

# A New Year, A Healthier You: Your guide for 2019

The festivities and celebrations are over and 2018 is a thing of the past. It's time to look ahead and NHS Milton Keynes CCG has developed the following guide to help ensure 2019 is healthier and happier for you and the your family.

## Eat Well

We all know the drill by now, it's nothing new but eating a healthy, balanced diet goes a long way to maintaining good health, and can help you feel your best. Remembering these following tips will make sure you don't slide back into any bad habits:

Eat a variety of the 5 food groups in your diet

Eat your 5 fruit and veg a day!

Go for the lower fat versions of milk and dairy foods

Incorporate good sources of protein into your diet, such as fish, beans and nuts

Eat less saturated fat and sugar

Drink plenty of fluids, 6-8 glasses a day is the perfect amount.

Finally, eat the right proportions, even healthy eaters can have too much of a good thing. Leave the over-indulgence to the festive period and stick to the UK guideline daily amount of calories, 2000Kcal for women and 2500Kcal for men.

## Get your shut eye

It won't shock you to find out that exhaustion is so common in the UK; it has its own acronym, TATT, which stands for "tired all the time".

There are countless reasons why you might not be getting as much sleep as you need but here are some tips to try and help you catch your Z's:

Get up between six and nine hours of sleep every night, making sure you go to bed at regular times could help your internal body clock. Listen to relaxing music or read a book. Do something to make sure you are relaxed before you go to bed. Try to avoid caffeine and alcohol. You may uncover lifestyle habits or daily



Get yourself regularly tested, going to your GP or local clinic to get tested for STIs is always good practice. You can find your local sexual health services by visiting [www.nhs.uk](http://www.nhs.uk)

Seek out advice. Whether you are heterosexual, transsexual or homosexual there are lots of organisations and support groups that can provide you with advice and support.

Finally, talk about sex and relationships with your loved ones. It might be

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# Befriending Services

Befriending services are available through Age UK and a volunteer can come to you! If you feel lonely and would like a friend to come to your house then sign yourself up to Age UK and they will arrange for a volunteer with similar interests to come and visit you on a weekly basis. It helps build your confidence and gives you someone to confide in and a great friend.

One of our members of staff Lauren (Admin) has recently signed up for volunteering with Age UK and met with her first client, she felt it was very rewarding. She went to visit an 82 year old lady whose family live in South Africa so she doesn't have anybody close by. Lauren and Maureen clicked instantly and it was full of laughs and a friendship for both of them that are going to really blossom.

With the individual that is picked for you, you can go on walks together so if you don't have much faith going out on your own this will help give you the confidence you need to feel like you can.

Sign up on the Age UK website



Parkside Medical Centre  
Whalley Drive  
Bletchley, Milton Keynes  
MK3 6EN  
TEL : 01908 375341  
<https://www.parksmmed.co>



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Do you need  
Newspaper  
January 2019  
your appointments



## Did you know?

There is now a MK community car service . It is available to transport people as a priority to hospital appointments, dentists and GP Surgeries, for patients to reach their appointments, but will also (if available) transport patients to social activities within Milton Keynes and surrounding areas. It costs 45p per mile, payable direct to the driver. It costs £15 yearly to register for the service. The driver will assist the patient to ensure they get to the correct department and will wait for up to 2 hours to bring them home safely. It can be booked up to 48 hours before the appointment depending on availability.

The email address is [sarah.thurstans@volunteermatters.org.uk](mailto:sarah.thurstans@volunteermatters.org.uk).  
Or Telephone: 01908 670309



Opening times  
Monday—Friday  
7.30—19.00  
Closed Saturday,  
Sunday and  
Bank holidays

Contact Numbers  
Tel: 01908 375341  
Fax : 01908 374975  
[WWW.Parksidemed.co.uk](http://WWW.Parksidemed.co.uk)