

## ST HELENS, ISLE OF WIGHT PPG



## **NEWSLETTER**



### Happy March!

This month, we celebrate the official start of spring. As the weather starts to warm up, we're always looking for fresh ideas to add more produce to our plates. While you're at the vegetable shop or supermarket, make sure to pick up some of these in-season fruits and veggies.

Knowing what fresh produce items are in season when you go shopping can not only save you money but also means that you'll be enjoying fruits and veggies at their peak!

Healthy eating doesn't have to be expensive. Planning meals around in-season fresh produce is one of the easiest ways to save on groceries.

Eating a diet rich in fruit and vegetables is one of the simplest ways to boost our well-being. Packed with fibre and essential nutrients, fruit and vegetables are a must have in any healthy diet. But research has revealed that many of us don't eat enough fruit and vegetables – with only 31% of UK adults meeting the five-a-day-recommendation.

## Five-a-day



## MARCH

### SEASONAL PRODUCE GUIDE



## whats in season *march*



- Apples
- Artichokes
- Avocados
- Asparagus
- Bananas
- Beets
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Greens
- Kiwi
- Leeks
- Lemons & Limes
- Mango
- Mushrooms
- Oranges & Tangerines
- Parsnips
- Pears
- Pineapples
- Potatoes
- Rutabagas
- Strawberries (FL)
- Sweet Onions
- Turnips

## A day in the life – Paramedic Debbie



My background in prehospital care means that I am used to working with people with a variety of health problems. From life threatening emergencies to minor injuries and illnesses, mental health, end of life care and chronic conditions. Working alongside the team at St Helens Medical Centre I can use my clinical training to help manage routine and urgent appointments, telephone consultations and home visits.

# Cancer Screening

## What Is Cancer Screening?

Cancer screening is looking for cancer before a person has any symptoms.

Screening can help find cancer at an early stage, before symptoms appear. When abnormal tissue or cancer is found early, it may be easier to treat or cure. By the time symptoms appear, the cancer may have grown and spread. This can make the cancer harder to treat or cure. It is important to remember that when your doctor suggests a screening test, it does not always mean he or she thinks you have cancer. Screening tests are done when you have no cancer symptoms.

There are different kinds of screening tests.

Screening tests include the following:

- Physical exam and history: An exam of the body to check general signs of health, including checking for signs of disease, such as lumps or anything else that seems unusual. A history of the patient's health habits and past illnesses and treatments will also be taken.
- Laboratory tests: Medical procedures that test samples of tissue, blood, urine, or other substances in the body.
- Imaging procedures: Procedures that make pictures of areas inside the body.
- Genetic tests: A laboratory test in which cells or tissue are analysed to look for changes in genes or chromosomes. These changes may be a sign that a person has or is at risk of having a specific disease or condition.



**1 in 7 men will be diagnosed with prostate cancer in their lifetime.**

Prostate Cancer kills more men than any other cancer in the UK. A man dies from prostate cancer every 45 minutes in the UK, that's over 11,500 every year. Early diagnosis is the key to successfully treating prostate cancer. On the Isle of Wight over 300 men are diagnosed with prostate cancer every year, which is one of the highest rates in the UK.

**Isle of Wight Prostate Cancer**  
**Support Group**  
**IWPCSG PSA TESTING EVENTS**

**Saturday 13 Apr 2024**

**09:00-14:00**

Masonic Hall, 6 Castle Road, Cowes, PO31 7QZ

**Saturday 01 Jun 2024**

**09:00-14:00**

Sandown and Shanklin Rugby Football Club,  
Station Approach, Sandown PO36 9EU

**Saturday 20 Jul 2024**

**09:00-14:00**

Totland Bay Bowling Club  
off The Broadway, Totland Bay PO39 0AT

**Details can be found on the website at:**

**<https://iow.mypsatests.org.uk/>**

**iwpcsg@gmail.com**

**07568 245124**



Age UK Isle of Wight is your local charity dedicated to providing essential services to support older adults on the Isle of Wight. Our mission is to support individuals aged 50+ to live well in later life. We believe that everyone deserves to enjoy a fulfilling and happy life, regardless of their age.

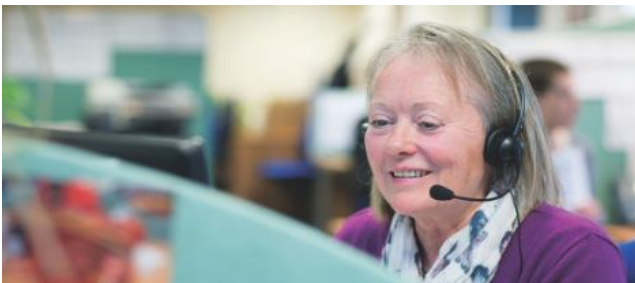
Since 1973, we have been supporting older Islanders to love later life. As we celebrate our 50th year, we need your help now more than ever to support those who have no one else to turn to. Our range of services are designed to meet the unique needs of individuals as they navigate the challenges and opportunities that come with aging. Our tagline, "Loving, caring, responsive" reflects our commitment to providing compassionate and responsive care to older adults in our community. Join us in making a difference in the lives of older adults on the Isle of Wight.

**Our vision:** An Island community where older people are respected, valued, included and able to live the life they choose.

**Our purpose:** Working with, and for, older people; driving change so they can live well whatever their circumstances.

### [We offer advice](#)

Our trained advisors offer free, confidential, and impartial information and advice to older people and their families on almost any subject. We also offer specialised Welfare Benefits advice.



### [We offer home help](#)

Our friendly & trustworthy personal assistants can help you with a range of tasks including all types of general housework, meal preparation, shopping, outings and more.



### **We offer companionship**

Our Good Neighbour Scheme volunteers telephone befriend and visit lonely older residents and offer friendship, support and reassurance for those with no-one else to turn to.



### **We offer coordinated support**

We offer personalised and co-ordinated services to help you get the right support, at the right place, at the right time.



### **Contact Us**

Contact us on 01983 525282 to book a face-to-face appointment at our office, which is located at 147 High Street, Newport, Isle of Wight, PO30 1TY. [www.ageuk.org.uk/isleofwight](http://www.ageuk.org.uk/isleofwight)



## St Helens Health Walks 2024

- St Helens Health Walks take place every Wednesday from 10am and usually ends around 1pm.
- Walkers meet by the sports pavilion on St Helens Green.
- The varied walks take place around the St Helens, Seaview, Bembridge and Brading areas and the distance is normally between 4 and 8 miles.
- A shorter walk for those requiring one is offered.
- The aim of the friendly walks is to help provide opportunities for physical exercise as well as positive social opportunities.
- The walks have a leader and a back marker to provide support for walkers.
- If you need further information, please contact Maurice Dix Tel: 07854 368 419 or by email at [maurice.dix@btinternet.com](mailto:maurice.dix@btinternet.com)



Starting 10th January 2024

Every Wednesday of each month  
except the 1st  
11.30AM - 2.00PM

Complimentary soup & a roll, refreshments,  
activities and conversations

St Helens Community Centre,  
Guildford Road, St. Helens, Ryde,  
Isle of Wight, PO33 1UH



## St Helens Community Fridge

Don't forget to come along for a warm lunch every Wednesday at the Community Centre. Everyone is welcome and there is no charge. Pick up some eggs, fruit, bread, and other items from the Community Fridge while you're there! The food stand and fridge project are to reduce food waste and is open between 9 and 5 daily.

## Patient Group Members

- **Chairman** - Keith Bradford - [keithbradford18@yahoo.com](mailto:keithbradford18@yahoo.com)
- **Vice Chair** - Patricia Jepson - [triciajepson@gmail.com](mailto:triciajepson@gmail.com)
- Susan Atwell
- Maurice Dix
- Lorraine King
- Gay Allen – [gayallen@outlook.com](mailto:gayallen@outlook.com)
- Diana Tuson
- Derek Burt
- George Weech
- Pam Hogg – [pamhogg57@gmail.com](mailto:pamhogg57@gmail.com)
- Peter Dodds – [peterdodds46@gmail.com](mailto:peterdodds46@gmail.com)
- **Business Manager** – Megan Odell
- **Operations Manager** – Summer Wearn
- **Secretary** – Jolie Hurst