

YOUNGER

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NEWSLETTER AUGUST 2018

THE ELMS MEDICAL PRACTICE



2nd FLOOR FOUNTAINS HEALTH
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www.elmsmedicalcentre.co.uk

Book Lovers Day - 9th August 2018

Book Lovers Day is an unofficial holiday that encourages people to pick up a book or two and spend the day reading.

Reading is like a work out for your brain not only does it help to increase brain power but regular reading improves memory function. Reading is also good for your mental health as it is a good de-stressor.

Lots of people choose not to read as they are unsure what they may like, did you know if you pop into your local library,



the librarian will be more than happy to recommend some books for you.

Are you due an eye test?

August is national eye exam month so what better time to get your eyes tested!

Adults aged 18 – 60 it is recommended that you have a two yearly eye test. The reason for this is that over time your vision changes and problems may arise causing deterioration in the eyes and vision, but having a two yearly eye check can prevent this from happening by catching the problem and treating it early.

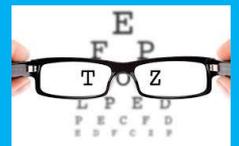
If you wear glasses you may think that you do not need a two yearly eye check this is incorrect as your vision changes as you age.

Contact your local optician to book your appointment now:

Boots Opticians: 01244 321636

Specsavers: 01244 310832

Vision Express: 01244 409138



Cycle to work day 15th August 2018

Cycling is a great work out which gets your heart, blood vessels and lungs pumping, not only does it help you keep fit but it's also good for the environment and good for your bank balance as you won't spend money on fuel!

So why don't you take part in one of the biggest community cycling schemes and get your cycle on. Cycle your way to a healthier you and a healthier planet. You can join in by cycling to work on your own or encourage your colleagues to join you!



Be kind to humankind week 25th - 31st August

A smile really does go a long way. Did you know that being kind for just one week boosts your mood and has other health benefits? Research shows that being kind to others improves our all-round well-being. If everyone was kind to one another the world would be a better place!

Here are a few examples of acts of kindness you can do to take part:

- *Let someone go in front of you in a que*
- *Hold the door open for someone*
- *Volunteer at a local charity shop or homeless shelter*
- *Smile and say hello to people*

No act of kindness no matter how small is wasted!

Stay safe in the sun

It's the damage done to your skin when you're young that could lead to skin cancer developing in later life, so it's vital to get clued up now and protect yourself from the sun.

Tips to stay safe in the sun:

- Apply sunscreen of at least SPF30 or above
- Wear a hat
- Stay well hydrated
- Stay in shade between 11am – 3pm (The hottest points of the day)
- Protect your eyes with sunglasses



MOONLIGHT FLICKS



WHAT'S ON AT CHESTER'S OUTDOOR CINEMA?

- Bridesmaids
- Gentlemen Prefer Blondes
- Legally Blonde
- Ghost Busters
- The Greatest Showman
- Top Gun
- Coco
- Paddington 2
- Black Panther

Chester's only outdoor cinema is back and it's an experience not to be missed. Adults only £8.50pp (in advance) or £9.50pp (on the door) and under 15's £6 (in advance) or £6.50 (on the door) you can't miss it. You can take your own food and drink along, you can bring your own chairs or you can hire chairs.

You can book your tickets by phone – 01244 409 113 (option #1) £2.50 phone transaction fee applies. Mon – Fri: 9am – 8pm | Sat: 9am – 7.30pm | Sun: 9am – 7pm. In person at Story House (Hunter Street, Chester) or online (quickest and cheapest way to book:

[HTTP://WWW.MOONLIGHTFLICKS.CO.UK](http://www.moonlightflicks.co.uk)

foamtastic COLOUR BLAST

CHESTER RACE COURSE
SUNDAY 30TH SEPTEMBER 2018
START 12 NOON

SPONSORED BY
OLIVER & CO
SOLICITORS

Go from white to bright and collect sponsors to raise money for The Hospice of The Good Shepherd.

You can run alone, with friends, family or colleagues. You will get covered in a kaleidoscope of colour and foam whilst making your way around the 3k route at Chester Racecourse.

This event is suitable for all ages and is a fun filled day which will raise money for a good cause with ticket prices: £12.50 (adult) and children (under 16) £7.50
Why not take part?

You can find out more about this event online at:
<https://www.tickettailor.com/events/hospiceofthegoodshepherd/163653>

Chester Duck Race 2018

The Chester Duck race is held at The River Dee and it raises money for The Countess of Chester's Babygrow Appeal. The race will be held on 22nd September 2018.

Thousands of rubber ducks will race along The River Dee with prize money of 1st prize £250 2nd prize £150 and 3rd prize £100.

(Please note there will be ducks available on the day).

For more information contact the Fundraising Team on 01244 366240 or email: hannaclarke@nhs.net

