



# CORBYP HEALTH NEWS

## Look after your health and wellbeing in 2019

GP's across Corby are urging people to set realistic goals as they aim to make positive changes to improve their health and wellbeing. This could include being more active, stopping smoking or drinking less alcohol.

Matthew Davies Medical Director of NHS Corby and NHS Nene Clinical Commissioning Groups said:

"New Year is a great time to commit to making changes towards a healthier lifestyle.

You have more chance of succeeding if you set yourself realistic goals. If you need help or encouragement, the NHS website has lots of expert advice on what you can do to stay healthy and kick-start your resolution.

Introducing healthy habits and small changes to your life-style now could not only help you to look and feel better but can also make a big difference to your health in the long term."

**Get more active:** There are a number of sports clubs in and around Corby you could consider joining.

Alternatively, if you prefer exercising alone, you could download the NHS Couch to 5K app. This is a great resource and will support you every step of the way.

To download the NHS Couch to 5K app please visit: [www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/](http://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/)

Corby Park Run is open to all and is a great way to start the weekend. These free 5k running events take place 9am every Saturday at West Glebe Recreation Ground. Find out more here: <http://www.parkrun.org.uk/corby/>

The Corby Health Walks are also free to attend. Ranging from a 15 minute walk to walks over 60 minutes in duration, you will have the chance to sample some of Corby's beautiful countryside and iconic landmarks. Find out more here: <https://www.walkingforhealth.org.uk/walkfinder/corby-health-walks>



Remember, the smallest change can make a difference. How about using the stairs instead of the lift? Or getting off the bus a stop early and walking the rest of your journey?

**Stop smoking:** If your New Year's resolution is to stop smoking make use of the free NHS support services. Evidence shows that people are four times more likely to quit if they utilise their local NHS Stop Smoking Service.

Find out more at [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree) or visit your local pharmacy for free advice on how to make 2019 and beyond smoke free.

**Reduce your alcohol intake:** Cutting back on the amount you drink will not only improve your overall health and wellbeing, you will sleep better and save money.

If you are taking part in dry January you can find support and guidance at: [www.dryjanuary.org.uk](http://www.dryjanuary.org.uk).

You can also find support in dealing with alcohol addiction here: <http://www.bridge-northants.org.uk/>

**Take care of your mental wellbeing:** If you're struggling to cope NHS Moodzone offers a range advice and tips on ways to boost your mental wellbeing: <http://www.nhs.uk/moodzone>

For a complete guide to conditions, symptoms and treatments, including what to do and when to get help visit: <https://www.nhs.uk>



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## Race for life 2019

Corby will be welcoming back the Cancer Research UK, Race for Life in May.

The 5k event will take place on Sunday 19th May 2019 at West Glebe Park, Cottingham Road, Corby, NN17 1SZ.

Race for Life events are non-competitive and participants can choose to walk, jog or run around the course.

Whether you plan to pound the pavements or stroll to the finish, every step you take will help to support life-saving research.

Race for Life brings millions of women together to support life-saving research.

Just by signing up you will make a difference.

In 2018, the people of Corby raised a fantastic £55,000.

Corby Borough Council's Lead Member for Community, Cllr John McGhee, said:

"The Race for Life events really do bring millions of women together and every single penny that is raised helps to fight Cancer!

Sadly we have all been affected or have someone close to us that has been affected by Cancer but with events such as Race for Life we can help more people beat it."

Sign up online today by visiting [www.raceforlife.org](http://www.raceforlife.org), search for Corby and choose your event.

## Governing Body meeting

The next Governing Body meeting will take place on 26 February in Meeting Room 1, Corby Enterprise Centre, London Road, Corby, NN17 5EU at 9.30am.

You are very welcome to attend the meetings on a first come, first served basis. Your question/s should be submitted via email to

[corccg.corbycorporate-services@nhs.net](mailto:corccg.corbycorporate-services@nhs.net)

In order to give us time to prepare a reply, this should be received by us via email by 12 noon on the Thursday which precedes the date of the meeting.

Questions may be submitted by Corby residents and patients registered with a member GP practice. They should be pertinent to the agenda of the next Governing Body meeting. If you have any pecuniary interest in the subject of the question, this should be declared. Complex questions or those which require particular research, or data retrieval or analysis may be deferred and answered at a future Governing Body meeting, or directly in writing.



**Got a question about the work of Corby CCG? Send it to [info@arch-comms.co.uk](mailto:info@arch-comms.co.uk) and we'll answer it!**





# CORBYP HEALTH NEWS

## Health recipe: Salmon with spring onion mash

### Ingredients

1kg potatoes, peeled and cut into chunks

6 spring onions, finely sliced

1 tsp vegetable oil

4 salmon fillets

4 tbsp 1% fat milk

2 tbsp fresh parsley, chopped

250g broccoli, broken into florets

1 pinch ground black pepper



### Method

Cook the potatoes in boiling water for 20 minutes, until tender, adding the spring onions to the saucepan 5 minutes before the end of cooking time.

When the potatoes have been cooking for 10 minutes, start to prepare the salmon. Heat the vegetable oil in a non-stick frying pan, brushing it over the surface.

Add the salmon, skin side down. Cook over a high heat for 2-3 minutes, without moving the fillets. Turn the salmon over, reduce the heat and cook for a further 3-4 minutes.

At this point, put the broccoli on to cook in a little boiling water - it will take about 5-6 minutes. Let the salmon rest for a few minutes while making the mash.

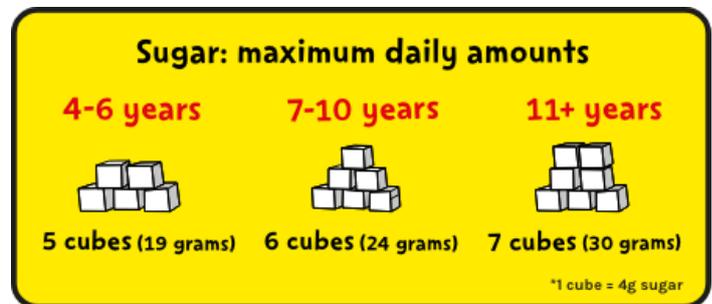
Drain the potatoes and spring onions and mash thoroughly. Beat in the milk and parsley. Reheat on the hob for 1 minute, beating well. Share the mash between four warmed plates and arrange the salmon fillets on top. Serve with the broccoli.

## Make a sugar swap with Change4Life

Did you know just one or two simple sugar swaps can make a big difference to how much sugar your child is having.

Children in England are eating an extra 2,800 sugar cubes a year, which is more than double the recommended guidelines.

That's 8 cubes too many each day!



Half of the sugar in our children's diet comes from sugary drinks, sweets, biscuits, cakes, puddings, sugary breakfast cereals and higher-sugar yoghurts and puddings.

But it's easy to cut back by swapping from higher-to lower sugar products.

Change4Life is here to help your family cut back on sugar, with lots of great tips and ideas, so you can make some simple swaps. Visit: <https://www.nhs.uk/change4life/food-facts/sugar/sugar-swaps-for-kids>





# CORBY HEALTH NEWS

**4 FUNNY VIDEOS**  
**1 "HOW ARE YOU?"**  
**1 DAY MADE**

However you do it,  
make a conversation  
about mental health.

#timetotalk

time to change  
time to  
talk day  
07/02/19

let's end mental health discrimination

**2 BLOGS READ**  
**1 POST SHARED**  
**1 OPINION CHANGED**

However you do it,  
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**1 IN 4 EXPERIENCING  
A MENTAL HEALTH PROBLEM**  
**1 SHARE TO SHOW  
YOUR SUPPORT**  
**1000S OF PEOPLE REACHED**

However you do it,  
make a conversation  
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# Your views can help improve local GP and health services

**Some patients registered at this GP practice will soon be invited to take part in a national survey about their experiences of local NHS services.**

Visit  
[www.gp-patient.co.uk](http://www.gp-patient.co.uk)  
to find out more

It covers issues that concern patients, such as access to care and satisfaction with treatment.

**If you receive a questionnaire, please help NHS England by filling it in as soon as possible.**

It is really important that we hear your views, even if you have received a questionnaire like this before. Your response will help us to improve GP practices and other local NHS services so they better meet your needs.



Excellent

Very Good