One study found that daily yoga practice significantly raises serotonin levels while simultaneously decreasing stress-induced cortisol levels. Yoga engages you physically. And being physically active is known to help increase happiness. Yoga is especially beneficial because of the calm and gentle nature or **practice.**



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Mr Mehta –chairman of the Aylesbury Surgery Health & Engagement Forum would like congratulate Mr Simon Foster on his newly appointed role as Police Crime Commissioner for the West Midlands and look forward to meeting and working together in the future.

Mr Rajash Mehta—Chairman



PCC -Mr Simon Foster
Newly appointed Police Crime Commissioner for the West Midlands

“My name is Simon Foster. I was elected West Midlands Police and Crime Commissioner (‘PCC’) on 8 May. I officially took office on 13 May. It is an honour and a privilege to represent the people of the West Midlands.

The role of a PCC is to represent the people not the police. It includes, the preparation of a Police and Crime Plan, setting the police budget, including that part of your Council Tax that pays for local policing and holding the Chief Constable and police service to account on behalf of the people.

I will aim to:

- ◆ Re-build community policing. I have pledged 450 extra Police Officers allocated to community policing – out on our streets – keeping you and your family safe.
- ◆ Reduce violent crime with a tough police response, investment in prevention programmes that we know work and ensure community and joint action – because it is only together, we can prevent violence, protect people and save lives.
- ◆ Combat violence against women and domestic abuse. The Police must use all the powers available to protect victims of domestic abuse.
- ◆ Prevent our young people from becoming victims of criminal exploitation or offenders by safeguarding and promoting their welfare.
- ◆ Tackle ruthless producers and suppliers of drugs, profiting from criminal exploitation, promote harm prevention and treatment by way of diversion and to save lives.
- ◆ Protect victims of crime, promote their rights and ensure access to suitable victim support services.

I will also fight for fair funding so that local Council Tax payers do not have to keep paying more for less local policing. We need a fair deal to ensure that we in the West Midlands are no longer treated unfairly by central government.

My top priority will always be: Justice, Safety and Security for all the people and communities of the West Midlands.”

Mr Simon Foster



Volunteering Opportunities Cadet Leaders

We are looking for adults who can be positive role models for our Cadets, someone who can help to guide and support them to be the best that they can be, to help them become active citizens with a voice. To help them achieve and push through any boundaries to reach their full potential. Adults, who can listen, support and encourage, motivate, inspire and care. Whether you are retired, in full- or part-time work, you do not have to be already working for West Midlands Police. We are looking for volunteers from all walks of life.

Most importantly, do you have spare time to volunteer? You will have valuable skills and experience that will help cadets prepare for their future careers.

Are you looking for a Leadership challenge where you can make a real difference to the young people within the West Midlands?

Are you looking to inspire and motivate others?

Why not be a role model and an inspiration to our Police Cadets become a Cadet Leader.

As a Cadet Leader, you volunteer your own time to be part of a cadet unit across the West Midlands. Locations includes Birmingham, Coventry, Sandwell, Dudley, Wolverhampton, Walsall and Solihull.

Could that be you? If so, please contact

<https://wmp.referrals.selectminds.com/jobs/cadet-leader-volunteer-1285>

What is diabetes?

Diabetes is a condition that causes high levels of glucose (a type of sugar) in your blood. This is because of a problem with a hormone called insulin your pancreas produces. Insulin moves glucose from your bloodstream and into the cells of your body for energy. If your body doesn't make enough insulin or can't use the insulin it makes, glucose stays in the bloodstream and can't move across into your cells to

What are the types of diabetes

Type 1 diabetes -happens when your body cannot make insulin. This type most commonly affects children and young adults, and is a result of your body's immune system attacking the cells that produce insulin in the pancreas. 1 in 10 people with diabetes are Type 1.

Type 2 diabetes -happens when your pancreas isn't making enough insulin or your body can no longer use the insulin it makes.

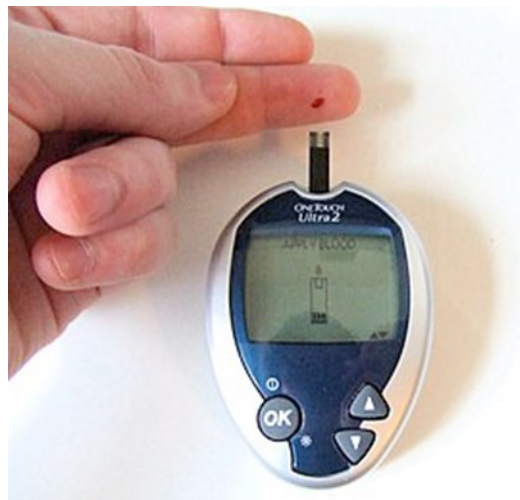
Type 2 diabetes is much more common than Type 1 and tends to develop gradually as people get older – usually after the age of 40. But more and more people every year are being diagnosed at a much younger age.

It's closely linked with:

being [overweight](#), especially if you carry weight around your middle

- being physically inactive
- a family history of Type 2 diabetes.

Some [ethnic groups](#) have a much higher rate of diabetes - particularly people of South



What are the signs and symptoms of Type 2 diabetes?

It's not always easy to tell if you have diabetes. Many people with Type 2 diabetes have no symptoms and don't know they have it, or symptoms can develop slowly or start out of the blue - it varies from person to person.

You may have diabetes if you are:

- often very thirsty
- constant hunger
- dry mouth
- a lack of energy
- peeing more than usual, particularly at night
- Fatigue, often very tired
- losing weight unexpectedly
- having blurred vision
- having genital itching or regular episodes of thrush
- noticing that your cuts or wounds heal slowly.
- foot pain

Medications and treatments for Type 2 diabetes

You can manage diabetes very successfully with lifestyle changes and medicines and become

Preventing type 2 diabetes

Did you know that with the right support, up to half of type 2 diabetes cases can be delayed or prevented? Our information about preventing type 2 will show you some of the steps that can help you can take to reduce your risk of developing the condition.

Checking your blood sugar levels

Checking your blood sugar levels is an important part of managing your diabetes, so we'll take you through how to check them and what your readings mean.

And we've also got more information about what happens your blood sugar levels get too low, called a hypo, or too high, called a hyper, so that you're aware of the signs and symptoms to look out for.

Living with type 2 diabetes

Treatment for type 2 diabetes

You can effectively manage type 2 diabetes. Your doctor will tell you how often you should check your blood glucose levels. The goal is to stay within a specific range.

Follow these tips to manage type 2 diabetes:

Include foods rich in fiber and healthy carbohydrates in your diet. Eating fruits, vegetables, and whole grains will help keep your blood glucose levels steady.

Eat at regular intervals

Only eat until you're full.

Control your weight and keep your heart healthy. That means keeping refined carbohydrates, sweets, and animal fats to a minimum.

Get about half an hour of aerobic activity daily to help keep your heart healthy. Exercise helps to control blood glucose, too.

Foods and beverages to avoid

There are certain foods and beverages that you should limit or avoid entirely. These include:

- foods heavy in saturated or trans fats
- organ meats, such as beef or liver
- processed meats
- shellfish
- margarine and shortening
- baked goods such as white bread, bagels
- processed snacks
- sugary drinks, including fruit juices
- high-fat dairy products
- pasta or white rice

Skipping salty foods and fried foods is also recommended. Check out this list of other foods and drinks to steer clear of if you have diabetes.

Foods to choose

Healthy carbohydrates can provide you with fiber. The options include:

whole fruits

non-starchy vegetables

legumes, such as beans, whole grains such as oats or quinoa

sweet potatoes



Foods with heart-healthy omega-3 fatty acids include:

Tuna, sardines, salmon, mackerel, halibut, cod, flax seeds

You can get healthy monounsaturated and polyunsaturated fats from a number of foods, including:

Oils, such as olive oil, canola oil, and peanut oil

Nuts, such as almonds, pecans, and walnuts
avocados

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The Sunset Walk is back this July!

Local charity John Taylor Hospice has announced its flagship fundraising event, the Sunset Walk, will be returning to Sutton Park on Saturday 3 July.

The popular event will open at 5pm with entertainment at Wyndley Athletics Track. After getting into the party spirit, participants will head off at 6.30pm on a relaxed 10k route through Sutton Park. After completing the course, walkers will be presented with a medal and invited to enjoy a glass of fizz at the Sunset Party.



"After a year of cancelled events we're just thrilled to confirm this much-loved community event is back," said Charlie Pette, Community and Events Fundraising Manager at John Taylor Hospice. "The Sunset Walk is a fun-filled evening to enjoy with family and friends. We'll have extra measures in place to keep people safe and comfortable, so they can enjoy the group warm up, live walk and party atmosphere with others.



"Over 400 people took part in the last Sunset Walk and raised an incredible £32,500 for John Taylor Hospice. So as well as being a fabulous night out, every step taken raises money for our charity, helping to ensure local people always have access to vital hospice care and support when they need it most."

Registration is now open and tickets are available at a price of £10 per person. Sign up as a team of six and the sixth team members gets

their entry for free. Book tickets at www.johntaylorhospice.org.uk/sunsetwalk

Life after COVID –19

Life after the Covid-19 pandemic will never be the same as before. COVID-19 disease prevention and containment procedures have resulted in major shifts in family dynamics. Values that we once held no longer hold true.

After forced self-isolation during quarantine, virtual educational and professional obligations have required the reconfiguration of relationships, family and homes. Working from home was not a blessing for all, for many it added it increased mental stress and issues.

For some families being able to spend more quality time together could be an unexpected upside of lockdown. For others it gave them a chance for family units to grow close.

There will be people who will, on the first day after the quarantine, race to meet colleagues and drink that office coffee. But there will be those who will not want to return to the office.

It's important to try and understand our now-established patterns of thinking, behaving, and feeling and how it will impact us.

While there's hope for a new normal, where our lives regain a sense of pre-COVID normality, we also need to acknowledge that we will be going through the process of community-wide healing from the trauma of loss

Many have lost family and friends due to the pandemic and life

Remote work is generally good for many employers because it cuts office expenses. Remote work is popular with some employees because it saves them the hassle of slogging through city traffic.

Another key advantage is that employees spend more time with family. However, it means that they are constantly wrestling with work problems and domestic issues at the same time.

It is important that you

- Take care of your health, make sure you are eating and sleeping well.
- Take regular breaks, give yourself time to rest and relax.
- Spend time with your friends (if not in person then by phone or video call).
- If you're able to go for a walk, exercise is good for both physical and mental wellbeing.
- Confide in trusted friends or family about your own feelings, there's a lot of truth in the saying "a problem shared is a problem halved".
- Ask for help – You don't have to do everything alone. Ask family and friends, join a support group, and make use of community support and online resources.
- Appreciating the simple things in life, and appreciating ourselves and each other can make a huge difference.
- Reflect on what you have learned during the pandemic that can help you move on with deeper wisdom and understanding.
- Send some gratitude and appreciation to those who have helped you and been kind to you.

There is no rush to change take it one step at a time

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Keeping Safe

Message from the chairman - Mr Raj Mehta

Many of us have had the COVID-19 vaccination think it all safe but with the new variants from around the world, it is important to remember that we are not 100% immune to the virus and many have not had their vaccinations yet. Therefore, be mindful when entering the lock down restrictions lifting to stay safe and keep your families and friends safe. To prevent possible further increase in spread avoid the 3Cs: spaces that are closed, crowded or involve close contact.

The risks of getting COVID-19 are higher in crowded and inadequately ventilated spaces where infected people spend long periods together in close proximity. These environments are where the virus appears to spread by respiratory droplets or aerosols more efficiently, so taking precautions is even more important.

Meet people outside. Outdoor gatherings are safer than indoor ones, particularly if indoor spaces are small and without outdoor air coming in.

Avoid crowded or indoor settings but if you cannot, then take precautions: Open a window. Increase the amount of 'natural ventilation' when indoors.

Wear a mask, clean your hands before you put your mask on, as well as before and after you take it off, and after you touch it at any time. Make sure it covers both your nose, mouth and chin. When you take off a mask, store it in a clean plastic bag, and every day either wash it if it is a fabric mask, or dispose of a medical mask in a trash bin.

Regularly and thoroughly clean, your hands with an alcohol-based hand rub or wash them with soap and water. This eliminates germs including viruses that may be on your hands.

Avoid touching your eyes, nose and mouth. Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.

Clean and disinfect surfaces frequently especially those, which are regularly touched, such as door handles, faucets and phone screens.

Be Safe, stay safe.

Mr Rajash Mehta– Chairman