

Market Hill 8-8 Centre Newsletter

November 2018—Issue 11

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.

Influenza (Flu Vaccination) - **BOOK NOW!**

Flu season is here!! You are eligible to receive a free flu jab at the surgery if you:

- are 65 years of age or over
- are pregnant
- have chronic medical conditions
- are living in a long-stay residential care home or other long-stay care facility
- receive a carer's allowance, or you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill
- Children aged 2 and 3.



Front-line health and social care workers are also eligible to receive the flu vaccine. It is your employer's responsibility to arrange and pay for this vaccine.

If you are eligible for a vaccine the surgery will be contacting you shortly to arrange an appointment. However please feel free to contact us next month to book your appointment.

Issue 9's Cheap & Easy Recipe - found at bbcgoodfood.com

Stir-fried chicken with broccoli & brown rice - Combine lean chicken with super-healthy broccoli, ginger and garlic for a quick and cheap, weeknight dinner.

Ingredients

200g trimmed broccoli florets (about 6), halved, 1 chicken breast diced (approx 180g), 15g ginger, cut into shreds, 2 garlic cloves, cut into shreds, 1 sliced red onion, 1 roasted red pepper, from a jar cut into cubes, 2 tsp olive oil 1 tsp mild chilli powder, 1 tbsp reduced-salt soy sauce, 1 tbsp honey, 250g pack cooked brown rice



Method

1. Put the kettle on to boil and tip the broccoli into a medium pan ready to go on the heat. Pour the water over the broccoli then boil for 4 mins.
2. Heat the olive oil in a non-stick wok and stir-fry the ginger, garlic and onion for 2 mins, add the mild chilli powder and stir briefly. Add the chicken and stir-fry for 2 mins more. Drain the broccoli and reserve the water. Tip the broccoli into the wok with the soy, honey, red pepper and 4 tbsp broccoli water then cook until heated through. Meanwhile, heat the rice following the pack instructions and serve with the stir-fry.

Nutrition: per serving							
kcal	fat	saturates	carbs	sugars	fibre	protein	salt
448	9g	2g	56g	15g	6g	33g	1.4g

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

204 (8 less than last month)

Appointment time wasted in September 2018

46.78 hours