

# YOUNGER

Events  
News  
Exercise  
Recipes  
Advice  
Tips  
Inspiring  
Opportunities  
Nutrition

NEWSLETTER AUGUST 2017

## THE ELMS MEDICAL PRACTICE



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# DON'T DRINK & DRIVE

## DON'T DRINK & DRIVE

- ✚ On average 3,000 people are killed or seriously injured each year in drink drive accidents
- ✚ Research shows that casualties caused by drink driving have fallen dramatically over the past 10 years, but in 2017 it has increased by 14%.
- ✚ Nearly one in six of all deaths on the road involve drivers who are over the legal alcohol limit.
- ✚ By drinking and driving, you risk your life, those of your passengers and others on the road.
- ✚ If you've been out drinking you may still be affected by alcohol the next day. You may feel OK, but you may still be unfit to drive or over the legal alcohol limit.

**And if you think you won't get caught, more than half a million breath tests are carried out each year and on average 100,000 are found to be positive.**



I A S P  
International Association for Suicide Prevention

September 10, 2017

# World Suicide Prevention Day



Take a minute, change a life.

World Suicide prevention day is a worldwide campaign to allow organisations and individuals to raise awareness about suicide and suicide prevention. The main aim of this campaign is to raise awareness to show suicide is preventable and to educate people about suicide prevention. This Year's Campaign is based around "Take a Minute, Change a life".

If you think someone might be feeling unwell, don't be afraid to ask how they are. Anyone can experience a mental health problem, so being able to talk about it is important to us all. And you don't need to be an expert on mental health. Often, small everyday actions can make the biggest difference.

If you're worried that someone is at immediate risk of taking their own life, you should stay with that person and take one of the following steps:

- Contact their GP for an emergency appointment or the out of hours service
- Ring 999 or NHS direct on 111
- Go to the nearest A&E department.
- Encourage them to ring the Samaritans, 116 123, open 24 hours a day

For more information please visit:

<http://www.iasp.info/wspd2017>



## Couch to 5K

A running plan for beginners

Find out more and download the weekly podcasts by clicking the boxes below

Week 1	Week 2	Week 3
Week 4	Week 5	Week 6
Week 7	Week 8	Week 9

► [Download podcasts from iTunes](#)

*Couch to 5k is a running plan for beginners, it takes place over 8 weeks with a week by week guide of different ways to exercise safely so that eventually you can run 5k without stopping!*

*Running is a great way to keep fit. Studies have shown that running can help prevent obesity, type 2 diabetes, heart disease, high blood pressure, stroke, some cancers, and other unpleasant conditions. Scientists have shown that running also vastly improves the quality of your emotional and mental life, and even helps you live longer.*

To find out more about Couch to 5k go to:

<http://www.nhs.uk/Livewell/c25k/Pages/couch-to-5k-plan.aspx>

# ONE LIFE ONE SHOT



Young people across the UK are being offered free MenACWY vaccine to combat rapid rise in a deadly strain of MenW (meningococcal W) meningitis and septicaemia.

## “I’m young fit and healthy why do I need this?”

- Teenagers and young adults are at a higher risk than any other age group
- Men W is rising Rapidly. Cases have been almost doubling each year
- Men W is a particularly virulent strain. It causes severe disease in healthy young people and it is harder to spot and more likely to kill.
- Getting vaccinated will help stop the spread of MenW this means that other people like your friends and family are less likely to get it.
- Vaccination with MenACWY also protects you against Men A, MenC, MenY, meningitis and Septicaemia

## What are Meningitis and Septicaemia and what are the symptoms?

Meningitis and septicaemia are deadly diseases that can kill in hours. Meningitis is the inflammation of the lining around the brain and the spinal cord and Septicaemia is the blood poisoning form of the disease. There symptoms include:

- Fever, cold hands and feet
- Vomiting
- Drowsy (difficult to wake)
- Severe muscle pain
- Severe headache
- Dislike of bright lights
- Stiff neck
- Convulsions / seizures
- Pale blotchy skin , spots / rash (that doesn't disappear when a glass is pushed onto it)
- Confusion / irritability



If you are a teenager or young adult and you would like the Men ACWY vaccination please ask at Reception to arrange an appointment with one of our Practice Nurses.

**FOR MORE INFORMATION VISIT:**

**WWW.MENINGITIS.ORG/ONESHOT**

## HINTS & TIPS FOR STAYING SAFE THIS FESTIVAL SEASON

1. When you arrive at a festival, familiarize yourself with the location of the main medical centre.
2. Carry a large reusable bottle to fill up from the free taps on site and drink water between alcoholic drinks. Sunscreen and a sun hat are also essential on hot days.
3. It can be very hard to sleep at a festival but lack of sleep can lower your immune system, be sure to bring ear plugs, an eye mask and suitable bedding
4. Remember to bring a supply of condoms being at a festival makes it no less likely that you will get pregnant or catch a sexually transmitted infection (STI) such as gonorrhoea, syphilis or chlamydia. If you need them, emergency contraception and sexual health advice is usually offered by the festival medics team.
5. Festival toilets are the place where you're most likely to pick up diarrhoea and vomit-inducing germs, to avoid this, wash your hands whenever possible, carry lots of tissues and toilet paper and bring a supply of anti-bacterial gel and wipes.
6. People are most likely to drink more alcohol than usual whilst at a festival which makes dehydration even more likely, if you are going to drink alcohol make sure you have water in-between alcoholic drinks and make sure you've eaten a meal that includes carbohydrates and fats (this will help slow your body's absorption of alcohol)
7. Keep your feet dry with wellies, change your socks as often as needed and take your footwear off at night. As this can cause fungal infections.
8. If you take regular prescription medication, be sure to take enough with you to last throughout the festival.



## FIVE MINUTE HEALTH BREAKFAST 'GRAB AND GO' BREAKFAST BAR

Sometimes mornings can be a rush, make A batch of these granola bars, with no Added sugar, in advance for a healthy Breakfast On the go.



**MAKES: 6 BARS PREPARATION TIME: 15 MINUTES**

**COOKING TIME: 25 MINUTES**

**CALORIES PER PORTION (ONE BAR): 300 KCAL (1.225KJ)**

### INGREDIENTS:

- 150g of jumbo oats
- 2 medium, very ripe bananas
- 60g of melted butter
- 60g of cherries
- 60g of cranberries
- 40g of sunflower seeds
- 40g of pumpkin seeds

Preheat the oven to 200C (fan, 180C, gas mark 6). Mix the oats, cherries, cranberries & seeds together in a bowl. Pour in the melted butter and mix thoroughly to make sure the oats are well coated. On a separate plate, mash the bananas into a pulp with a fork, add to the oat mixture and mix well. Spread the mixture into a 30x20cm tin and bake in the oven for 20-25minutes. Once cooked, transfer to wire rack to cool and then cut into 6 bars. [www.nhs.uk](http://www.nhs.uk)