

# Dietetic Health & Wellbeing Team Newsletter

**“Your quality of life matters to us”**

## Upcoming Health and Wellbeing Events

### Cholesterol Workshop

6/02/2024 10:30-12:00



- 🌀 Prestbury Medical Practice,  
2 Broadway, WV10 8EB
- 🌀 GP, Dietitian, Fitness Trainer and the  
HWBC's will all be there.

Find out what cholesterol is, the risks and how to control it.

Total cholesterol	Healthy Level
	Below 5mmol/L

### 7 Week Health and Wellbeing Programme

20/02/2024 10:30-12:30



- 🌀 The New Bushbury Triangle,  
74 Stanley Road, WV10 9EL
- 🌀 GP, Dietitian, Fitness Trainer and the  
HWBC's will all be there.

Each week we will **focus** on a health and lifestyle factor: diet, exercise, sleep, relationships and more. Learn about how these factors affect your wellbeing. Set your own personalised **goals** and practice motivational **techniques**.

## Monthly Focus

### It's Boost Your Self-Esteem Month

We can all **lack confidence** at times, whether it be a new job, a new baby or an important meeting. It is when this lack of confidence becomes **long term** that it can **negatively affect our wellbeing**. We see ourselves in a negative way and find it hard to cope with life's challenges. We then stay away from these challenges, which then re-asserts the negative thoughts.

**Write a list of what you are good at:** Write a list of the great qualities you have. If you struggle, think about the positive things your friends, family or work colleagues have said about you. Spend time with these people who recognise your worth.

**Be fair to yourself:** Talk to yourself how you would talk to a friend in this situation. Treat yourself how you would treat a friend.

**Gratitude:** Being thankful for who you are, who you know and what you have. Make a list everyday this month of 3 things you are grateful for; it's a great way to start your day. Think about how you can show your appreciation to others and yourself. Why not have a pamper day?





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## What Have We Been Doing?

**Saturday 27<sup>th</sup> January** the Dietetic Health and Wellbeing Team were at the **Diabetes Information Day**. It was extremely well attended and it was lovely to speak to many of you in person.



Serena- HWBC  
Hasan- Care Coordinator  
Sharina- HWBC  
Dr Shrestha  
Emily- Dietitian  
Ben, our fitness trainer was there, but we couldn't get him to stop moving for a photo!  
We missed you Bhav

## Weight Management Programme

**Every Thursday, 11am at Prestbury Medical Practice**, we have our very popular session. We have been enjoying the exercise routines from our fitness trainer and it has been great to see so many of you attend the walk afterwards. We would also like to thank the Pharmacy Team who came in to discuss medications and weight. This week's focus is Ultra-Processed Foods. Our challenge between the **Brilliant Blueberries** and the **Amazing Avocados** is still on-going, who will be the champions this week? **(Please note there will be no Weight Management Programme on the 15<sup>th</sup> of February)**

**Care Coordinator:** "Technology and all of its capabilities."

**HWBC:** "I am grateful for the ability to drive."

**Dietitian:** "I am grateful for the health of myself and my friends and my family because health is wealth!"

**HWBC:** "I'm grateful that I have access to warmth in the winter."

**HWBC:** "I'm grateful that I always have a hearty meal available."

## Dietitian's Myth Busting Bonus Tip

**Eggs are high in cholesterol.....**

Some foods naturally contain dietary cholesterol, but don't make a big difference to the cholesterol in your blood. These are foods like eggs, prawns, crab and offal. They are mostly low in saturated fat and so are fine to eat as part of a healthy diet. Only cut down on these foods if your doctor or a dietitian has advised you to. To lower cholesterol, it's more important to cut down on the amount of saturated fat you eat.





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Our Health and Wellbeing Coaches attended their training on **CPR**.

**Resuscitation, compressions and using the defibrillator and EpiPens** were all on the agenda. Although, we are all confident in the abdominal thrust; please **chew your cherry tomatoes!**

Bhav (HWBC) is sadly leaving us for a short while, but for the exciting reason of starting her maternity leave. We will miss Bhav, but we wish her all the best.



### Dietetic Health and Wellbeing Team

Serena, Bhav, Hasan, Sharina, Ben and Emily



Please scan via your camera on your mobile phone to self-refer for any of our programmes.



### Fitness Trainer's Top Tip

#### Spring into Spring

Any **movement** you can do is better than nothing. 10 minutes a day, every day will make a difference. Get **outside**, it will boost your **mood, Vitamin D** and there is some evidence that being outside reduces stress. Movement does not have to be hard or structured. **A Spring clean** includes lots of movement. Decluttering your home not only has movement, but will also be good for your mood.

### International Reminders

Happy New Year to all of our Chinese friends.



Wishing a reflective Parinirvana Day to all our Buddhists friends.



### Other ways to contact us

Just phone your GP Surgery and ask reception to "task" the Health and Wellbeing Coaches with your enquiry. We will be in touch with you.