

YOUNGER

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NEWSLETTER DECEMBER 2016

THE ELMS MEDICAL PRACTICE



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#HIVNOTRETRO – WORLD AIDS DAY

1ST DECEMBER 2016

HIV STIGMA: NOT RETRO, JUST WRONG

Being diagnosed with HIV today means something very different than it did 20 or 30 years ago. HIV is no longer a death sentence. However, people's attitudes can make living with HIV really hard. Some things from the 1980s and 1990s are worth revisiting, but HIV stigma isn't one of them. It's time to end HIV stigma.

This World AIDS Day, help us put HIV stigma firmly in the past where it belongs, by joining our Not Retro, Just Wrong Campaign.

CHALLENGE HIV STIGMA ON SOCIAL MEDIA

Take a stand against HIV stigma on Facebook, Twitter or Instagram this World AIDS Day. Share a funny or embarrassing picture of you (or your parents!) from the 80s or 90s, to show that although some retro styles have come back in to fashion some things should be left in the past, including HIV stigma. Remember to hashtag

#HIVNotRetro



I'M VERY HAPPY TO HAVE LEFT MY 90S HAIRCUT BEHIND! IT'S TIME TO FINALLY BURY HIV STIGMA IN THE PAST TOO. NOT RETRO, JUST WRONG #HIVNOTRETRO



I'm

not feeling like myself
feel tired, drained
can't focus at work
can't stop worrying
about the little things,
about everything
not eating, sleeping
feel anxious

fine



The mental Health Foundation said that a study of 2,000 Brits has revealed that on average a person will say "I'm fine" 14 times a week, but only 19% will actually mean it. They found this to be a surprising statistic and one which they are challenging. Their "I'm Fine" poster campaign has been launched to challenge the stigma against mental health and to "bring back meaning" to our daily conversations.

For free TIPS on good mental health text TIPS to 70300. For further information visit:
www.mentalhealth.org.uk

Looking for the perfect gift this Christmas..

...give the gift of your good health

Pledge to quit smoking this Christmas for your family and loved ones, with help and support from your local stop smoking service.

We provide a FREE 12 week quit programme offering weekly support and access to the latest NRT to make sure you succeed in your quit attempt.



0800 622 6968
(Mon-Fri 9:00am-7:00pm Sat 10:00am-2:00pm)
 text 'smokefree' to 66777
 [@quit51](https://twitter.com/quit51)
 contact.quit51@nhs.net
 www.quit51.co.uk

Quit 51

JOIN THE MILLIONS AND GO DRY THIS JANUARY!

SIGN UP AND TAKE THE CHALLENGE!



WHAT IS DRY JANUARY?

Dry January is Alcohol Concern's campaign which has been going for the past 5 years.

Taking part in the campaign is a chance to ditch the hangover, reduce the waistline, and save some serious £££ by giving up alcohol for 31 days.



UNBELIEVABLY EASY MINCE PIES



PREP: 30 MINS - 40 MINS
COOK: 20 MINS



EASY



MAKES 18 PIES

Nutrition: per pie

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
222	11g	7g	30g	12g	1g	2g	0.26g

Ingredients

- 225g cold butter, diced
- 350g plain flour
- 100g golden caster sugar
- 280g mincemeat
- 1 small egg
- icing sugar, to dust

Recipe by Good Food

Method

1. To make the pastry, rub 225g cold, diced butter into 350g plain flour, then mix in 100g golden caster sugar and a pinch of salt. Combine the pastry into a ball – don't add liquid – and knead it briefly. The dough will be fairly firm, like shortbread dough. You can use the dough immediately, or chill for later.
2. Preheat the oven to 200C/gas 6/fan 180C. Line 18 holes of two 12-hole patty tins, by pressing small walnut-sized balls of pastry into each hole. Spoon 280g mincemeat into the pies.
3. Take slightly smaller balls of pastry than before and pat them out between your hands to make round lids, big enough to cover the pies. Top the pies with their lids, pressing the edges gently together to seal – you don't need to seal them with milk or egg as they will stick on their own. (The pies may now be frozen for up to 1 month).
4. Beat 1 small egg and brush the tops of the pies. Bake for 20 minutes until golden. Leave to cool in the tin for 5 minutes, then remove to a wire rack. To serve, lightly dust with icing sugar. They will keep for 3 to 4 days in an airtight container.

NHS Choices

10 Stress Busters by Professor Cooper

1. **Be Active** - exercise won't make your stress disappear, but it will reduce some of the emotional intensity that you're feeling, clearing your thoughts and letting you deal with problems calmly.
2. **Take Control** - the act of taking control is in itself empowering and it is a crucial part of finding a solution that satisfies you and not someone else.
3. **Connect with People** - a good support network of colleagues, friends and family can ease your work troubles and help you see things differently.
4. **Have Some 'Me Time'** - Set aside a couple of nights a week for some quality 'Me Time' away from work, make time for socialising, relaxation and exercise.
5. **Challenge Yourself** - Set yourself goals and challenges, either at work or outside, such as learning a new language or a new sport and this can all help build confidence.
6. **Avoid Unhealthy Habits** - Do not rely on alcohol, smoking and caffeine as your ways of coping. Over the long term, these crutches won't solve your problems, they will just create new ones.
7. **Help Other People** - Professor Cooper says evidence shows that people who help others through activities such as volunteering or community work become more resilient. If you do not have time to volunteer try small things such as helping someone cross the road.
8. **Work Smarter, Not Harder** - working smarter means prioritising your work, concentrating on the tasks that will make a real difference.
9. **Try to be Positive** - look for the positives in life and things for which you are grateful.
10. **Accept the Things You Can't Change** - changing a difficult situation is not always possible, try to concentrate on the things you do have control over.



Decembeard 2016

Bowel Cancer UK are running Decembeard. It is a chance for Dads, brothers, sons, nephews, grandads, uncles to grow a beard throughout December and raise money to support vital research and lifesaving work to stop bowel cancer. Already have a beard, ditch it or dye it and get sponsored for the new look.

Men and Bowel Cancer

- Bowel cancer is the third most common cancer in men in the UK
- Around 23,000 men are diagnosed with bowel cancer each year
- 1 in 14 men will be diagnosed with bowel cancer during their lifetime
- Men are less likely to recognise the symptoms of bowel cancer, to see their GP if they recognise symptoms or return the bowel cancer screening test
- Bowel cancer accounts for 10% of all male cancer deaths



Sign up to Decembeard and support vital research and lifesaving work to stop bowel cancer