

YOUNGER

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NEWSLETTER

FEBRUARY EDITION 2016

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DRY JANUARY? CHALLENGE YOURSELF TO A DRY FEBRUARY!



As the New Year comes to a close, millions around the world have successfully gone a month without drinking alcohol, both for Charity and as a New Year's boost to their wellbeing.

But why stop there? Could you push yourself to the extra challenge of cutting out alcohol for another month?

The benefits of reducing your alcohol intake/cutting it out completely are so fabulous you will benefit greatly from binning the booze this February!

- **1. Watch your weight** Alcohol is heavy on **calories**. And with **682 calories** in an average **13% bottle of wine**, cutting down is a great way to stay in shape.
- **2. Reduce stress** Some people say that they drink to relax, but in fact excess alcohol can actually make you feel more **stressed** because it's a depressant.
- **3. Sleep soundly** Drinking less means that you get more high quality shuteye because alcohol interferes with the normal sleep.
- **4. Improve your complexion** Drinking less/cutting down on alcohol improves your skin, your hair and your nails. If you suffer from acne, ditching the booze will help improve your body's ability to fight off the spots!

WORLD
CANCER
DAY 2016



WE CAN. I CAN.

World cancer day this year is 4th February 2016. It aims to raise ongoing awareness of cancer and the people it affects every day. Charities such as Macmillan cancer support host various events to continue raising money in our fight to find a cure for this terrible disease.

Together we can make a difference, why not get involved yourself this February and be part of something amazing!

More information can be found at:

<http://www.worldcancerday.org/>

LET'S GET SUGAR SMART!

scan the foods
in your fridge
and cupboard...



...or when
you shop



Artificial sugar is hidden in so many foods that you never would have guessed. Many 'healthy' foods contain worrying amounts of sugar, foods that we often eat as a healthier option are often worse than we think.

You'd be surprised how much of the bad stuff can be found in things like soups, 'healthy' juices and diet yogurts.

You can use the sugar swap app to scan the foods you eat, it may make you think twice about your diet!

THE SUGAR SWAP APP CAN BE DOWNLOADED FOR FREE
ON THE ITUNES STORE VIA YOUR MOBILE

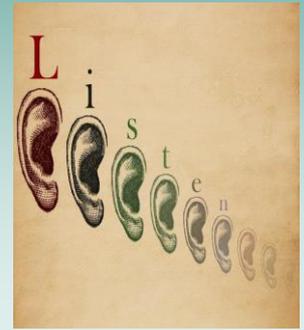
IT'S ALL IN THE MIND



Top 5 of the Month... How to engage young people

1. Listen and have patience; try not to ask too many questions.
2. Explain your processes/actions clearly. Young people can feel anxious or frustrated if they are not part of the decision making process.
3. Try not to get frustrated with the young person and understand that they may not want to talk straight away.
4. Validate their difficulties rather than minimising them or blaming their age/hormones.
5. As the young person what they would like you to do to help!

www.mymind.org.uk is an NHS website, run by CWP Child & Adolescent Mental Health Services. The site has been developed for everyone interested in the mental health and well-being of children and young people across Cheshire and Wirral.



Treat of the week!

BEST EVER HEALTHY CHOC CHIP COOKIES

Prep time: 15 mins Cook time: 10 Mins Total time: 25 mins

1. Take regular old fashioned oats or quick oats and blend them until they resemble a flour or powder in a blender or food processor.
2. Combine the vanilla extract, large egg, and brown sugar in a bowl. Melt the coconut oil and let it cool slightly before adding to the bowl. Beat everything together until just combined.
3. Stir in the oat flour (measured after blending NOT before), baking soda, cinnamon (scale this amount to taste preferences), and salt.
4. Stir until just combined and then fold in the dark chocolate chips.
5. Chill the dough for at least one hour.
6. Preheat the oven to 350 degrees F.
7. Using a cookie scoop (and pack these in the scoop very tightly or they may crumble), scoop out balls of the dough onto a parchment lined cookie sheet. Press a few more chocolate chips in the tops if desired.
8. Bake for 8-10 minutes or until lightly browned around the edges.
9. Remove and allow to stay on the baking sheet for another 2 minutes before removing to a wire cooling rack.



Ingredients:

- | | |
|--------------------------------|-----------------------------|
| 2 teaspoons vanilla extract | One and ½ cups oats blended |
| 1 large egg | 1 teaspoon baking powder |
| 4 tablespoons dark brown sugar | 1 teaspoon cinnamon |
| ½ cup coconut oil | Pinch of salt |
| | ½ cup dark chocolate chips |

NATIONAL EATING DISORDERS AWARENESS WEEK FEB. 23 - MAR. 1

Eating disorders affect over 26,000 people in the UK every year. A whopping 27% of these cases go unrecognised, causing the victims of ED's to suffer alone.

The UK's top eating disorders charity BEAT are working hard to break the stigma related to eating disorders. They run two helplines that offer 1 to 1 support for those in need of advice, or just an ear to listen. One for 25 and under and another for older adults.

The clothing company ASOS are strong supporters of BEAT, and often donate a percentage of profits made from bespoke clothing collections to the charity.

You can find more information at www.b-eat.co.uk, or follow them on **Twitter @B-eat** or **FACEBOOK: <https://www.facebook.com/beating.eating.disorders>**

jointly

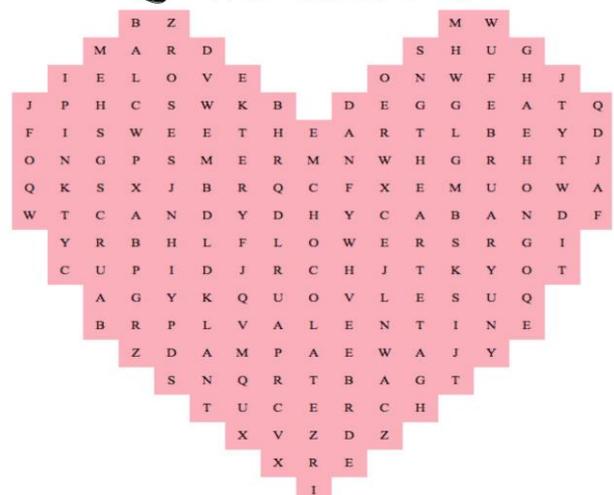
DOWNLOAD THE APP

Care together from anywhere

App Developed by **Carers for Carers**; offers private and secure group messaging, works on smartphones, tablets or PC's, lets you share experiences and stories, offers vital support to those who need it.



Valentine's Day Word Search



LOVE
CHOCOLATE
PINK
VALENTINE
ROSES

CUPID
FEBRUARY
RED
HUG
FLOWERS

CANDY
HEART
SWEETHEART
CARD
SWEET