

ST MARTINS GATE SURGERY

Issue 26

January 2017

DRYATHLON®
No alcohol. For January.
To beat cancer sooner.
dryathlon.org

Taking on the challenge of giving up alcohol for a month could have lots of potential perks. Just imagine what awesome things you could achieve in an iron willed month without hangovers.

You'll not only be raising lots of money to bring forward the day all cancers are cured, there are all these other potential benefits too:

- Feel more energetic and get more things done
- Sleep better or even snore less
- Cut the boozy calories and lose weight
- Eat more healthily and increase your activity to get the maximum benefit
- A healthier, happier bank balance
- A sense of achievement with your new found hero status
- Time to do all those super cool things you keep putting off. Now is the time for taking that yoga class or writing your first novel
- And last but not least, every pound you raise will go towards live saving research.

The good news is the benefits don't have to stop when Dryathlon does - and if you drink less in the long term it could make a real difference to your long term health.

To sign up for this event and for more information, head over to www.cancerresearch.org



All the members of staff would like to wish our patients a very
Happy New Year!

FIVE WAYS TO STAY HEALTHY THIS WINTER

It may be cold outside, but winter needn't be the unhealthiest time of year for you and your family.

1. Eliminate your sleep debt

On average we sleep six-and-a-half hours a night, much less than the 7-9 hours recommended. But in winter, we naturally sleep more because of the longer nights. It's perfectly natural to adopt hibernating habits when the weather turns cold; use the time to catch up.

2. Drink more milk

You are 80% more likely to get a cold in the winter, so making sure your immune system is in tip-top condition is important. Milk and dairy products are great sources of protein and vitamins A and B12. They're also an important source of calcium, which helps keep our bones strong.

3. Eat more fruit and veg

When it's cold and dark outside, it can be tempting to fill up on unhealthy comfort food, but it's important to ensure you still have a healthy diet and include 5 portions of fruit and veg a day. Winter vegetables such as carrots, parsnips, swede and turnips can be roasted, mashed or made into soup for a comforting winter meal.

4. Try new activities

Don't use the cold winter months as an excuse to stay in and lounge around. Instead, get out and try a new activity. Regular exercise helps control your weight and boost your immune system amongst other things.

5. Have a hearty breakfast

Winter is the perfect season for porridge. Eating a warm bowlful on a cold morning isn't just a delicious way to start your day, it also helps boost your intake of starchy foods and fibre. These give you energy and help you feel fuller for longer, stopping the temptation to snack mid-morning. Oats also contain lots of vital vitamins and minerals.

BE SELF CARE AWARE

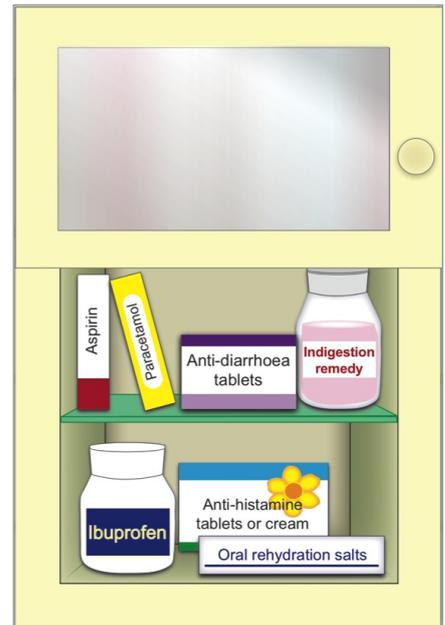
Speak to your local Community Pharmacist (Chemist) about stocking up on your medicines cabinet to treat common conditions for you and your family.

The following medications can be purchased from pharmacies or your local supermarket and are generally cheaper than buying them on prescription.

- Allergy medicines
- Simple pain killers like paracetamol and ibuprofen
- Sore throat, coughs, colds and flu medications
- Heartburn and indigestion remedies
- Pile (haemorrhoid) treatments
- Anti-diarrhoea medication
- Rehydration salts
- First aid kit including plasters and bandages
- Thermometer
- Tissues

Please store medicines in a safe place, out of reach of children and always check the expiry date of medicines before use.

Please return all out of date medication to your local pharmacist.



Patient Participation Group

The next Patient Participation Group meeting, being held on Thursday 26th January, is an open invitation to all patients if they would like to attend. There will be a guest speaker, Alice Spearing from St. Richard's Hospice, who will be giving a small presentation on all the services they offer.



Patient Participation Group are still holding their drop in sessions. These are a great way to get your opinion across on how we can improve our services to benefit you, the patient.

Why not pop in, say hello and see if they can help you in anyway. They are available in reception to speak to you on the following dates:

- Thursday 5th January - am
- Thursday 12th January - pm
- Monday 16 January - am @ ST PETERS
- Tuesday 24th January - pm
- Friday 27th January - am

**No Need to Knock
Come on In!**

We would like to thank everyone who gave us gifts at Christmas! All were enjoyed thoroughly over the festive period.

Winter Pressures

In order to address the growing pressures on General Practice during the winter months, we will be increasing the number of appointments available until February 2017.

These appointments will be for patients who have an **URGENT / ON THE DAY** need to see a GP and will not be pre-bookable.