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NEWSLETTER December 2018

THE ELMS MEDICAL PRACTICE



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Chester Christmas Markets

Chester's Christmas Markets are simply a winter wonderland that can be enjoyed by all!

With over 70 stalls to choose from you can really get those festive feels from the Christmas markets.

With hot mulled wine, locally produced treats & gifts, handmade crafts, clothing, accessories, stocking fillers, food and more. You can pick up the perfect gift whilst chomping on a tasty hog roast bap and could even stop off at the real ale bar for your favourite festive tippie! Now that's something you can't do on your average Christmas shop! Who said Christmas shopping has to be stressful?!

The Christmas Markets are located in the city's beautiful Town Hall Square opposite Chester Cathedral and open seven days a week.

From Friday 16th November - Saturday 22nd December
2018

Stay Well This Winter

Coughs and colds are much more common over the winter months so we would like to provide you with some tips on staying well this winter:

- Take vitamins, these can be bought over the counter at your local Pharmacy
- Wash your hands frequently
- Eat lots of fruit and veg
- Stay hydrated
- Do not overindulge in alcohol
- Dress weather appropriate
- Heat the home
- Get an early night
- Keep active
- Always have tissues at the ready to catch your germs when coughing or sneezing to prevent spreading them

If you do start to feel unwell over the winter months, with a cough or a cold you can visit your pharmacy for advice. Pharmacists are fully qualified to advise you on the best course of action - this can be the best and quickest way to help you recover and get back to normal. If you can't go yourself, you could always ask someone else to go for you.

ENJOY CHRISTMAS MORE BY SPENDING LESS!

Christmas tis the season to be jolly right? Unfortunately it can be the hardest, most stressful time of year for some people. Many people end up going in to debt over Christmas in order to buy people gifts and not to let their loved ones down.

You may be surprised how little you need to spend to show your love and appreciation to those closest to you. People don't give out gifts to receive, in fact a lot of people give because they enjoy giving. Of course buy gifts that you can afford to but shop around and make sure you're getting the best price for your gift and don't believe that you will be judged on the price tag!

You may find it helpful to only buy for one member of your family instead of each member. Another good tip to stay within your price range is to make a present budget and stick to it. Agree with friends to scrap unnecessary gifts and instead get together later in the year and do something you enjoy doing together.

KEEP
CALM
IT'S
ONLY
CHRISTMAS



Dry January 2018

Dry January is a national campaign that lots of people take part in each year. It is a chance to take control of your relationship with alcohol to ditch the hangover, reduce the waist line and save some serious £££ by just giving up the booze for 31 days.

New year new you do dry January and feel happier and healthier.



World Aids Day



The aim of World Aids Day in December is to raise awareness and stop the stigma, ignorance and discrimination that the 101,000 people in the UK living with aids face every day.

HIV diagnoses are falling in the UK, meaning the spread of the virus is slowing down. By wearing a red ribbon shows everyone – especially people living with HIV and their families – your support. You can order your ribbon online at:

<https://www.worldaidsday.org/order/>

Clean Eating Mince Pies



Ingredients

- * 1 clementine juiced
- * 1 large crisp apple
- * 100ml water
- * 50g raisins
- * 50g sultana
- * 1 tsp mixed spice
- * 1 Tablespoon 100% Apricot Spread
- * 1-2 Tablespoons Pure Maple Syrup
- * 1 Batch Clean Sweet Pastry

Method

- * Preheat the oven to 180°C and lightly grease a 12 hole shallow baking tray
- * Place the clementine juice, apple pieces and water into a saucepan and turn on the heat.
- * Once bubbling, cover with the lid and cook for 10 minutes.
- * After 10 mins, remove from the hob, using a potato masher, squash all of the apple pieces up.
- * Stir in the rest of the ingredients and then set aside to cool.
- * Roll out your pastry and cut 10 pastry bases out with a circle cutter. You could also make 10 smaller pastry stars to top the pies with.
- * Place the pastry bases into the baking tray and top each one with 1 Tablespoon of mince pie filling. Spread the filling across the pastry.
- * Top with a pastry star and brush with milk/egg wash if desired.
- * Place into the oven for 15 minutes, or until golden brown.
- * Allow to cool slightly before serving or place on a wire rack to cool completely.

New Year New You 15 New year Resolution Ideas

- ✓ Exercise more
- ✓ Learn something new each day
- ✓ Be more grateful
- ✓ Help people out more
- ✓ Be kind
- ✓ Drink less alcohol
- ✓ Kick your social media habit
- ✓ Quit smoking
- ✓ Spend less
- ✓ Eat more fruit and veg
- ✓ Volunteer
- ✓ Make new friends
- ✓ See more of your family
- ✓ Declutter
- ✓ Follow a skin care routine

Happy New Year!

Christmas & New Year Opening Times

During the Christmas Period we are open as usual Monday – Friday 08:00 – 18:30 apart from 25th & 26th December & 1st January.

You need to order your repeat prescriptions at least 48hrs before you run out of them, you can order your medication through your nominated pharmacy, online via patient access or at Reception.

You do not need an appointment for a repeat prescription.