



# AYLESBURY SURGERY

## HEALTH & ENGAGEMENT

### FORUM

• MERRY •  
*Christmas*  
and Happy New Year

December 2024

Issue 34

## What is a High Sheriff?

When someone mention the High Sheriff for most of for us , Robin Hood and the Sheriff of Nottingham comes to mind. Not many of us are aware that the tittle of The Office of High Sheriff is still held even today.

The Office of High Sheriff is an independent non-political Royal appointment for a single year. The origins of the Office date back to Saxon times, when the 'Shire Reeve' was responsible to the king for the maintenance of law and order within the shire, or county, and for the collection and return of taxes due to the Crown.

The High Sheriffs actively lend support and encouragement to crime prevention agencies, particularly active in encouraging crime reduction initiatives, especially amongst young people., the emergency services and to the voluntary sector and local charities working with vulnerable and other people both in endorsing and helping to raise the profile of their valuable work. The High Sheriffs' Association adopted National Crime beat in recent years in response to specific areas of need.

High Sheriffs receive no remuneration and no part of the expense of a High Sheriff's year falls on the public purse.



The High Sheriff of the West Midlands Mr Douglas Wright MBE DL with Mr Rajash Mehta chair of the Aylesbury Surgery Health & Engagement Forum

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- The principal formal duties of High Sheriffs today include attendance at royal visits in the County and support for Her Majesty's High Court Judges when on Circuit.
- To lend active support to the principal organs of the Constitution within their county – the Royal Family, the Judiciary, the Police and other law enforcement agencies, the emergency services, local authorities, and church and faith groups
- To take an active part in supporting and promoting the voluntary sector and giving all possible encouragement to the voluntary organisations within a County, particularly those involved with crime reduction and social cohesion.
- To ensure the welfare of visiting High Court Judges, to attend on them at Court and to offer them hospitality
- To make a meaningful contribution to the High Sheriff's County during the year of Office and to uphold and enhance the ancient Office of High Sheriff
- To support the Lord-Lieutenant on royal visits and on other occasions as appropriate.
- Mr Douglas Wright MBE DL made his declaration on Tuesday 26th March 2024 and Queen Elizabeth II



**Mr Douglas Wright MBE DL**

Law Court, Birmingham

Many High Sheriffs give their own personal awards to individuals, often unsung heroes within small voluntary groups, who have made an outstanding contribution in some way. As the Office is independent and non-political, High Sheriffs are able to bring together a wide range of people with the community they serve.





# Christmas Spirit

Many of us are excitedly preparing for the festive season. But whilst it can be a fun time of year, for many it can be one of the most challenging. Christmas can heighten feelings of depression, anxiety, stress, and other trauma-related symptoms such as loss of loved ones, divorce, separation, homelessness, abuse or financial reasons.

For others it can be a beacon of hope. In dark and desperate times, it only takes a glimmer of light to bring hope to a person's heart. Christmas brings us the gift of hope the act of kindness brings light and joy.

Many people forget what Christmas really stands for and get swept away with the commercial aspect. Christmas is not just about presents and gifts. It reminds us to look deeper into the window of our reflection and see what is underneath.

Though many of us may not be practicing Christians we can relate to the spiritual teachings. In times of darkness we all need a light to guide us through the dark times. Hope to lift us out of darkness and despair. The love of family and friends to surround us to feel the warmth that we yearn for. Peace and joy to look forward for the future.

When we see the war torn countries it reminds us how fortunate and thankful we should be for what we have. This Christmas,



let us use this season to pray for those less fortunate and bring a little love, joy, hope and a little light to those that may need it.

The spirit of Christmas is in the 'togetherness', it's in the thought to which you put into thinking about others, it's a selfless time, where we forgive, take stock of what's important and become 'better' versions of ourselves. It's the universal 'feel good' factor for those that aren't a Scrooge, and even if you don't celebrate it, you can't help but feel the love.



This festive season let's make a difference to someone that needs us. Recognise the need in others, and it's not all about the money, it could be helping them to do their shopping, taking time to talk, to be there, taking them to visit family, cooking for them or inviting them in for a festive feast. Volunteer and visit the elderly, help the homeless or closer to home; visit family that you haven't seen in a long time. Write a letter - Be personal, get personal and get real. **Make a difference in someone's life.**





## Yerevan State Medical University of Armenia

**Vice-Rector Professor  
Yervand Sahakyan of  
Yerevan State Medical  
University in Armenia**

Yerevan State Medical University is considered as one of the Top Medical Universities in Armenia.

Located in the capital of Armenia, the Yerevan State Medical University was established in 1920 and since then has granted a diploma to tens of thousands of medical students. Its world-class medical course is entirely in English, consisting of pre-med and practical training. It has become an educational hub for students from all over the world.

For the past 2 decades, Armenia has become quite a popular destination for international students who aspire to become doctors. There are 4 Armenian Medical Universities in the capital city of Yerevan, which offer English taught programs. At Yerevan your living expenses will be rather low and the tuition fees won't exceed €6,000 - and all this, without having to compromise with the quality of education.

The best thing about studying in Armenia is the quality of medical education. For the 6-year duration of your medical studies, you

will gain knowledge and experience renowned faculty members. The medical professors are all people with years of practical experience and extensive knowledge in their field.

The Dentistry and Pharmacy Programs in Armenia last 5 years. In the clinical years of the DMD course, you will practice and treat patients under the supervision of a professional. Pharmacists are able to practice in drug stores and laboratories during the course.

The **Mkhitar Heratsi Yerevan State Medical University** based in Armenia was established on 31 January 1920, during the First Republic of Armenia, the People's University of Armenia opened in Alexandropol, .

In 1989, Yerevan State Medical University was named after the 12th-century Armenian physician Mkhitar Heratsi.

**The Medical University's campus is located in the centre of the city. It is home to the following buildings**





- Main university building
- Administrative building
- Laboratory building
- Anatomical building
- Dental clinics building
- Heratsi Hospitals

**Main university building** Two hospitals operate under the jurisdiction of the Yerevan Medical University, where students complete practical experience.

The duration of the continuous and integrated educational program for bachelor's degree is six years in general medicine and military medical faculties and five years in the dental faculty. The duration of the Bachelor's Qualification Education Program is four years in the Faculty of Pharmacy.

Master's degree is offered in the following specializations:

- **Medicine,**
- **Public Health and Health Care**
- **Pharmacy**



- **Medical work in the armed forces**

Located in the capital of Armenia, the Yerevan State Medical University has granted a diploma to tens of thousands of medical students. Its world-class medical course is entirely in English, consisting of pre-med and practical training.

Mr Mehta had the pleasure of meeting the Vice-Rector Professor Yervand during his visit to Armenia this year.



Mr Raj Mehta, the Vice-Rector Professor Yervand and Dr Arun Dabas (GP).

# Christmas and Diabetes

At Christmas we all like to indulge in guilty pleasure that are not good for us. Eating foods that we may not normally eat at other times of the year can be hard to resist. Christmas meals and treats tend to be high in saturated fat, free (added) sugars and salt than our usual diets.

All is not doom and gloom there are lots of easy and fun ways to enjoy the festive season. Eat small portions and fit in some physical activity, even when it's cold. A brisk walk is a great way to stay active. Jumping about with the children, dancing the night away at a party, or going ice skating all help towards keeping healthy as well. You could also try some active party games!

Although we all love putting our feet up and relaxing over the festive period, it's important to keep active. Being physically active can help lower your blood sugar levels, blood pressure and blood fats over the Christmas period and help you manage your weight

## Looking after your diabetes during the festive season

Make sure you're stocked up on all the medications you need while your GP is shut. For example, if you test for ketones, make sure you have enough test strips available to do so over the festive break.

If you self-test your sugar levels, it's a good idea to do this more often over the Christmas period, so you can catch changes in your blood sugar sooner and avoid a hypo or hyper.

## Quick tips for healthy eating during the Christmas holidays

- ♦ A healthy diet is important for managing diabetes. Try these tips to make your festive occasions a little healthier:
- ♦ Fill up on the array of vegetables available, but watch out for added festive extras like honey as these are free (added) sugars.
- ♦ Also watch out for the hidden sugars in condiments such as cranberry sauce, mint sauce and prawn cocktail sauce.
- ♦ Keep an eye on your portion sizes. Fill your plate up with veggies first as we tend not to get enough of these.
- ♦ Serve yourself if possible. Someone else might pile certain foods high, so choosing your own options for starchy carbs, protein and healthy fats will help you keep your blood sugar levels on track.
- ♦ If you're having a dessert, try to stick to one portion of your sweet treat and think about what it's served with. Could you have natural yogurt instead of double cream for example?
- ♦ Don't drink on an empty stomach, as this increases your risk of hypos if you manage your diabetes with insulin or some medications.

**Eating and drinking at Christmas time is part of the fun, and there is no need to completely miss out on certain foods and drinks. But be mindful about what you're choosing, and don't beat yourself up if you do eat more than you usually would, or have foods that aren't as healthy for you.**





- ◆ Try to limit the amount of processed meat you eat a day to less than 70g. This includes pigs in blankets, gammon, hams, pâtés and cured meats. Eating these foods frequently could raise your blood pressure and increase your blood cholesterol.
- ◆ Steam your vegetables rather than fry or boil



- this doesn't use oil and keeps more vitamins and minerals. Including veggies at each meal can help prevent your blood pressure and blood cholesterol going up over the holidays.

- ◆ We should all try to eat less salt to help manage our blood pressure. Try using reduced-salt stock cubes to make your gravy, swap salted to unsalted nuts and check the labels on your snacks for less salty options.

While it's true that you need to manage your intake of many festive favourites carefully with type 2 diabetes, there's plenty of Christmas food that's healthy and delicious.

- Roast turkey - rich in protein and low in fat.
- Smoked salmon - high-protein, low-fat and rich in cardio-protective omega-3 fatty acids, but eat in moderation due to high salt content.
- Potatoes - source of vitamin C and other nutrients. Roast in spray oil rather than butter or fat to reduce saturated fats and leave the skin on for some extra fibre.
- Carrots - source of vitamins and fibre.
- Brussels sprouts - source of vitamins and fibre.
- Unsalted nuts - source of unsaturated oils, fibre and the antioxidant vitamin E.
- Satsumas - source of vitamins.
- Christmas pudding - source of iron, fibre, and potassium. Limit how much you eat, as this dessert is also high in added sugars and saturated fat.

Everyone should be making healthy food choices year-round, but the festive period shouldn't affect your long-term health and diabetes management as long as you plan for it and get back on track by the New Year.



# Erdington Court Bowls Club

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For more information please contact Marketing  
Officer and Trustee : Ray Woods

**07967 686230**

FACEBOOK: ERDINGTON COURT BOWLS CLUB  
WWW.ERDINGTONCOURTBOWLSCLUB.ORG.UK





# Thank You and Merry Christmas



Mr Jaspal Bhambra  
from ( S ND Electri-  
als, Mr Rajash Me-  
hta—forum chairman  
and representative of  
the Children's Hospi-  
tal Anita Hammal



Once again we would like to thank everyone for supporting us with the annual Toy Appeal, those that donated to our just giving page and the local community. Know that you will make a difference to someone's life during hard times and many of you will be responsible for putting a smile on a child's face this Christmas morning. Thanks to your donations we received over 300 hundred toys this year. Some of these went to the Children's hospital.

The rest of the donations will be distributed to families in need, food banks and charities that provide food and shelter to the homeless. We will provide more updates in due course. We can not thank everyone enough for their kind generosity as we know times are tough for everyone this year. We could not have done this without you.

Merry Christmas & a Happy New Year to all





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Christmas is a time of giving, good will. The act of giving gifts at Christmas has a deep religious significance. It is associated with the gifts of gold, frankincense and Myrrh. At its core, giving gifts is more than just an act of generosity – it's a symbol of love, respect and appreciation.



It is important to remember Celebrating the holidays would go incomplete without giving on Christmas. After all, Christmas is the season for giving! Christmas is a great opportunity for parents to show children that there's joy in being charitable and that there's more to life than receiving endless gifts.

Christmas time is a good time to encourage our children to remember children / people less privileged than ourselves. After all generosity is a trait most of us would like to see our children embrace. When a child has a strong sense of empathy, it not only encourages tolerance of others but it helps them build strong relationships and higher levels of overall happiness. Being generous can also promote good mental health.

So thank you everyone who donated to our just giving page and Toy appeal we could not have done this without you. From everyone at Aylesbury Surgery Health and Engagement Forum we wish you A Merry Christmas and a Happy New Year

Mr Rajash Mehta

Thank you

Merry Christmas  
and  
Happy New Year

