

# YOUNGER

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## NEWSLETTER

AUGUST EDITION 2015

### THE ELMS MEDICAL PRACTICE



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## Have you had your MMR vaccination?



### CATCHING UP ON THE MMR VACCINATION

Adults and children, who are not immune because they missed one or all of the MMR doses when younger, can have the MMR Vaccine through the NHS at any age. People in the catch up criteria may include:

- Teenagers
- Adults
- Pregnant Women
- People who have been exposed to measles outbreak

Please contact the surgery to book an appointment if you know you may need, or you can phone the surgery to check if you are up-to-date with your MMR Vaccination.

GREENING  
THE BLUE.



INTERNATIONAL  
YOUTH DAY

International Youth Day will be taking place on 12 August 2015, bringing youth issues to the attention of the international community and celebrating the potential of youth as partners in today's global society. The 12 August was first designated International Youth Day by the UN General Assembly in 1999, and serves as an annual celebration of the role of young women and men as essential partners in change, and an opportunity to raise awareness of challenges and problems facing the world's youth.

### Go smokefree with your mobile phone



If you have an Android phone, iPhone, iPad or iPod touch, you can download the free NHS Smokefree app. Created for those who want to stop smoking, the Smokefree app is a 4 week programme that puts practical support, encouragement and tailored advice in the palm of your hand.

- Provides daily support and success tips
- Keeps track of how much money you're saving
- Shows how many days you've been smoke free
- Record a motivational picture, video or audio to remind you why you're giving up
- Provides links to local NHS Smoking Services

Download from iTunes

Download from Google Play

### MEN ACWY VACCINE

*Teenagers and university students are to be offered a vaccination to prevent meningitis W disease.*

*From August 2015, all 17- and 18-year-olds in school year 13 and first-time university students up to the age of 25 will be offered the Men ACWY vaccine as part of the NHS Vaccination Programme. The Men ACWY vaccine protects against four different causes of meningitis and septicaemia meningococcal (Men) A, C, W and Y diseases.*

*GP practices will automatically send letters inviting teenagers in school year 13 to have the Men ACWY vaccine.*

*There will also be a catch-up vaccination programme for current school year 10 students through schools from January 2016. For more information visit:*

[www.nhs.uk/Conditions/vaccinations](http://www.nhs.uk/Conditions/vaccinations)

# THAI SWEET CHILLI CHICKEN WRAPS



**CATEGORY:** MAIN MEAL,  
**STARTER or SNACK:** SERVES 2  
**PREP TIME:** 10 MINUTES  
**COOKING TIME:** NONE

1. Spread one side of each tortilla wrap with some chilli sauce. Arrange some chicken slices and spinach leaves across middle of each wrap. Scatter over spring onions and top with tomato slice (if using); season with black pepper. Sprinkle with chopped coriander, if desired.
2. Wrap/fold or loosely roll up tortilla wraps to enclose filling; cut each into 3 or 4 portions to serve.

### Variations

- Try using a wholemeal or flavoured tortilla wrap instead of the plain white one. Mango chutney, chunky tomato salsa or reduced-calorie mayonnaise can be substituted for the chilli sauce. Warm the wraps according to packet instructions before adding the filling, if preferred.

### Ingredients

- 2 plain wheat flour tortillas or deli wraps (each about 25cm/10in in diameter)
- 3 tablespoons Thai sweet chilli sauce or sweet chilli sauce
- 150g (5 1/2oz) cooked skinless, boneless chicken breast, thinly sliced
- 35g (1 1/2oz) baby spinach leaves
- 4 spring onions, chopped
- 1 vine-ripened tomato, thinly sliced (optional)
- Freshly ground black pepper, to taste
- 2 teaspoons chopped fresh coriander (optional)



## ALCOHOL STATISTICS

In England in 2011/12, an estimated 1.2 million hospital admissions were due to an alcohol-related condition or injury.

This is a 4% increase on the number of alcohol-related admissions in 2010/11 and a 58% increase compared with 2002/3.

In England, alcohol dependence affects 4% of people aged 16-65 (6% of men, 2% of women).

Over 24% of people in England consume alcohol in a way that's harmful or potentially harmful to their health and wellbeing.

Alcohol misuse is also a growing problem in children and young people, with over 24,000 receiving NHS treatment for alcohol-related problems during 2008/9.

### Why is it so important to keep your GP appointment?

*Every missed appointment is a waste of clinical time, which could be needed by patients who are very ill. If you cannot attend your appointment, letting us know early enables us to give your appointment to another patient who might really need it.*

# WORDSEARCH

B	H	Y	G	I	E	N	I	S	T	X	R	Z	U	H	U	T	A	L	B
J	R	T	S	P	P	T	S	O	L	Q	T	P	Z	I	E	V	U	X	A
C	E	L	T	I	V	P	D	F	R	W	G	A	R	G	L	E	B	S	M
H	N	B	C	X	J	R	O	F	F	U	O	N	O	N	U	U	G	V	X
E	Z	R	U	S	G	X	Z	Y	L	S	S	U	D	L	J	C	O	Q	F
A	T	E	S	T	A	A	N	I	S	S	X	F	O	T	U	I	H	D	E
L	K	M	U	R	L	T	X	S	S	Z	A	K	L	O	E	R	I	S	F
T	R	U	A	R	T	W	R	P	L	A	Q	U	E	C	O	D	E	A	X
X	J	K	W	R	C	V	O	N	T	H	S	C	C	O	A	T	H	P	A
S	E	F	W	I	W	S	D	K	M	L	X	A	M	I	J	P	A	S	T
Y	G	U	M	S	W	S	M	O	T	J	E	X	T	O	L	F	I	P	A
S	U	S	T	E	J	W	S	M	O	J	X	T	O	L	F	I	P	A	P
T	O	O	J	W	Q	P	O	L	A	S	S	H	U	A	R	A	S	T	O
E	E	D	Y	X	W	Q	X	L	S	W	U	A	R	A	S	L	E	T	O
M	U	E	J	M	S	W	J	N	W	Q	U	A	R	A	S	L	E	T	O
X	E	C	I	D	M	W	S	N	W	Q	U	A	R	A	S	L	E	T	O
A	C	A	V	I	T	Y	W	E	N	X	O	A	W	A	L	O	H	I	S
B	I	Y	M	T	I	M	W	R	T	O	O	T	H	B	R	U	S	H	B

Find these words:

- |          |           |            |
|----------|-----------|------------|
| BRUSH    | GARGLE    | RINSE      |
| CAVITY   | GUMS      | SEALANTS   |
| DECAY    | HYGIENIST | TOOTH      |
| DENTIST  | MOLAR     | TOOTHBRUSH |
| FLOSS    | PLAQUE    | TOOTHPASTE |
| FLOURIDE | POLISH    | XRAY       |

### CHANCE TO WIN A £5.00 BOOTS VOUCHER

Simply complete the wordsearch, and all correctly answered entries will be entered into our prize draw. The winner will be notified by Friday 4<sup>th</sup> September 2015. Please add your contact details below and hand into the Elms Reception with your completed wordsearch:

Name: .....

Tel Number: .....