

# Market Hill 8-8 Centre Newsletter

April 2019—Issue 16

## Stress Awareness Month—April 2019

### What is stress?

We all know what it's feels like to be stressed, but it is not simple to pin exactly what stress means. When we say things like "this is stressful" or "I'm stressed", we might be talking about:

- **Situations or events that put pressure on us** – for example, times where we have lots to do and think about, or don't have much control over what happens.
- **Our reaction to being placed under pressure** – the feelings we get when we have demands placed on us that we find difficult to cope with.

### 10 step stress solution

Prioritise your health

Get a good nights sleep

Stay hydrated

Eat healthy

Exercise

Adopt a positive mind set

Organise your time

Limit technology time

Say 'no'

### How you might feel

Irritable, aggressive, impatient or wound up, over-burdened, anxious, nervous or afraid, like your thoughts are racing and you can't switch off, unable to enjoy yourself, worried about your health, sense of dread.

Being under pressure is a normal part of life. It can help you take action, feel more energised and get results. But if you often become overwhelmed by stress, these feelings could start to be a problem for you.



**Visit [www.mind.org.uk](http://www.mind.org.uk) for more information and advice, speak to your medical clinician or contact your local Talking Shop on 01724 867297.**

## Issue 16's Cheap & Healthy Recipe - found at bing.com

### Healthy Veggie Nuggets

#### Ingredients

2 large sweet potatoes, cut into 2cm cubes, 200 g frozen broccoli, defrosted, 100 g frozen peas, defrosted, 100 g frozen or fresh shredded cabbage or kale, 1/2 tsp garlic powder, 1 tbsp sugar free Cajun spice mix (optional), 50 g wholemeal flour, 2 medium eggs, beaten, 4 thick slices of bread, blitzed to crumbs.

#### Method

1. Roast or steam the sweet potato cubes until soft. To roast, toss in 1 tbsp olive oil and roast at 220C/425F/gas 7 for about 15 mins. I like to steam in the microwave on High for just 5 mins, which makes things quicker. Blitz to a puree in a food processor. Preheat the oven to 200C/400F/gas 6 if not hot already.
2. Steam the broccoli in a steamer or the microwave for a few mins until soft, then add to the food processor with the peas, cabbage and seasoning. Blitz until well combined and virtually smooth. Scoop tablespoons of the mixture and roll first in flour, then eggs, and finally breadcrumbs or ground oats (or ground almonds for low carb). Place on a baking tray and bake in the oven for 20-30 mins, until golden, hot and cooked through.
3. Serve hot or cold (as a snack) with sugar free ketchup or a healthy dip. Also great with fries (chips) or sweet potato fries and steamed greens, or alongside cooked quinoa tossed with lemon juice and plenty of fresh herbs.



### 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: Darryl Southern

Lead General Practitioner - Dr N Dukes– Wiesenhaan & Dr R Maliyil

#### 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 186 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 March 2019**

**186 (7 more than Feb)**

**Appointment time wasted in March 2019**

**54 hours**