

## Brighton Station Health Centre

# Spring Newsletter

Bringing you the latest news, information and health advice from Brighton Station Health Centre.



### Walking for health

With the days getting longer and the weather finally starting to warm up, it is a great opportunity to focus on getting outside and getting active. And we aren't talking about anything too strenuous!

Walking is a simple, free and easy way to get active, lose weight and become healthier.

Regular walking has been proven to reduce the risk of chronic illnesses, such as heart disease, type 2 diabetes, asthma, strokes and even some cancers.

### Why not take up the 10,000 steps challenge?

Setting yourself a target of walking 10,000 steps a day can be a great way to increase the amount of exercise you do. On average you will walk between 3,000 and 4,000 steps a day, why not get your hands on a pedometer and challenge yourself to reach 10,000 steps - you'll burn around 400 calories every day.

## Hay fever

The hay fever season can last from March to October and some unlucky people only get a break from symptoms in winter.

Symptoms of hay fever include:

- Sneezing
- A runny nose
- Itchy eyes

Hay fever can adversely affect many areas of your life including your social life, your emotional wellbeing, your performance at work or school, and your self-esteem.

If you think you may be suffering from symptoms of hay fever, a visit your local chemist for advice and over the counter medication should relieve your symptoms.

## Five ways to get active with your kids this Easter

Children really should be active for at least one hour every day. Physical activity helps children grow strong bones, keep a healthy weight and discover the world around them.

Here are five activity tips for being active with your children:



**Build a den or treehouse** during the holidays, or encourage them to climb a tree or two (under supervision of course!)



**Go ice skating, rollerblading or skateboarding**, indoors or outside. Kids also love scooters!



**Fly a kite**, you can find good local kite flying locations by searching on the internet.



**Plan an activity challenge together**, work towards a fun run or a walk for charity.



**Go swimming!** Lots of local pools have half term programmes, most include a few hours of inflatable fun.

## No smoking day

No smoking day 2016 is on March 9th 2016.

Around 10 million people in the UK still smoke, while around 100,000 die every year from smoking-related causes. That's 100,000 too many.

Let's face it; there are lots of reasons why it's a good idea to stop smoking. And even though quitting won't be the easiest thing you'll do, we know it will be up there with the best.

For more information on getting help to quit, please speak to your GP or visit [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)



## Making sense of your medication

To get the best results from your medicines, it's important to use them as they are intended.

### You need to:

- Take the right amount of medicine at the right times, in the right way and for the right number of days.
- Get advice from your pharmacist or GP if you are having any side effects that bother you.
- See whether your medicines are making you feel better or worse. If you're worried, tell your doctor or pharmacist as soon as possible.
- For medicines you have to take regularly, make sure you always have enough, especially at weekends, public holidays and when you're on holiday.

If you have any questions about how to use your medicine or getting a medication review, please contact us on **0333 321 0946**.

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## Recipe corner

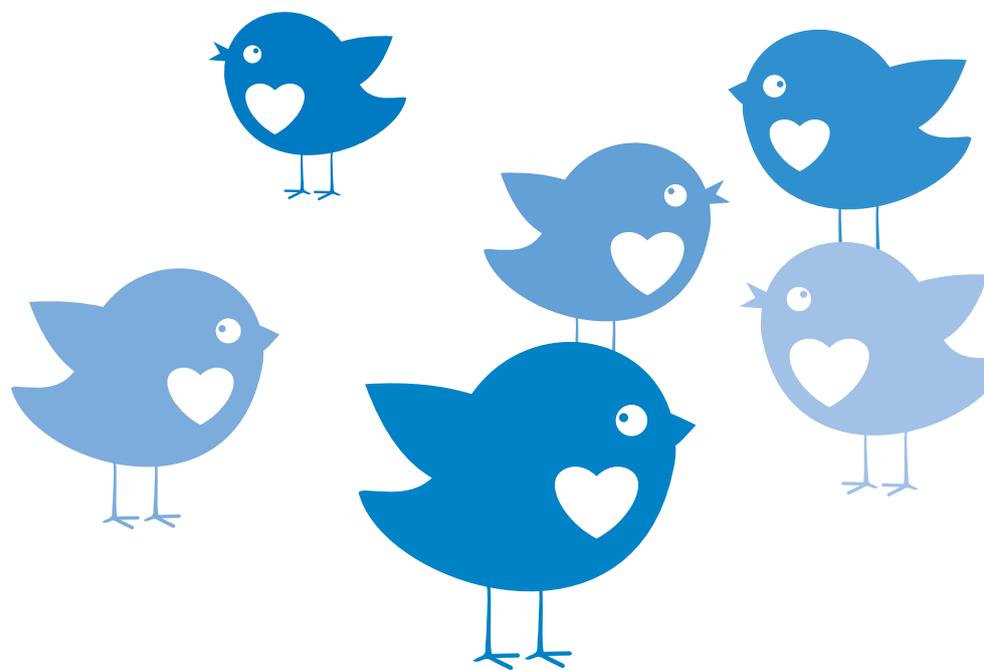
### Spring chicken in a pot

#### Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 500g boneless, skinless chicken thigh
- 300g small new potato
- 425ml low-salt vegetable stock (such as Kallo low-salt vegetable stock cubes)
- 350g broccoli, cut into small florets
- 350g spring green, shredded
- 140g petits pois
- bunch spring onion, sliced
- 2 tbsp pesto

#### Method:

1. Heat the oil in a large, heavy pan. Add the onion, gently fry for 5 mins until softened, add the chicken, fry until lightly coloured. Add the potatoes, stock and plenty of freshly ground black pepper, then bring to the boil. Cover, then simmer for 30 mins until the potatoes are tender and the chicken is cooked. Can be frozen at this point.
2. Add the broccoli, spring greens, petit pois and spring onions, stir well, return to the boil. Cover, then cook for 5 mins more, stir in the pesto and heat through





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