

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:

- Feeling 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 life 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 recommended. But in winter, we naturally sleep more because of 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.

Patient Participation Group

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:

- Tuesday 9th January - am
- Thursday 11th January - am @ St Peters
- Tuesday 16th January - am
- Thursday 25th January - am
- Monday 29th January - am

From some of the drop in sessions, there have been a few discussions about our Advanced Nurse Practitioners.

What is an Advanced Nurse Practitioner and what can they do?

Advanced Nurse Practitioners are experienced nurses who, through further education and specialist training, have developed their skills and knowledge in order to offer extended services to patients. Whilst not being a replacement for doctors, they can provide nursing services that incorporate some aspects of care previously provided by doctors.

Apart from seeing children under the age of 12 months, pregnant patients and patients presenting with mental health issues, an ANP is able to assess a patient, make a diagnosis and provide treatment, just like a doctor. ANP's will only see patients where they and the GP have agreed is within their ability. Where an ANP is unable to deal with a presenting problem, they will refer the patient to be seen by a GP the same day. An ANP cannot sign sick notes, however they can make arrangements for one to be signed for a patient if it is deemed necessary.

We recently conducted a search to see how many of our patients who had been seen by our ANPs, then had to be seen by a GP. From 1st January 2017 to 31st December there had been 3631 appointments with our ANPs. From these appointments only 62 needed to be seen by a GP after seeing an ANP.

The next Patient Participation Group meeting is being held here on Wednesday 7th February at 5.30pm It's an open invitation to all patients if they would like to attend.



Please note:

Reception will be closed for staff training on Wednesday 17th January from 1pm-3pm.

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