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NEWSLETTER December 2017

THE ELMS MEDICAL PRACTICE



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Save the Children
CHRISTMAS JUMPER DAY



What is Christmas Jumper Day?

Christmas jumper day is on Friday 15th December 2017. Lots of people take part by digging out their favourite, festive jumper and donate £2 for save the children. The staff at the Elms have participated the past 2 years and we will be wearing our festive woolly jumpers again in aid of Save the Children.

How you can help

Your jumper could make the difference between a hot meal or no meal. It can help bring essential healthcare, education, protection and food to millions of children around the world who are missing out on these basics. Your support can help protect children from easily preventable yet still deadly diseases like malaria, diarrhoea and pneumonia.

How you can join in

You can join in at school, college, work or with family and friends just register online at:

<https://christmasjumperday.org/register>

Come on what are you waiting for dust off that festive woolly and start raising funds and changing lives!

World Aids Day

World Aids Day falls on the 1st December. There are over 100,000 people living with HIV in the UK. Globally, there are an estimated 36.7 million people who have the virus. Despite the virus only being identified in 1984, more than 35 million people have died of HIV or AIDS, making it one of the most destructive pandemics in history.

World aids day is an opportunity for people worldwide to unite in the fight against HIV and to commemorate those who have died from an AIDS-related illness. Our fight is not just about the virus. It's to fight the ignorance and discrimination that can still limit opportunities, preventing HIV suffers from living full and happy lives.

You can support aids by wearing a HIV awareness red ribbon. You can order a red ribbon at <http://shop.nat.org.uk/> or pick one up in a MAC Cosmetics shop and selected branches of Morrison's.



HELP BEAT BOWEL CANCER BY GROWING A BEARD THIS DECEMBER!

Decembeard is a campaign that lots of men around the country take part in by putting away their razors and growing a beard for December to help raise money and awareness for vital research to stop bowel cancer.

- Bowel cancer is the UK's second biggest cancer killer – every half an hour someone dies of the disease.
- Bowel cancer is the fourth most common cancer in the UK and it affects both men and women.
- If diagnosed early, more than 90% of bowel cancer cases can be treated successfully

Now you know all about it what are you waiting for? All you need to do is have a clean shave on 30th November and then watch your beard blossom. If you already have a beard you can still raise money by decorating, dyeing or ditching your beard for December. Register online for Decembeard to help someone with bowel cancer at:

www.decembeard.org/register/

Ladies, you are not excluded from this just because you can't grow a beard. You can still download a purple beard online to show your support at:

www.bowelcanceruk.org.uk/support-us/fundraise/decembeard/



Low-Sugar Christmas Biscuits



Ingredients

- 100g / 3 ½oz unsalted butter, softened
- 600g / 2 ¼ of soft brown muscovado sugar
- 1 free range egg
- 2 tsp vanilla extract
- 275g / 9 ¾ oz plain flour (plus extra for dusting)
- 1 tsp ground cinnamon
- 1 tbsp chopped candied peel
- Halved blanched almonds (to decorate)

Method

1. Preheat the oven to 180C/160C Fan/Gas 4. Line a baking tray with greaseproof paper
2. Cream the butter and sugar together in a bowl until pale, light and fluffy. Crack in the egg and add the vanilla extract, then beat again
3. Mix in the flour, cinnamon and candied peel until the mixture comes together as a dough
4. Roll the dough out on a lightly floured work surface to a thickness of 1cm/½in
5. Using biscuit cutters or a glass, cut biscuits out of the dough and carefully place onto the baking tray. Decorate with the almond halves. To make into Christmas tree decorations, carefully make a hole in the top of the biscuit using a straw
6. Bake the biscuits for 8-10 minutes until deep golden-brown. Set aside to harden for 5 minutes, then cool on a wire rack

15 ACTS OF CHRISTMAS KINDNESS

Listed below are 15 acts of Christmas kindness to try and complete each day in December to make someone smile this Christmas.

1. Donate extra groceries for the local food bank.
2. Help someone load their shopping.
3. Drop off a toy or game at a hospital or a homeless shelter.
4. Let someone go ahead of you in line (e.g. at the supermarket).
5. Smile at 10 people.
6. Pay someone a compliment.
7. Put change in a row of vending machines.
8. Put sticky notes with positive messages in public places
9. Hand out gloves and mittens to the homeless, or leave them on park benches.
10. Hold doors open for people
11. Do not complain for a whole day
12. Prepare a meal for your family
13. Be encouraging
14. Let someone else have your seat on the crowded bus or train
15. Invite an elderly / lonely relative or neighbour over for dinner

ANGER AWARENESS WEEK 'KEEP YOUR COOL OVER YULE'



Anger is a very strong emotion we have all felt at some point in our lives. Emotions and feelings can sometimes take over which if left unrecognised could potentially lead to incidents of domestic violence, youth crime, increased prison population, classroom disturbances, stress related illnesses, and rage manifestations such as road, queue, trolley, telephone and computer rage.

Anger awareness week is 1-7 December. The aim of national awareness week is to encourage people to recognise this strong emotion and try to reflect and manage/channel the emotion before it escalates. There are lots of ways of dealing with anger:

- Think before you speak
- Walk away from the situation and come back once you have cooled down
- Get some exercise
- Count to ten and take deep breaths
- Think about possible solutions
- Know when to get help

A survey from the British Association of Anger Management say that Christmas is the most stressful time of the year for many people. They carried out a survey which said:

- More than half of Brits have family disagreements at Christmas
- A quarter of adults say their relationships with their partners come under pressure over the period and an eighth say a festive argument made them want to split up
- Calls to Relate to up – up 59% over Christmas
- The average family has their first argument at 9.58am on Christmas Day morning!

So remember 'Keep your cool this yule'

For more information visit:
www.angermanage.co.uk

ELMS CHRISTMAS OPENING HOURS

Monday 25th December 2017 – CLOSED
(Christmas Day Bank Holiday)

Tuesday 26th December 2017 – CLOSED
(Boxing Day Bank Holiday)

Monday 1ST January 2018 – CLOSED
(New Year's Day Bank Holiday)



From all the Staff at the Elms