

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 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.cancerresearchuk.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 bowl full 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

St Martin's Gate PPG is a group of volunteers who are patients at the surgery. We hold regular meetings with management and a senior partner from the Practice. The next PPG meeting is being held on Wednesday 15th January at 5:30pm. Please feel free to come along and see what the PPG aim to do within the practice. You are welcome to join the PPG at any time; if you are interested, please ask at Reception or simply come along to the next meeting.



** WE ARE NOW USING CHAIN SMS TO MESSAGE PATIENTS **

Chain SMS is a system which allows us to easily send text messages to patients. It means we can be much more proactive about some communications, messaging you quickly and securely.

Some examples of how we might use it...

- Reminders or notification (e.g. prescription ready)
- Asking you to book an appointment
- Letting you know we tried to call ????
- Sending you advice at the end of a consultation

Our practice name will always appear in the message

Please help us by keeping your mobile number up to date.

You won't be able to reply to the messages.

If you don't want us to contact you in this way, please let us know.

HEALTH WALK GROUPS IN WORCESTERSHIRE



Health walks are free, easy, accessible and local. They are between 30-90 minutes long, you can walk at your own pace and you do not need any specialised equipment. Health walk groups are friendly and welcome all ages and abilities. No need to book, just turn up 10-15 minutes before the walk is due to start. For further information about health walks visit the walking for health website www.walkingforhealth.org.uk or contact Lynn Yendall Health Walks Officer: 01905 766155 or LYendall@worcestershire.gov.uk

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

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