

YOUNGER

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NEWSLETTER OCTOBER 2018

THE ELMS MEDICAL PRACTICE



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

National Dyslexia Awareness Week

1st – 7th October 2018

Dyslexia is a common learning difficulty that can cause problems reading, writing and spelling. Dyslexia is a lifelong condition that can present challenges on a daily basis.

It's estimated up to 1 in every 10 people in the UK has some degree of dyslexia.

A person with dyslexia may

- Read and write very slowly
- Confuse the order of letters in words
- Have poor or inconsistent spelling
- Put letters the wrong way round (such as writing "b" instead of "d")

Although there is already lots of help and support out there for people with dyslexia. It is important that awareness is raised so that people have a better understanding of the condition

stoptober

Stoptober 1st – 28th October 2018

What is Stoptober?

Stoptober is like October but without cigarettes! It's the biggest mass quit attempt in the country.



What are the benefits of Stoptober?

Research shows that if you manage to quit smoking for 28 days you are *FIVE times* more likely to stay smoke free for good!

How does it work and how do I quit?

You can quit smoking using nicotine replacements therapies such as patches, gum, mouth spray or an e-cigarette. You can also get face to face support at your local stop smoking clinic by referring yourself via the Cheshire Change Hub you can do this online via their website at: <https://cheshirechangehub.org/contact/self-referral/> people who use stop smoking aids and get face to face help are up to *FOUR times* more likely to successfully quit smoking.

Stoptober offers a range of free support including an app, daily emails and lots of support on the Stoptober Facebook group.

So from the 1st of October stump out those cigarettes for GOOD and start enjoying a healthier lifestyle.

Get your flu jab before the flu gets you!

Each year flu causes serious illness and death which is why it is important to book your flu vaccine.

You are eligible for a free flu vaccine at The Practice if you have any of the following:

- Respiratory conditions such as asthma and COPD
- You are pregnant
- You have diabetes
- BMI > 40

If you are unsure if you are eligible or have any questions then please ask a member of staff either a Clinician or a Receptionist will be happy to help you where possible.

You can book your appointment now at Reception as our clinics will be starting from 1st October 2018.

***NEVER UNDERESTIMATE THE
RISKS OF THE FLU***

World Mental Health Day 10th October 2018



Mental health problems affect around one in four people a year, they range from: depression, anxiety, personality disorders, eating disorders, OCD, schizophrenia and Bipolar disorder.

Some people believe that if you are diagnosed with a mental health problem you will never recover, this is completely untrue as there are many treatment options people can try to control / manage their symptoms such as talking therapies, behavioural therapies and medication. Actually most people can still live a normal happy life with the right therapy, treatment or medication for them.

Our mental health is the same as our physical health everybody has it and everybody needs to take care of it. It is very important that we recognise the signs and symptoms that someone is suffering from a mental health illness so that we can give support or receive support ourselves. Some of the symptoms that people may be suffering from a mental health illness are:

- A Change of personality / Low mood
- Racing thoughts
- Self-harm
- Anxiety (unable to sit still or sweating)
- Social withdrawal
- A sense of hopelessness or feeling overwhelmed

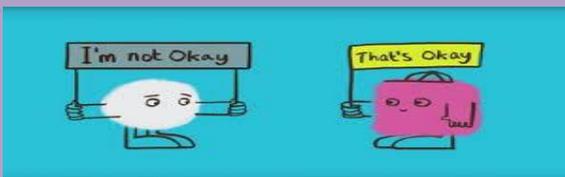
Sadly there are people living with a mental health condition alone without telling anyone how they are feeling which may mean they are struggling to cope. A smile can hide a lot as people can feel ashamed or embarrassed to open up or ask for help they may be concerned about discrimination as well. That is why world mental health day is important so that we get rid of stigma and discrimination. Raising mental health awareness can help educate people on the subject, so that we can prevent suicide and get people the right help.

TELL someone if you feel you are suffering with a mental health condition. **DON'T** suffer in silence.

ASK for help.

LISTEN if someone discloses they feel they may be suffering from mental health illness.

KNOW how to spot the signs and symptoms of a mental health illness.



ORANGE PUMPKIN FACE COOKIES



INGREDIENTS:

140G BUTTER (SOFTENED)

175G PLAIN FLOUR

50G ICING SUGAR

FINELY GRATED ZEST (1 MEDIUM ORANGE)

FOR THE FILLING:

100G MASCARPONE

1 TSP ICING SUGAR

25G PLAIN CHOCOLATE (55% COCOA SOLIDS IS FINE) MELTED

FOR THE GLAZE

50G ICING SUGAR

ABOUT 1 BSP ORANGE JUICE

METHOD

1. PREHEAT THE OVEN TO FAN 160C/ CONVENTIONAL 180C/GAS 4. PUT THE BUTTER IN A BOWL AND BEAT WITH A WOODEN SPOON UNTIL SMOOTH. ADD THE FLOUR, ICING SUGAR AND ORANGE ZEST AND BEAT TOGETHER TO MAKE A SOFTISH DOUGH. KNEAD INTO A BALL AND WARP IN CLING FILM. CHILL FOR 1 HOUR.
2. ROLL THE DOUGH OUT ON A LIGHTLY FLOURED SURFACE TO A THICKNESS OF ABOUT 3MM. CUT 24 CIRCLES WITH A 7.5CM ROUND PLAIN CUTTER. PUT THEM ON A COUPLE OF BAKING SHEETS.
3. USING A SMALL SHARP KNIFE, CUT OUT "HALOOWEENEY" FACES ON 12 OF THE CIRCLES. GATHER UP THE SPARE BISCUIT DOUGH AND PRESS INTO PUMPKIN STEM SHAPES, TRIMMING WITH A SHARP KNIFE. PRESS TO THE TOP OF EACH BISCUIT WITH A KNIFE TO JOIN. MAKE LINES ON THE FACE OF THE BISCUIT WITH THE BACK OF A ROUND BLADED KNIFE, TO LOOK LIKE THE MARKINGS ON A PUMPKIN. BAKE ALL THE BISCUITS FOR ABOUT 15 MINUTES UNTIL PALE GOLDEN. LEAVE TO SET FOR A WHILE, AND THEN COOL COMPLETELY ON WIRE RACK.
4. MIX THE GLAZE INGREDIENTS TO MAKE A SMOOTH, RUNNY ICING, ADDING A BIT MORE JUICE IF NEEDED, THEN SET ASIDE. FOR THE FILLING, BEAT THE MASCARPONE WITH THE ICING SUGAR, THEN STIR IN THE COOLED MELTED CHOCOLATE
5. SPREAD THE FILLING OVER THE COOLED PLAIN BISCUITS, THEN PRESS THE FACE ONES ON TOP – DO THIS JUST BEFORE YOU WANT TO EAT THEM, OTHERWISE THEY GO SOFT. BRUSH WITH GLAZE. (EAT THE SAME DAY).