

# YOUNGER

**E**vents

**N**ews

**E**xercise

**R**ecipes

**A**dvice

**T**ips

**I**nspiring

**O**pportunities

**N**utrition

## NEWSLETTER



### WORLD BLOOD DONOR DAY

-World blood donor day helps to increase blood donations by over 40% every year.

-Each year over 10,000 lives are saved by blood donations

-Giving blood is just a 10 minute procedure that saves lives

14 JUNE | World Blood Donor Day



### THE ELMS MEDICAL PRACTICE



2<sup>nd</sup> FLOOR  
FOUNTAINS HEALTH  
DELAMERE STREET  
CHESTER  
CH1 4DS

TEL: 01244 351000  
FAX: 01244 313497

[www.elmsmedicalcentre.co.uk](http://www.elmsmedicalcentre.co.uk)

#### GP PARTNERS

- \*Dr M Lowrie
- \*Dr A McNutt
- \*Dr D Snowden
- \*Dr A Magrath

**1 IN 2**  
SEXUALLY  
ACTIVE  
YOUNG  
PEOPLE  
WILL GET AN  
**STD**  
BY THE AGE OF  
**25**  
MOST  
WILL NOT  
KNOW IT

**GET YOURSELF  
TESTED TODAY**

### Where can I get the Chlamydia Test?

Please ask at  
Reception for a kit,  
or speak to the GP  
or Nurse.

Alternatively, you  
can make an  
appointment at the  
surgery for a  
sexual health  
checkup, or log  
onto:

[www.chlamydia-screening.nhs.uk](http://www.chlamydia-screening.nhs.uk) click  
on 'choose  
chlamydia  
screening' and  
enter your postcode  
to find the nearest  
screening sites.

# NUTRITION

Looking for a high protein meal to kick start your workout and aid muscle recovery? This quick and tasty meal is the perfect balance of nutrition for a healthy dinner!

## CHICKEN, RED PEPPER AND ALMOND TRAY-BAKE



kcalories	protein	carbs	fat	saturates	fibre	sugar	salt
442	34g	34g	20g	3g	5g	11g	0.34g

### Ingredients

500g boneless chicken  
 3 medium red onions  
 500g small potatoes  
 2 red peppers  
 1 garlic glove  
 1tsp cumin  
 1tsp paprika  
 3tsp olive oil  
 Zest and juice of lemon  
 50g blanched almonds  
 170g tub Greek yogurt  
 1tsp of coriander

## It's a fact!



- Broccoli contains double the amount of vitamin C as an orange!
- It has almost as much as calcium as whole milk!

1. Heat oven to 180C, place the chicken, onions, potatoes and peppers in a large bowl and season. In another bowl, mix together the garlic, spices, oil and lemon zest and juice. Pour this over everything and spread the mixture between 2 baking trays.
2. Roast for 40 mins, turning over after 20 mins, until the chicken is cooked. Add the almonds for the final 8 minutes of cooking. Serve in bowls with a dollop of Greek yoghurt and some chopped parsley



*BIKE WEEK is an annual opportunity to promote cycling, and show how cycling can easily be part of everyday life by encouraging 'everyday cycling for everyone'. Demonstrating the social, health and environmental benefits of cycling, the week aims to get people to give cycling a go all over the UK, whether this be for fun, as a means of getting around to work or school, the local shops or just to visit friends. The 2015 event will take place 13-21st June but events still take place through until September and beyond!*



Carers Week

8-14 June 2015



Young carers are a credit to our country, the love and care they give to their families is so admirable. Be proud to be a young carer! If you are a young carer and you would like support, to meet with other carers or just someone to talk to, you can find the help you're looking for at <https://babble.carers.org> OR [#IMACARER](https://twitter.com/IMACARER) @CarersTrustTips

KNOW SOMEONE WHO IS A CARER? ADMIRE WHAT THEY DO?

If being a carer is something you'd be interested in, you can apply for a career as a carer. Or if you would simply like to show your support you can hold a carers event during [#Carersweek2015](https://twitter.com/Carersweek2015) to fundraise or show your support for carers around the UK.