

NEWSLETTER

INSIDE THIS ISSUE:

Happy New Years and Flu season reminder 1

Healthy start to 2020 tips & Dry January 2

Patient Poem 2

Care opinion Information—leave a nice comment for us. 3

What's happening at SGP? (Practice News) 3

How to self refer for mental health support 3

School absences 3

Healthy recipe 4



Happy New Year to all SGP patients, we wish you all a year of good health and happiness.

Just a quick reminder!!

If you have not yet had your flu vaccine, you are not too late.

We can still give you the vaccine until *31st March 2020*.

Hurry!!



PATIENT
POEM
BY. K. LEE

It was a good day
In many ways
The sun winning
Its fight
Against the haze
On the bench
An old man
sleeping
A fallen child
weeping
Dogs running wild
As owners gave
chase
A jogger passing
Feeling the pace
Lovers sharing
A tender kiss
A game of cricket
So hit and miss
Swans trying hard
To steal the show
Summers late
flowers
Trying to grow
Ducks in
abundance
Seem to drift with
the mood
Their every
thought
Food food food
Night takes over
And all is still
It seems this day
Has served a good
meal

HEALTHY START TO 2020

Some healthy tips for starting 2020;

- Choose higher fibre or wholegrain varieties of starchy carbohydrate e.g. rice, bread, pasta.
- Eat lots of fruit and veg
- Eat more fish, including a portion of oily fish e.g. salmon, sardines, mackerel.
- Cut down on saturated fat and sugar
- Eat less salt: no more than 6g a day for adults
- Get active and be a healthy weight
- Don't get thirsty—Keep hydrated!
- Don't skip breakfast



More info can be found at;

<https://www.nhs.uk/live-well/eat-well/>



Dry January is the UK's one-month alcohol-free challenge that helps you reset your relationship with alcohol every year.

Research shows that one month of not drinking alcohol can

- **Lowers blood pressure**
- **Reduces diabetes risk**
- **Lowers cholesterol**
- **Reduces levels of cancer-related proteins in the blood**

During Dry January last year 88% of participants saved money, 71% slept better and 58% lost weight.

Why not give it a go!!

More information and resources can be found at <https://alcoholchange.org.uk/>

Healthy resources in Hackney;

Smoke free Hackney—<https://www.smokefreehackney.org/home>

Drink aware—<https://www.drinkaware.co.uk/>

Our Parks—<https://ourparks.org.uk/class-list>

New age games (over 50's) - <https://hackney.gov.uk/new-age-games>

HELPFUL FEEDBACK

Here at SGP we value feedback that can help us feel proud and also inspire us to make changes and continue to improve the delivery of our service to patients.

We would be very grateful if you would take some time to write a story on the Care Opinion website. Their contact details can be found below. Thank you very much in advance!



Email: careopinion.org.uk

Tel: 0800 122 31 35

Able Futures

Need support for your mental health at work?

- *Are you aged 16 or over?*
- *Are you in work or about to start work?*
- *Do you live in Great Britain?*
- *Do you have mental health difficulties that impact upon your work?*

If so the Able Futures may be able to help and can be contact as below

Tel : 0800 321 3137

More info available at : <https://able-futures.co.uk/mental-health-support-for-individuals/>

School absences

Children are often ill and are required to take off from school to recover. However, it is not a requirement that a GP provides a sick note for school absences under 7 consecutive days. The child's school is obligated to accept a note from the child's parent with explanation of their absence within the first 7 days.

GP's are not required to give input with regard to children who have frequent absence from school. It is the responsibility of the parent and the school to ensure that absences are legitimate.

When a child suffers from a long term condition, any certificate should be requested from the child's

PRACTICE NEWS

GROUP CONSULTATION APPOINTMENTS

Want to learn more about how to live better with your diabetes or respiratory (chest) condition, improve your outcomes and spend longer with your GP/Nurse and Healthcare Team?

If you are due a diabetes or respiratory review please book in for a group consultation appointment at reception

97% of patients who attend group consultation appointments enjoy the experience, and would recommend them to friends and family



QUICK REMINDERS

When leaving messages on the answer phone for the reception staff;

- Please try to leave a clear and concise message, stating name, date of birth, date and time of appointment

Please don't;

- Leave messages about booking appointments

NB: Receptionists are unable to return calls so please do not leave messages

for a call back.

When booking blood tests;

- Please ensure you have had a discussion with a GP first as the GP will need to make an assessment of what bloods are needed.
- Please also remember to bring the blood test form with you to your appointment.

Thank you!

Healthy recipe courtesy of diabetes UK

Aubergine and courgette Parmesan Bake

Ingredients:

2 large aubergines (approx. 700g), cut into 1cm discs

2 courgettes, cut into 0.5cm strips

1 tbsp olive oil

1 onion, finely chopped

1 red pepper, finely chopped

2–3 cloves garlic, crushed

1 heaped tsp dried oregano

1 x 400g can chopped tomatoes

50g Parmesan cheese, finely grated

120g reduced-fat mozzarella, thinly sliced



Method:

Preheat the oven to 180°C/gas mark 4. Grill the aubergines and courgettes until lightly browned on each side.

Meanwhile, add the oil to a pan with the onion, stirring occasionally for 5 minutes. Next, add the red pepper, stirring regularly for another 5 minutes.

Mix in the garlic, oregano and tomatoes, and simmer for 5 minutes.

Add some of the sauce to an ovenproof dish, top with aubergine and courgette slices, then add more sauce and sprinkle with Parmesan cheese. Repeat until the final layer of aubergine and courgette, then top with the remaining sauce, Parmesan and, finally, the mozzarella slices.

Bake in the oven for 30–40 minutes until golden brown.