

November 2015 – Surgery Newsletter



Flu season is well under way at the time of writing (12th October) and we've already vaccinated just over 1,350 patients in just 10 days! This is 38% of all those eligible and half way towards the Department of Health's target of 75%. I'm hoping that we'll have met this target by the time you read this, but just in case we haven't and you are eligible but not had your jab yet, please call to book your appointment!

Many patients also need their vaccine against pneumonia. This is a one off vaccine, so if you are eligible but have had this in the past, you are covered for life. Those who are eligible are the over 65s or who are aged between 2 and 65 with a long term health condition. If you think you may be eligible, please call us to find out.

There more annual vaccinations due than ever at this time of the year and as well as the above, we also vaccinate certain age groups against shingles. Patients who are aged 70 on 1st September 2015 or who are aged 78 on 1st September 2015 are eligible. If you are aged between 71 and 77 on 1st September 2015 (inclusive), you are NOT eligible and will have to wait to the year which you will become eligible I'm afraid. This is the way the NHS powers that be have decided to roll out this vaccination to the population and we have to therefore abide by these rules.

Finally the **Patient Participation Group (PPG)** is meeting for its **Annual General Meeting** on 19th November 2014 at 6.30pm in the Village Hall. It's important that we have as many patients and members represented as possible, so if you can make it please make a note in your diary that would be great!

Richard P Miller – Practice Manager



Super Foods are starting to appear more and more in the media. They are also starting to become easily available at most supermarkets. Below are a few that have excellent qualities that can easily be added into your weekly shopping with some advice on why they may be good to eat.

Eggs - Free range organic eggs are an excellent protein option. They contain amino acids and are also low in calories.

Flaxseed - A healthy food that contains omega -3 fatty acids and fibre that can help you lose weight. Omega -3 also works to boost your metabolism and also help to detoxify.

Blueberries - Excellent source of antioxidants, vitamin C, K and magnesium that helps detoxify the body. Fibre and copper content also works to increase fat burning and strengthen the immune system.

Plain Greek Yogurt - Packed with protein and no added chemicals or sugars. Proteins keep you satisfied for longer. Can also be used as a substitute for sour cream and mayonnaise.

Coconut Oil - Contains a unique combination of fatty acids which has an excellent effect on metabolism and can help when added into your diet.

Kale - A super food with one of the most nutrient and dense greens. It helps to suppress the appetite and eliminate toxins in the body.

Quinoa - Low calorie and full of nutrients. Low glycaemic and full of protein, magnesium, zinc and iron. It is also gluten free.