

# HALTWHISTLE MEDICAL GROUP

## Festive Season 2017 Newsletter

Welcome to your HMG Festive Season 2017 Newsletter - In this edition:

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NHS News



Christmas Opening Times

The Festive Season is upon us so there will be lots of changes ahead especially in the weather so to make sure you are ready for this, keep warm, keep well and keep healthy. Banish those winter blues by facing the freeze for a short walk and look in on the vulnerable, a friendly face can make all the difference. Please read on for more information about our Christmas Opening Hours, don't worry too much though as there is plenty of medical help available when we are not open. **Remember if you require any medication to order it at least 72 hours before you run out and make allowance for our times of closure.**

### Flu Jab update:

It's not too late to get your flu vaccination. If you haven't had yours and would still like one please ask a member of staff who will book your appointment, alternatively please let us know if you would like to decline so we can record this on your medical record.

### Christmas Raffle:

We will be holding our annual Christmas Raffle this year in the practice with some lovely goodies to win in time for the big day, all proceeds from the Christmas Raffle will go towards the Practice Equipment Fund

## WELL DONE!

Thank you for your support.

MELANOMA UK

would like to thank

Adele Bracher

for raising an amazing

£853.00

Fighting Melanoma Together

Date: 21st October 2017

Signed: Gillian Nuttall

Gillian Nuttall

CEO



### Melanoma UK and Josies Dragonfly Trust

A BIG WELL DONE to Kirsty and Adele for completing the Great North Run, they both completed with fantastic times.



Alongside the GNR we had raffles and prize draws held in the surgery and we raised fantastic totals of :

**£853.00** for Melanoma UK <http://www.melanomauk.org.uk/>

and

**£340.00** for Josies Dragonfly Trust <http://www.josiesdragonfly.org/>

**MACMILLAN**  
CANCER SUPPORT

### Macmillan

We held our annual raffle in the surgery throughout the month of October to raise money for Macmillan Cancer Support and we raised an incredible **£ 1478.84**  
<https://www.macmillan.org.uk/>



### Wearing Pink

If you were in the practice on Friday 20th October you will have seen the staff wearing pink to raise money and awareness for Breast Cancer Now. We continue to do this every year and **wear it pink** has raised a total of almost £30 million since starting in 2002. <https://wearitpink.org/>

**THANK YOU everybody for your kind generosity in supporting these wonderful charities.**

## Christmas Leftover Recipes

From turkey to Christmas pudding, check out these recipe ideas from **Love Food Hate Waste** for creative ways to use up your Christmas meal leftovers.

### **Turkey leftovers**

Leftover poultry such as turkey, goose, chicken or duck can be used in a variety of ways, from sandwiches and stir fries to soups and salads.

*Recipe ideas:*

- Speedy stir fry
- Turkey and chickpea coconut curry
- Duck, broad bean and beetroot salad
- Chicken and vegetable broth
- Turkey, ham and leek pie

If you don't think you'll eat your leftover turkey before it goes off, you can always slice it and freeze it for another time. When you're ready to use it, defrost it in the fridge and eat it within 24 hours of defrosting.

### **Roast beef leftovers**

- Beef hotpot - Try combining leftover roast beef with leftover gravy and vegetables from the Christmas dinner, top with a layer of sliced cooked potatoes and you'll have a hearty hotpot ready to go on Boxing Day.
- Yorkshire pudding nibbles - You could also try serving roast beef-topped Yorkshire puddings – place slices of roast beef inside mini Yorkshire puds with a bit of English mustard or horseradish. They can be served hot with gravy, or cold.
- Mince beef - Beef can also be minced and used as a filling for cottage pie or a Bolognese sauce.

### **Leftover stuffing and Vegetables**

Leftover stuffing will combine perfectly with leftover cooked vegetables such as Brussels sprouts, carrots, parsnips and potatoes to make bubble and squeak.

Potatoes, carrots and parsnips combine wonderfully with stock to make a warming root vegetable soup. You can also chop them up into cubes and add some herbs, fry them in a little olive oil and serve with cold leftover meats.

*Recipe ideas:*

- Root vegetable soup
- Beef hash and poached eggs with hollandaise sauce
- Vegetable crumble

### **Leftover Christmas pudding**

Christmas pudding keeps very well, but once opened it is best stored in the fridge. If you have some left over, why not try making a Christmas pudding strudel.

You can also reheat pudding and serve it warmed with ice cream or custard. Or if you want a taste of Christmas even after the holiday ends, you can make Christmas pudding muffins.

### **Using leftovers safely:**

- Cool leftovers as quickly as possible, ideally within 90 minutes (splitting into smaller portions can help), then cover and refrigerate
- Use leftovers within two days and reheat until steaming hot
- Don't reheat leftovers more than once

## Practice Equipment Fund

We are very grateful for our equipment fund. Over the years we have received donations from patients and held fundraising raffles where patients and their families have donated towards for the Equipment Fund. The fund is used to purchase equipment that we can use to provide and improve patient care. Between 2016 - 2017 we have purchased some fantastic new equipment:

- Home Blood Pressure Monitoring Cuffs different sizes - £49.25
- Camera for District Nurses to take photos of wounds - £79.99
- Keeler Rechargeable Desk Set - £635.00
- Gynaecology Couch - £1,395.00
- Blood Pressure monitors - £119.94
- Doppler Machine - £260.28
- Doppler Wand - £313.20
- Defibrillator - £1,198.80

## Keep warm, keep well

Follow these tips to keep you and your family warm and well at home:

- If you're not very mobile, are 65 or over, or have a health condition, such as heart or lung disease, heat your home to at least 18C (65F)
- Keep your bedroom at 18C all night if you can – and keep the bedroom window closed
- During the day you may prefer your living room to be slightly warmer than 18C
- To reduce the risk of [sudden infant death syndrome \(SIDS\)](#), babies should sleep in rooms heated to between 16C and 20C
- If you're under 65, healthy and active, you can safely have your room cooler than 18C, if you're comfortable
- Draw curtains at dusk and keep doors closed to block out draughts

*Get your heating system checked regularly by a qualified professional*

Look in on vulnerable neighbours and relatives

Check up on older neighbours and relatives, and those with heart or respiratory (breathing) problems, to make sure:

- They're safe and well
- Are warm enough, especially at night
- Have stocks of food and medicines so they don't need to go out during very cold weather

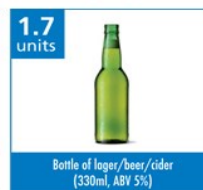
If you're worried about a relative or elderly neighbour, contact your [local council](#) or call the Age UK helpline on 0800 678 1174 (8am-7pm every day).

If you're concerned that the person may be suffering from hypothermia, contact [NHS 111](#).

Source: [www.nhs.uk](http://www.nhs.uk)

## Drinks and Units

Most people enjoy a tipples over Christmas so here we have a guide of the Units of what is in your favourite winter warmer.



A 750ml bottle of red, white or rosé wine (ABV 13.5%) contains 10 units.

Gin, rum, vodka, whisky, tequila, sambuca.

Large (35ml) single measures of spirits are 1.4 units.

**Please Drink Responsibly**

Source: [www.nhs.uk](http://www.nhs.uk)



## Christmas Opening Times



Our opening times over the Festive season are as follow:

**Monday 25th December - Closed**

**Tuesday 26th December - Closed**

**Wednesday 27th December - 08:00 - 18:30**

**Thursday 28th December - 08:00 - 18:30**

**Friday 29th December - 08:00 - 18:30**

**Monday 1st January - Closed**

*Surgery hours will resume as normal from Tuesday 2nd January*

If you require medical attention during a time we are closed please call 111 or 999 for Emergencies or for more information visit our website: [www.haltwhistlemedicalgroup.co.uk](http://www.haltwhistlemedicalgroup.co.uk)

Or NHS Choices: [www.nhs.co.uk](http://www.nhs.co.uk)