

## August 2014 – Surgery Newsletter



I hope you are all enjoying your summer? I'm enjoying the delights the UK has to give this summer by spending a week in Norfolk with my family and a long weekend in Wales with friends climbing Snowdon for charity. I'm hoping the weather is good - Fingers crossed!

You may be surprised to learn that on average we have 150 appointments wasted where patients do not turn up every month. Obviously some of these are due to genuinely unavoidable reasons, but most are not. This increases during the nice weather (for some reason) so I would like to issue a plea to all patients to let us know if you are unable to make an appointment. We make it as easy as possible by providing a dedicated telephone line 01206 255071 where messages can be left 24/7. Even easier than that, you just reply "cancel" to your text reminder which is sent the day before. These appointments are desperately needed by many other patients who are often very ill, so it's really not fair on them. Thanks.

I've been asked by the Green Pharmacy (who are no longer connected to the surgery) to ask patients to let them know before you turn up to collect your regular medication, even if it's been sent electronically. They need time to get your medication ready, so you will find you won't be waiting as long when you arrive if you can do this.

### **IMPORTANT MESSAGE ABOUT THE PATIENT PARTICIPATION GROUP –**

Due to the holidays, there will **NOT** be a meeting of the PPG in August.

**The next meeting will be on Thursday 17<sup>th</sup> September.**

**Richard P Miller – Practice Manager**



### **Portion control – Helping to maintain a healthy weight**

In England 65% of men and 58% of women are overweight. This is because we eat too much and don't do enough physical activity. The portions of food we eat have over the last few years have got bigger and even the sizes of dinner plates are now larger making us eat more! Most of us eat too much without even realising it, but keeping an eye on portion control is something we can all do very easily:

1. Reduce the size of your plate / bowl that you use. Use a plate about 8-10 inches across.
2. Divide your plate in half - fill one side with fruit/salad /veg divide the other half again for protein and starch.
3. Eat 3 balanced meals a day and don't skip meals.
4. Measure and weigh your food - learn how much a portion is. You may be really surprised at how much you are overestimating e.g. a portion of rice is a small cup or 75g
5. Have a glass of water before you eat. We are often thirsty and eat instead.
6. Don't have second helpings - freeze the leftovers for another day.
7. Share when you eat out - share French fries between you at the table - if you have a portion each you will eat them all but if you share you probably will not want anymore. Order a dessert and 4 spoons. A few mouthfuls are usually just enough to satisfy our taste!
8. Try to keep away from processed food which is high in sugar and salt.

**Remember carrying excess weight puts us all at a greater risk of a whole range of serious health problems long term. Why not try some of the above?**