

LEA VALLEY HEALTH PCN NEWSLETTER

A quarterly newsletter brought to you by Lea Valley Health PCN



The NHS App

The quickest and easiest way to access health services.

Please contact your practice for help and advice.

Drop in sessions available upon request.

Help and support

If you have any problems using the NHS App, you can:

- go to 'Help' in the top right-hand corner of the app
- visit nhs.uk/helpmeapp



What Is Frailty?

Frailty is a common condition in older adults where the body becomes weaker and less able to cope with everyday stress. It's not a disease, but a sign that your body is slowing down and becoming more vulnerable.

You might think of it as your body having less "reserve" or strength to bounce back from illness, injury, or even something like a cold or a minor fall.

Common Signs of Frailty

You may be experiencing frailty if you notice:

- Feeling tired all the time
- Losing weight without trying
- Finding it harder to walk or move around
- Feeling weaker than before
- Being less active than usual

These changes may seem small at first, but they can make it harder to stay independent and do things you enjoy.

Why Is Frailty Important?

Frailty makes you more likely to:

- Fall or get injured
- Get sick more easily
- Stay in the hospital longer
- Take longer to recover
- Lose independence

But the good news is — frailty can often be improved or managed with the right support.

What Can You Do About It?

Even small changes can make a big difference. Here's how you can fight frailty:

1. Stay Active

- Gentle exercises like walking, tai chi, or strength training help build strength and balance.

2. Eat Well

- Protein-rich foods (like eggs, meat, beans, dairy) support muscle health.
- Stay hydrated!

3. Get Regular Checkups

- Review your medications and health conditions with your doctor.
- Screen for things like vision, hearing, or memory loss.

4. Prevent Falls

- Use walking aids if needed.
- Remove trip hazards at home (like loose rugs).
- Consider a home safety check.

4. Stay Social

- Loneliness can make frailty worse. Stay connected with friends, family, or join community groups.

Talk to Your Doctor

If you or a loved one might be frail, speak to your doctor or nurse. They can assess your condition and help you make a plan to stay strong and independent for as long as possible.



Hertfordshire Fire and Rescue Service
in partnership with Public Health

Hertfordshire Fire and Rescue would like to offer you a

FREE SAFE & WELL visit

incorporating HOME FIRE SAFETY

- You may be eligible for a FREE smoke detector.
- The visit includes advice on aspects of health and wellbeing to help keep you safe and well.
- This service is open to all Hertfordshire residents.
- All fire service personnel will be in uniform and show an ID card.

Please book online or call:
www.hertfordshire.gov.uk/fire
0300 123 4046

Hertfordshire County Council: Providing the opportunity to be healthy and safe.

Hertfordshire Health Walks

Do you want to include more walking in your day? If so, join one of our free, friendly and safe Health Walks.

Broxbourne Timetable of walks

SUMMER 2025—Enjoy the countryside and local green spaces with FREE Hertfordshire Health Walks led by friendly, trained volunteers.

| Walks and meeting point | Day/time | Date | Walk Grade/Information |
|--|----------------------------|--|--|
| Rosedale Community Church St Andrew's Lane, EN7 6LB Free Parking | Tuesday 10-11am | Weekly | Grade 2 Lasts approx. 1 hour less than 2 miles, on mostly flat terrain |
| Cheshunt East Pindar Car Park, Windmill Lane, EN8 9AJ Parking charges are £1 for up to an hour and the machine is card only . Alternatively use nearby street parking | Wednesday 10.30-11.30am | Weekly | Grade 2 Lasts approx. 1 hour less than 2 miles, on mostly flat terrain |
| Cheshunt East Turnford Brook Car Park, Cheshunt, EN8 0HX Free Parking | Alternate Fridays 1pm | Jan 17th, 31st Feb 14th, 28th Mar 14th, 28th Apr 11th, 25th | Grade 1 30-45 minutes, even footpaths, flat terrain |

All walks are FREE, no booking required. All walkers need to register first. You can do this online or arrive 15 minutes early to fill in a form. Walks range from a gentle First Steps (20-30 minutes) and increase in length and time up to Grade 4 (90 minutes) unless otherwise stated. The walking times are for guidance but may be longer depending on the fitness of walkers and the weather.

Contact T: 01992 555888 E: healthwalks.cms@hertfordshire.gov.uk or visit www.hertfordshire.gov.uk/healthwalks

NHS

Over 40? You need to know your blood pressure

Around 1 in 4 adults in the UK have high blood pressure, but many don't know it. It can increase your risk of having a heart attack or stroke.

Knowing what your blood pressure numbers mean could save your life.

To find out how to get checked and manage your risk, visit nhs.uk/bloodpressure

Your health matters. Help us help you

What is on offer

Active Herts have a vast array of low impact exercise sessions which are all led by qualified health and wellbeing coaches. New referrals receive 6 weeks free of Active Herts sessions and then it's £4.50 per person a session. We will also be signposting a number of Council run activities and external exercise groups from Park-Run, Hertfordshire Health Walks and Walking for Health.

Inclusion criteria

- Over 16 years of age
- Does less than 30 minutes of Physical Activity a week
- A resident living in the Borough of Broxbourne

To self refer visit www.broxbourne.gov.uk/community/i-like-self-refer-active-herts

Active Herts

Your first step to a more active lifestyle

Patient Participation Group (PPG)

The PPG are a group of patients who work together with the practice staff to improve GP services for everyone.

All patients and the carers of registered patients are welcome to join to share their skills, ideas and enthusiasm.

The PPG meets four times a year and is attended a GP, the Practice Manager, Reception Manager and Senior Admin Staff.

If you would like to join your Practice PPG please pop in for an application form.

