

YOUNGER

Events
News
Exercise
Recipes
Advice
Tips
Inspiring
Opportunities
Nutrition

NEWSLETTER FEBRUARY 2017

THE ELMS MEDICAL PRACTICE



2nd FLOOR FOUNTAINS HEALTH
DELAMERE STREET CHESTER CH1 4DS
TEL: 01244 351000 FAX: 01244 313497
www.elmsmedicalcentre.co.uk

SAFE SEX MATTERS



Sexual abuse awareness week takes place on 6-12th February 2017. The campaign for this Year is 'It's not ok' which aims to highlight forms of sexual abuse both in and out of relationships. Many forms of sexual abuse go unreported. This can be for various reasons which can include the following

- Victims feeling scared of what will happen if they report an incident of abuse.
- Victims feeling embarrassed of what others will think
- Victims thinking that what happened to them was 'ok' and that they should just get on with it
- Victims being too young/vulnerable to recognise the incident as a form of abuse

If you or anyone else you know have been or is currently a victim of sexual abuse you can find the help and support you need at www.mind.org/sexualabuse or use the hash tag #ITSNOTOK

#ITSNOTOK

NO MORE
TOGETHER WE CAN END
DOMESTIC VIOLENCE & SEXUAL ASSAULT



The meaning 'Safe' sex is not restricted to the above – Safe sex is also the education and understanding of protection over STD's (sexually transmitted diseases) If you are unfamiliar with methods of protection for safe sex or you would like any advice/support you can visit www.ourbodiesourselves.org Alternatively you can find details and locations of your local clinic at www.cash.co.uk

LET'S KICK CANCERS BUTT!

World Cancer day February 4th 2017

Taking place under the tagline 'We can. I can.', World Cancer Day 2016-2018 will explore **how everyone – as a collective or as individuals – can do their part to reduce the global burden of cancer.**

Just as cancer affects everyone in different ways, **all people have the power to take various actions** to reduce the impact that cancer has on individuals, families and communities.

World Cancer Day is a chance to reflect on what you can do, make a pledge and take action. Whatever you choose to do 'We can. I can.' make a difference to the fight against cancer.

Any form of fundraising counts, a sponsored walk, a coffee morning or even just an office whip round, it all helps! There are various cancer charities working around the clock to help battle this awful disease; including Macmillan Cancer Support, Cancer research and the national cancer trust.



Completed Dry January?

Challenge yourself to a February drought!

Research shows that alcohol is one of the most dangerous forms of addiction. It is thought to be more damaging to the human body than some Class B drugs. In excess, alcohol can cause a host of problems, including skin problems, liver disease, lack of libido, difficulty in exercising and lack of concentration. Although it can be enjoyed in moderation, giving your body a break for a few months will give you nothing but benefits! You can download the alcohol free app to track your progress at www.alcoholfreeliving.com



EATING DISORDER AWARENESS WEEK

February 27th – March 5th

The theme of this year's campaign from the UK's leading eating disorder charity 'Beat UK' is 'SOCKIT', where campaigners and participants around the world will wear their silliest socks and take a 'Sock it' Selfie to represent that there is nothing to feel embarrassed about when it comes to eating disorders. You can take part or view other selfies by uploading your SOCKIT selfie to twitter or Facebook with the hashtag #sockitselfie. Beats own 'Silly socks' can be purchased from their website where all funds will go directly to the charity itself.

beat
beating eating disorders

FEBRUARY RECIPE

This month's healthy recipe is a new take on those gooey chocolate brownies we all love... These imposters contain no flour or sugar; but they still taste like the real thing!

Prep time 10 mins – Cook time – 20 mins

Ingredients

- 150g cacao powder
- 30ml maple syrup
- 2tbls coconut oil
- 5 eggs
- 10ml milk
- 100g bar of sugar free milk chocolate

Method:

Grease and line 15cm square baking tin
Put cacao powder into a large bowl
Beat together the eggs, coconut oil and maple syrup until smooth and add to the cacao powder, add the milk and mix again until a smooth batter is formed.
Empty into baking tray and bake for 20 minutes at 160degrees. Melt the sugar free chocolate carefully in the microwave while the brownies are baking. Once out of the oven and cooled, drizzle over the melted chocolate and leave to cool for a further 30 minutes. Cut into squares and serve.



50% less fat than standard brownies
Sugar free.
Gluten Free.



Dignity Action Day #DAD2017 is an annual opportunity for health and social care workers, and members of the public to uphold people's rights to dignity and provide a truly memorable day for people who use care services.



Raynaud's awareness month February 2017

February is Raynaud's Awareness Month in which we aim to highlight Raynaud's and the work of Scleroderma and Raynauds' UK, by asking you to "#LOVEyourGLOVES!" February is statistically the coldest month of the year and it is vital to wrap up warm and protect your extremities. We want you to help us raise awareness, get involved in some fun activities and raise vital funds for research into these conditions. Why not get your oven gloves on a host a bake sale or your goalie gloves and host a charity football match? If you would like to knit some gloves to raise money for this event you can visit www.knitmeasong.blogspot.uk.uk/glovelies for free patterns.



Valentine's Day Word Search

K S Q S J I V R T D S R Q G K
R Q Q T D M A B X U F N Q J J
K G D A S N L Y E U S F S N S
S V E E M B E R I G C E V O L
Q W Q R Q Q N I A W R A O C G
T Z E T G R T Z R E Y I N O T
D Q I E E O I K Z F D R E D J
H O B N T P N W N O E F T G Y
X U T H C H E H V X E A L A T
N A G B P R E E Y B M T C B H
F O M G T U S A R L R K U T Q
I M T M Q S K U R A U N P E H
C A R D S K A A E T W I I G U
M C D I R R M H H X E P D P N
W Q K L Y S R E W O L F J O J

CANDY
CARDS
CUPID
DEAR
DOVES
FEBRUARY
FLOWERS

TREATS
VALENTINE
SWEETHEART
RED
LOVE
KISS
PINK



SINGLES AWARENESS DAY

With Valentine's Day around the Corner the shops are filled with gifts And love is everywhere.

However, there are some people out There that find Valentine's Day a difficult time of year: this isn't just limited to those who are conventionally single. It also affects those who have Lost a husband/wife/partner as well as Those who suffer from mental health conditions who may feel sad/isolated on Valentine's Day.

If you or someone you know is feeling lonely or sad, it is important to try and Engage socially, this will help with mood and ensure there is no isolation.



ONLINE ACCESS FOR PATIENTS

Haven't got the time to come in and order your prescription?

If you struggle to come into the surgery to order your prescription and it is something that you already have on repeat, you can register for **Online Access**, where you can order your prescription from your phone or computer whenever it suits you.

You can also **book appointments** with Online Access.

To register you just need to visit reception with photographic ID and the receptionist will print off a login for you.