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NEWSLETTER

APRIL 2016

THE ELMS MEDICAL PRACTICE



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NHS 111 – 1ST APRIL 2016

West Cheshire is moving the out of hours call handling to **NHS 111** on Thursday 31st March 2016. The answerphone message for patients when ringing the surgery will be changed to advise the patients to hang up and redial **111** if they need medical advice before the surgery re-opens. Practices will not redirect the call, as calls to **111** are free, and enable **111** to re-contact any disconnecting calls. They need to see the number from which the patient has called – not a redirected number. This service has now been live for nearly 3 years.

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.

ALCOHOL & YOUR HEALTH

NHS Choices say that regularly drinking more than 14 units a week risks damaging your health. Fourteen units is equivalent to six pints of average strength beer or 10 small glasses of low strength wine. There is now a better understanding of the link between drinking and some illnesses, including a range of cancers. The previously held position that some level of alcohol was good for the heart has been revised.

Did you know a standard glass of wine can contain as many calories as a piece of chocolate, and a pint of lager has about the same calorie count as a packet of crisps? The average wine drinker in England takes in around 2000 kcal from alcohol every month. Drinking five pints of lager a week adds up to 44200 kcal over a year, equivalent to eating 221 doughnuts. A heavy drinking session is often followed by an unhealthy breakfast to help cope with a hangover, which again helps to pile on the pounds. Going for a fry up instead of your usual bowl of cereal can add an extra 450 kcal to the calorie count from the night before. These findings are based on an online survey of nearly 2000 adults in England in March 2009 by YouGov for the Department of Health.

What does 1 unit of alcohol look like?



drinkaware.co.uk

BOWEL CANCER UK

APRIL - BOWEL CANCER AWARENESS

This year Bowel Cancer UK are focusing on raising awareness on bowel cancer screening. Screening can help save lives but at the moment in some areas of the UK only a third of those who receive a test complete it. This means thousands of people are missing out on the chance to detect bowel cancer earlier when it is easier to treat.

KNOWING THE SYMPTOMS OF BOWEL CANCER COULD SAVE YOUR LIFE

- Bleeding from your bottom and/or your poo
- A change in bowel habit lasting for 3 weeks
- Unexplained weight loss
- Extreme tiredness for no obvious reason
- A pain or lump in your tummy

If you have any concerns or if things just don't feel right - contact your GP. For more information visit: bowelcancer.org.uk

SURPRISING SNACKS – ONLY 100 CALORIES OR LESS!!



'CHEESE & TOMATO TOASTIE' 93 CALORIES

A slimmed-down version of an all-time British classic, but no less scrumptious. Simply chop the tomato and spring onion, sprinkle them over a slice of crispbread, cover with grated cheese and place under a pre-heated grill for a couple of minutes.

- 1 wholegrain crispbread: 39kcal (164kJ)
- 15g of grated 30% less fat mature cheese: 47kcal (197kJ)
- 40g of tomato: 7kcal (29kJ)
- an optional sprinkling of chopped spring onion (calories nominal)



'HOT CHOCOLATE & MARSHMALLOWS' 99 CALORIES

Lose yourself for an instant in this indulgent hot chocolate. For a bit of guilt-free luxury, we've added a sprinkling of airy marshmallows and frothed the mixture.

- 1 sachet of diet hot chocolate: 60kcal (252kJ)
- 200ml of hot water
- 12g of mini marshmallows: 39kcal (164kJ)



Spring Word Search



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|---------|----------|---------|-----------|
| blossom | daffodil | green | growth |
| melting | puddle | rainbow | raindrops |
| seeds | sunshine | tulips | umbrella |

DISRESPECT NOBODY

#Disrespectnobody

www.disrespectnobody.co.uk

THERE'S A PERSON ATTACHED TO EVERY BODY – RESPECT BOTH

The 'Disrespect Nobody' campaign is being jointly funded by the Government Equalities Office and the Home Office.

The campaign is aimed at 12 to 18 year old boys and girls with the aim of preventing them from becoming perpetrators and victims of abusive relationships by encouraging young people to re-think their views of violence, abuse, controlling behaviour and what consent means within their relationships.

Disrespectful and unacceptable behaviour can come in many forms. It isn't limited to just physical behaviour; it can also go way beyond that. For example it is NOT OK for someone to try and pressure you into sending a nude picture, or to expect the same things to happen that they've seen in a porn film. If someone makes you do something you don't want to, makes you feel scared, intimidated or tries controlling you, it is not acceptable and is NEVER OK.

HEALTHY RELATIONSHIPS ARE ALL ABOUT RESPECTING EACH OTHER; YOU SHOULD FEEL LOVED, SAFE AND FREE TO BE YOURSELF.

Information about all forms of abuse including sexting, mental/physical abuse, bullying, domestic abuse and photo sharing can all be found at www.disrespectnobody.co.uk