

# YOUNGER

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## NEWSLETTER

DECEMBER EDITION 2015

### THE ELMS MEDICAL PRACTICE



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## FOUNTAINS FESTIVE FESTIVAL

SATURDAY 5<sup>TH</sup>  
DECEMBER  
12.00PM – 4.00PM

### WHAT'S THE CAUSE?

The Fountains Festive Festival is to help raise awareness of 'health and wellbeing' within the community. The festival will consist of local businesses, charities, craft stalls, various demonstrations to help raise awareness for a healthy lifestyle. There will also be live music from the Wirral Symphonic Wind Band and attendance from Dee-Sign Choir.

The festival will be located at the Fountains health, Delamere street, Chester CH1 4DS, 12.00pm – 4.00pm

We hope to see you there!

### Change4Life Sugar Swaps app



The Change4Life Sugar Swaps app is designed to show quickly and easily how much sugar is in the food and drink you're having. Just scan the barcode and see how much sugar it contains.

- See how much sugar is in a product
- Keep track of the last 10 products you've scanned
- Share the amount of sugar in things via facebook

**KISSING AND HUGGING  
DON'T SPREAD HIV.  
IGNORANCE DOES.**



JOIN THE MOVEMENT  
#RETHINKHIV

THINK POSITIVE  
#RETHINKHIV

**WORLD AIDS DAY  
1<sup>ST</sup> DECEMBER**

**BREAK THE STIGMA!**

LIGHT FOR RIGHTS



KEEP THE LIGHT ON HIV AND HUMAN RIGHTS



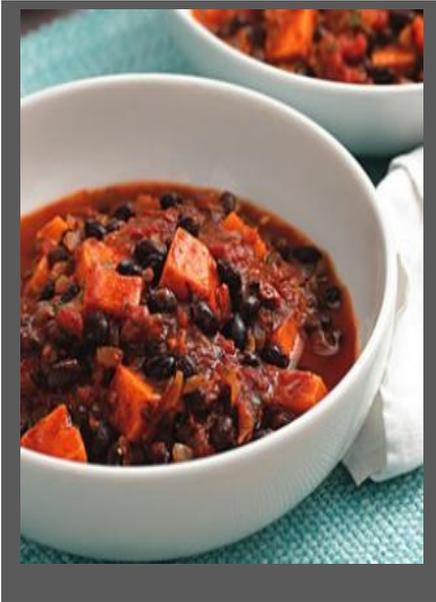
We are happy to announce we will be holding a Christmas Jumper day on Friday the 18<sup>th</sup> December to support Text Santa.

Text Santa was set up in 2011 by ITV to support UK-based charities during the Christmas period. The appeal to the public is to donate money via text or buying merchandise.

This year ITV Text Santa has joined forces with two other charities, Macmillan Cancer support & Make-A-Wish UK

# WINTER WARMERS

A delicious two course meal that's cheap and easy to make, guaranteed to warm you up this winter!



## SWEET POTATO AND BLACK BEAN CHILLI

### INGREDIENTS

1 tablespoon plus 2 teaspoons extra-virgin olive oil  
1 medium-large sweet potato, peeled and diced  
1 large onion, diced  
4 cloves garlic, minced  
2 tablespoons chilli powder  
4 teaspoons ground cumin  
½ teaspoon ground chipotle chile  
¼ teaspoon salt  
2 ½ cups water  
2 15-ounce cans black beans, rinsed  
1 14-ounce can diced tomatoes  
4 teaspoons lime juice  
½ cup chopped fresh cilantro

**Mix it up!** – As an alternative to Black beans or as a tasty extra you could add minced beef to the recipe.

**Preparation – 1.** Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chilli powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.

**2.** Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

**Tips & Notes – Make Ahead Tip:** Cover and refrigerate for up to 3 days or freeze for up to 3 months.

Note: Chipotle peppers are dried, smoked jalapeno peppers. Ground chipotle chile pepper can be found in the spice section of most supermarkets or online.



## DRY JANUARY

The "No Alcohol for 31 days" challenge

### CAN YOU STAY OFF THE BOOZE FOR 31 DAYS?

At least over 2 million people cut down their drinking for January. 2016 is looking to be even bigger so join in and reap the rewards. From significant health benefits including weight loss and better sleep, to more money in your pocket - what have you got to lose? All money donated goes to Alcohol Concern.

## FIVE WAYS TO STAY HEALTHY THIS WINTER – NHS UK [www.nhs.uk](http://www.nhs.uk)



**1. ELIMINATE YOUR SLEEP DEBT** – on average we sleep six and a half hours a night, much less than the seven to nine hours recommended. In winter we naturally sleep more because of the longer nights. It is perfectly natural to adopt hibernating habits when the weather turns cold.

**2. DRINK MORE MILK** – you are more likely to get a cold in winter so making sure your immune system is in tip-top condition is important. Milk and dairy products such as cheese, yoghurt and fromage frais are great sources of protein and vitamins A and B12. They are also important sources of calcium which helps to keep our bones strong.

**3. EAT MORE FRUIT AND VEG** – when it's cold and dark outside, it can be tempting to fill up on unhealthy comfort food, but it is important to ensure you still have a healthy diet and include five portions of fruit and veg a day. If you find yourself craving a sugary treat why not try a juicy clementine or sweet dried fruits. Winter vegetables such as carrots, parsnips, swede and turnips can be roasted, mashed or made into soup for a comforting winter meal for the whole family.

**4. TRY NEW ACTIVITIES FOR THE WHOLE FAMILY** – don't use the cold winter months as an excuse to stay in and lounge around. Instead, get out with the whole family to try out a new activity – winter walks.

**5. HAVE A HEARTY BREAKFAST** – winter is the perfect season for porridge. Eating a warm bowlful on a cold morning isn't just a delicious way to start your day, it also helps boost your intake of starchy foods and fibre. These give you energy and help you feel fuller for longer, stopping the temptation to snack mid-morning. Oats also contain lots of vital vitamins and minerals. Make your porridge with semi-skimmed milk, skimmed milk or water and don't add sugar or salt, add a dried fruit or fresh fruit to add extra flavour and this will help with your five a day.

## Lighter Bites – Green Smoothie



Serves: one adult

Preparation time: 5 minutes

Cooking time: none

Calories per portion: 140kcal (586kj)

### Ingredients

40g tinned mango slices (discard liquid)

40g tinned peach slices (discard liquid)

40g frozen spinach

1 medium banana

200ml water (or as required)

Smoothies are a great introduction to breakfast if you don't normally have much of an appetite at the 'crack of yawn'. They are also a good portable option of your morning commute. Compared with some hardcore green smoothie recipes, this green smoothie is a softer version that is quite sweet and fruity, while still giving you a health serving of greens. Blend all the ingredients together until smooth. Add more water to achieve the desired consistency.