

# Patient Newsletter

March

DATE  
2019

Brownlow Health

Welcome to our 1st quarterly edition of our patient newsletter



March, Hello Springtime



## ACTION CALENDAR: MINDFUL MARCH 2019



MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

"The best way to take care of the future is to take care of the present moment" - Thich Nhat Hanh

4 Stay fully present while drinking your cup of tea or coffee

5 Every hour simply take three calm breaths in and out

6 Eat mindfully. Appreciate the taste, texture & smell of your food

7 Listen to how you speak to yourself. Try to use kind words

8 Look around and spot 3 things you find unusual or pleasant

9 Listen to a piece of music without doing anything else

10 No plans day. Slow down and let spontaneity take over

11 When someone is speaking, take a full breath before you reply

12 Feel the cool of a breeze or the warmth of the sun on your face

13 Stop, breathe and just notice. Repeat regularly during the day

14 Enjoy doing any chores or tasks more mindfully today

15 Take an unusual route and notice what looks different

16 If you find yourself rushing, make an effort to slow down

17 Have a device-free day and enjoy the space it offers

18 Do something creative that absorbs your attention

19 Listen deeply to someone and really hear what they are saying

20 International Day of Happiness! Focus on what makes you happy

21 Notice when you're tired and take a break as soon as possible

22 Stop to just watch the sky or clouds for ten minutes today

23 Bring to mind all the people you love and care about

24 Make a list of amazing things that you take for granted

25 Mentally scan down your body and notice what it is feeling

26 Tune in to your feelings, without judging or trying to change

27 As you walk, notice the sound of each step and how it feels

28 Stop work earlier and use the time to be still and relax

29 Appreciate your hands and all the things they enable you to do

30 Notice the joy to be found in the simple things of life

31 Go nature spotting today. Even in a city, life is all around

ACTION FOR HAPPINESS



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)

Inside this issue:

## Happy Calendar for March

News	1
Health	2
New Services	3
Women's Health	4
Did You Know	5
Health Recipes	6
Brownlow	7





## Health Promotion Awareness For March

We have a health promotion notice board at all our sites to keep you informed on awareness each month

Below are some of the messages we have for this month

Ovarian cancer awareness month

Epilepsy awareness

No smoking day 13th March:

Please ask the reception team about contacts we have for smoking services if you want to stop smoking



## Brownlow staff charity events around Health Promotion

Brownlow staff last year raised money for charities local and nationwide

Supporting causes for health promotion Breast Cancer Care

McMillan Coffee Morning

Wear it Pink

Jeans for Genes

Christmas Jumper day

Whitechapel

Movember

Toy appeal for Radio City





## New Services now available

E-cons – launched last year @ Brownlow

Extended access service rolled out , please ask a receptionist about this service

Out of area patients can now register, (please check criteria )

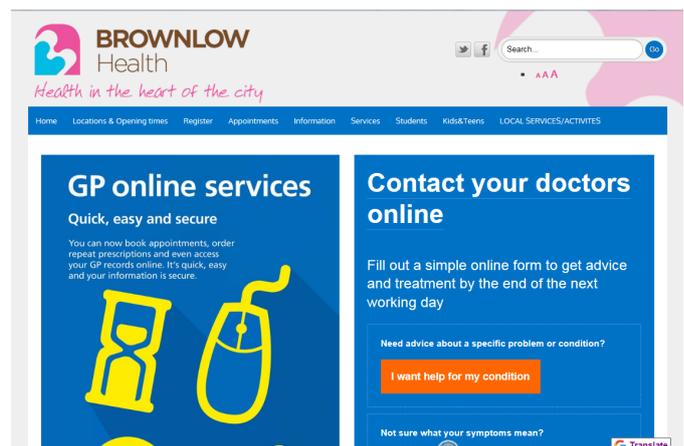


## Link to our website

For more detailed information please check our website for all our services we offer such as:

- ◆ Online services
- ◆ Health trainer
- ◆ Extended GP access

<https://www.brownlowhealth.co.uk/>





### Cervical Screening News March 2019

Public Health England (PHE) has launched the Cervical Screening Saves Lives campaign sparked by rates reaching a 20 year low, with one in four eligible women in the UK not attending their test.

There is a particular focus on those aged 25 to 34, as the screening rate is lowest for this age group, with campaign activity including social media and other digital channels. PHE will support their efforts by providing a range of free resources, including posters, badge stickers, wallet cards and digital materials, together with a briefing document to help promote the campaign.

While the campaign will target all eligible people, there will also be activity specifically directed towards women from Black, Asian and minority ethnic backgrounds and lesbian and bisexual women and Tran's men who are less likely to participate in the screening programme.

March is  
Ovarian Cancer  
Awareness Month





**Did you know** You can order your prescriptions online to save time for yourselves and also nominate a chemist for your prescription to go electronically, this is only for your repeat items that you have on your prescription

**Did you know** That on the right hand side of your prescription request it shows when your medication review is due, this is for you to check and arrange an appointment or call to have your medication reviewed

**Did you know** We close every Wednesday between 12-2 you can still call between these times on 0151 285 4578

**Did you know** We close once a month for staff training on a Wednesday each month, the date and times with this information on are displayed on the front door at all our sites

**Did you know** We have a patient partition volunteer group every 3 months, please look on our website if you want to be involved with this

**Did you know** Across all our sites we update our notice boards with your questions





### Chinese Baked Sea Bass with Pak Choi

#### Ingredients

2 sea bass fillets  
1 red chilli  
1 tsp root ginger  
300g pak choi  
2 tsp olive oil  
1 tsp sesame oil  
2 garlic cloves  
2 tsp soy sauce (low salt)  
Preparation time: 5 minutes

Cooking time: 15 minutes

Serves: 2

9.6g fat Saturates

1.7g Sugars

Bursting with fragrant Asian ingredients, this flavour-some dish makes the perfect mid-week meal for two.

#### Ingredients

2 sea bass fillets  
1 red chilli  
1 tsp root ginger  
300g pak choi  
2 tsp olive oil  
1 tsp sesame oil  
2 garlic cloves  
2 tsp soy sauce (low salt)

#### Method

Preheat the oven to Gas Mark 6/200c/180c Fan. Prepare a piece of foil large enough to wrap the bass fillet.

Place the bass in the centre of the foil and sprinkle with the chilli, ginger and a pinch of salt. Fold the foil to form a parcel around the fish and place in the oven for 15 minutes.

Meanwhile place the pak choi in a steamer for at least 10 minutes.

Heat the oils in a small frying pan, add the garlic and gently fry.

Serve the fish on top of the pak choi with the garlic oil and soy sauce sprinkled on top.

### Healthy eating

A healthy diet can help reduce your risk of developing coronary heart disease and stop you gaining weight, reducing your risk of diabetes and high blood pressure.

It can also help lower your cholesterol levels and reduce your risk of some cancers.

Even if you already have a heart condition, a healthy diet can benefit your heart.

Everyone should aim for a well balanced diet.

Faddy crash diets may not provide the balance of nutrients you need.

The best way to understand it is to think of foods in food groups.

Try to eat:

plenty of fruit and vegetables

plenty of starchy foods such as bread, rice, potatoes and pasta. Choose wholegrain varieties wherever possible

some milk and dairy products

some meat, fish, eggs, beans and other non-dairy sources of protein

only a small amount of foods and drinks high in fats and/or sugar.

Choose options that are lower in fat, salt and sugar whenever you can.

Fruit and vegetables

A well-balanced diet should include at least 5 portions of fruit and veg a day. Try to vary the types of fruit and veg





We hope you have enjoyed our Newsletter  
We will have our next copy in our waiting room in June  
If you have any questions with any services please ask  
**Our Reception Team**  
**Who will be happy to help you**

If you would like to try our recipe at home we have copies on our website and the reception desk  
Recipe is from the healthy heart website



VectorStock.com/12421895



### 3 Things you may not know about Brownlow Health

1. Brownlow at Pembroke building was once the old royal infirmary hospital.
2. Brownlow Health first opened in 1993
3. We have over 30 Doctors, over 20 nurses and over 30 reception/admin across our 3 sites

