

YOUNGER

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NEWSLETTER OCTOBER 2016

THE ELMS MEDICAL PRACTICE



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HOW ARE YOU FEELING TODAY?

WORLD MENTAL HEALTH DAY 10th OCTOBER

World mental health day falls on 10th October this year. The main Campaign being launched is the #IAMWHOLE campaign that was launched by the charity YMCA and the NHS.

The campaign has been backed by an array of celebrities this year, including Oasis star Liam Gallagher, Prince Harry and Ed Sheeran. Rizzle Kicks star Jordan Stephens has produced a music video in aid of WMHD. You can view the video by searching 'I am whole' on YouTube.

"The power of a hashtag is that it unites people. #IAMWHOLE the idea is you draw a circle on your hand if you feel like you want to communicate your issues either personally, or maybe a friend or member of your family is going through a struggle, and you just want to communicate that"



#IAMWHOLE LG x pic.twitter.

8:16 am - 10 Oct 2016

MENTAL HEALTH STIGMA IN NUMBERS



As part of the #IAMWHOLE mental health campaign from NHS and YMCA, national research was commissioned into the impact of stigma on young people with mental health difficulties

MOVEMBER

No shave November: beard growing contest raises money and awareness for men's health issues. The main aim of the campaign is to spread awareness of men's health issues such as depression, prostate cancer and testicular cancer. As a rule, men are often more embarrassed at raising health issues than women. The Movember campaign wants to break that stigma.

Men around the globe are sporting all types of moustaches and being sponsored by friends and family in their efforts. Last year the #Movember campaign raised over 50,000 in the UK alone.

Find out how you can get involved at www.movember.co.uk or @Movember on Twitter.

Here at The Elms, we are holding a non-uniform day on the 8th November when the staff will be wearing non-uniform to raise money in aid of Prostate Cancer. We will also be holding an awareness day in our waiting room and this will be run by our Patient Participation Group Members.

MY NECK... MY BACK...

Back care awareness week 3-7 October 16

Back and spinal health is a growing concern from health professionals around the world. moderate to severe back pain is becoming more and more common recently.

Surprisingly, the most Common age group for sufferers are aged between 22-50 years old. It's thought that many sufferers are not aware that they are holding poor posture, both when standing and sitting. Especially those in full time office based roles.



There are many exercises and stretches that can be performed to improve pressure on the spine, as well as tips on how to minimise your risk of back trouble.

Find out more about these tips and helpful info at www.noebackpainprogramme.nhs.uk/ or @TheReal Back Pain on Twitter.

STAY SAFE THIS SPOOKY SEASON

While Halloween is a fun time of year, it is still important to remember your safety. The statistics of drink spiking related incidents rises by around 20% every year. Police and healthcare professionals believe this is because of the majority of party goers wearing masks and costumes, making it harder to spot who is doing what, and when in a dark environment such as a club or pub. Always keep your drink in sight and never leave it unattended.

More help for young carers

Young carers are a huge part of the carer's community and a credit to both those they care for and the National Health Service.

However, it is vital that young carers are receiving the support they need and deserve.

BABBLE is a fantastic new app where young carers can socialise with each other as well as get support for their caring role.

You can download the App on the Google App Store or visit the website for web-based interaction at www.babble.org.uk

Spiced Pumpkin Bread

Make the most of your leftover pumpkins with this tasty Pumpkin bread!

Ingredients:

175g Butter –melted
140g clear honey
1 large egg, beaten
250g of raw, peeled
Pumpkin, coarsely grated
100g demerara sugar
350g self-raising flour
1tbsp ground ginger
1tbsp cinnamon
1tbsp vanilla essence

Method:

Pre-heat the oven to 160 degrees. Grease and line a medium sized loaf tin.

Mix the butter, honey and egg and then stir in the pumpkin. Then mix in the sugar, flour, ginger and cinnamon.

Pour into the greased tin and sprinkle with demerara sugar –bake in the middle of the oven for 50-60 minutes until golden brown. Leave to cool before serving. Enjoy!



The aim of 'Stoptober' is to give up smoking for the whole month of October, with the intention of hopefully quitting for good.

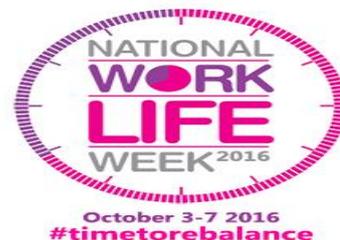
Public Health England is running Stoptober again this year to help people try and stop smoking!

As part of England's biggest ever stop smoking drive, Stop Smoking Wales is encouraging smokers to take on the 28 day challenge and give giving up a go. Did you know if you stop smoking for 28 days you are five times more likely to quit for good?

Last year over 160,000 people in Wales and England successfully quit smoking for Stoptober. We know how tough it is to stop smoking but there's loads of support on offer to help you.

Get the support you need to quit from Stop Smoking England by visiting <https://www.nhs.uk/smokefree> or calling them on: 0800 085 2219. You can also search the hashtag #Smokefreeme for some inspiration on how others are doing on their Stoptober journey.

Have you heard about National Work Life Week?



This happens every year for a week at the start of October. It is an opportunity for both employers and employees to focus on well-being at work and work-life balance. Employers can use the week to provide activities for staff, and to showcase their flexible working policies and practices. It is run by the Working Families who are the UK's leading work-life balance organisation.

For more information visit:

www.workingfamilies.org.uk

Make a
NOISE
about bullying
#ANTIBULLYINGWEEK

Anti-Bullying week 2016

This year anti-bullying week falls on 14-18th November 2016. Events are being hosted by an array of charities, the main supporter being 'Stand up to bullying' from the same organisers of Stand up to cancer.

Bullying silently affects over 33% of children and youngsters in the UK and 28% of adults. Forms of bullying range from contact bullying in schools, to workplace bullying and online bullying.

You can get involved by following @Standuptobullying on Twitter or visiting www.standuptobullying.co.uk.