

Market Hill 8-8 Centre Newsletter

June 2018—Issue 6

Carers Week 11th June—17th June

Did you know that carers week is in June?

Are you a carer or are cared for by someone? In that case this year we are holding a coffee morning on Wednesday 13th, 10am - 12pm at the surgery. Please come along, we will have a representative from the Carers Association who can help support you with any queries you have. There will also be tea, coffee and biscuits for you whilst you have a chat and meet others.

Alternatively you can call the Carers Support Service 7 days a week for free confidential friendly advice and support on 01652 650585.

If you would like to speak to someone at the surgery then please ask for our carers lead Alex who will be happy to help.



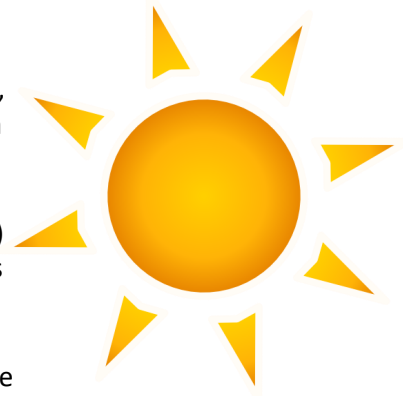
Skin Cancer Awareness Month

Skin cancer is one of the most common cancers in the world.

A diagnosis of non-melanoma skin cancer will usually begin with a visit to your GP, who will examine your skin and decide whether you need further assessment by a specialist.

If skin cancer is suspected, you may be referred to a skin specialist (dermatologist) or specialist plastic surgeon. The specialist should be able to confirm the diagnosis by carrying out a physical examination.

However, they'll probably also perform a biopsy, a minor surgical procedure where either part or all of the tumour is removed and studied under a microscope.



Things to look out for:

- be smooth and pearly
- look waxy
- appear as a firm, red lump
- bleed sometimes
- develop a crust or scab
- begin to heal but never completely heal
- be itchy
- look like a flat, red spot which is scaly and crusty
- develop into a painless ulcer.
- look scaly
- have a hard, horny cap
- make the skin raised in the area of the cancer
- feel tender to touch
- bleed sometimes.

Issue 6's Cheap & Easy Recipe - found at bbcgoodfood.com

Italian rice with chicken - This one-pan dish is simple, but really looks the business when you're trying to impress.

Ingredients

2 tbsp olive oil, 2 skinless boneless chicken breast fillets or 4 boneless thighs, cut into strips, 1 red onion, cut into 8 wedges, 2 orange peppers, halved, deseeded and sliced thickly, 1 garlic clove, crushed, 100g long grain rice, 400g can chopped tomatoes, 300ml chicken stock, 4 tbsp ready-made pesto.



Method

Heat oven to 200C/fan 180C/gas 6. Heat the oil in a large, shallow ovenproof pan, add the chicken and cook for 3-4 mins until golden all over. Remove from pan and set aside. Add the onion and peppers, and cook for 3 mins or until lightly golden. Tip in the garlic and fry for a min. Stir in the rice, then the tomatoes, stock and reserved chicken. Turn up the heat and bring to the boil before transferring to the oven to cook, uncovered, for 20 mins. Season to taste and drizzle over the pesto before serving.

Nutrition: per serving

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
620	22g	5g	62g	0g	6g	49g	1.5g

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 151 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 May 2018

226 (75 more than last month)

Appointment time wasted in May 2018

58.2 hours