

# Market Hill 8-8 Centre Newsletter

January 2019—Issue 13

## Winter Flu Season

Cold weather can be seriously bad for your health. That's why it's important to look after yourself, especially during the winter. If you start to feel unwell, even if it's a cough or a cold, don't wait until it gets more serious. Seek advice from your pharmacist.

Flu is very infectious and spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours.

To reduce the risk of spreading flu, use tissues to trap germs when you cough or sneeze, wash your hands often with warm water and soap, and bin used tissues as quickly as possible. Catch it. Bin it. Kill it.



## Dry January

Dry January is the month when Alcohol Concern challenges us to give up alcohol for 31 days.

The idea behind the campaign is that drinkers will see the health and financial benefits from not drinking alcohol for a month, and this will persuade them to give up altogether, or at least reduce their normal drinking levels. According to Alcohol Concern, most participants drank less six months after Dry January has finished, and nearly 10% of participants said they didn't plan on drinking again.

Participants are expected to see a number of benefits, including:

- Weight loss
- Better sleep
- More energy
- Clearer skin
- A healthier relationship with alcohol

There is also a clear financial benefit to cutting out alcohol for a month, with the average adult spending around £886 every year on alcohol.

However, for people with an alcohol addiction **it can be unsafe to stop drinking suddenly** as it can lead to unpleasant or even life-threatening withdrawal symptoms, including hallucinations, seizures and severe vomiting.

If you have an addiction and regularly drink to excess, or you know someone who does, it's important you make contact with your local treatment service in order to be guided through a safe and medically supervised detox.

## Issue 13's Cheap & Easy Recipe - found at [bbcgoodfood.com](http://bbcgoodfood.com)

### Potato Soup

#### Ingredients

2oz butter, 15oz potatoes, peeled and diced to 5mm, 4oz onions diced, 1 tsp salt, freshly ground pepper, 1½pt chicken stock or vegetable stock, 4fl oz creamy milk, freshly chopped herbs to garnish.

#### Method

1. Melt the butter in a heavy saucepan. When it foams, add the potatoes and onions and stir them in the butter until well coated.
2. Sprinkle with salt and a few grinds of pepper. Cover with butter wrapper or paper lid and the lid of a saucepan. Sweat on a gentle heat for approximately 10 minutes.
3. Meanwhile, bring the stock to the boil. When the vegetables are soft but not coloured as the boiling stock and continue to cook for about 10-15 minutes or until the vegetables are soft.
4. Add the milk and puree the soup in a blender or food processor. Taste and just add seasoning.
5. Serve sprinkled with a few freshly chopped herbs or some garnishes.



### Feedback

We value your feedback and suggestions on how we can improve our service or if someone stood out for you. Please see the feedback notice board in our reception for more information.

#### Surgery information

Telephone: 01724 292000

Monday	8am - 8pm
Tuesday	8am - 8pm
Wednesday	8am - 8pm
Thursday	8am - 8pm
Friday	8am - 8pm
Saturday	8am - 8pm
Sunday	10am - 2pm

Every 2nd Wednesday of the month we are closed 1pm - 6:30pm for staff training.

Practice Manager: Nicola Glen

Lead General Practitioner - Dr A Nayyar

#### Don't just miss your appointment

If you are unable to attend your appointment then please contact the surgery and let us know.

Last month 204 appointments were left unattended and this was value time that could have been given to another patient who needed to see a Health Professional.

**Wasted appointments in September 2018**

**210**

**Appointment time wasted in September 2018**

**59.3 hours**