

# Quaypoints Spring 2019

The Patient Newsletter for East Quav Medical Centre

## Vitamins and minerals – are you getting what you need?

**If you're eating healthily you should be getting the nutrients you need to stay well. Here's a quick guide to the main nutrients your diet should include:**

**Vitamin A:** Vitamin A helps your immune system to work properly so that you fight illnesses and infection naturally. You also need it to see in dim light and for healthy skin. You can find Vitamin A in foods such as liver, oily fish, cheese, eggs, milk, yogurt, and fortified low spreads.

Take care if you are pregnant as large amounts of Vitamin A can be harmful to unborn babies. So if you are pregnant or thinking about having a baby, try to avoid eating liver and liver products, as they are particularly high vitamin A. Also avoid taking supplements that contain Vitamin A.

**B Vitamins:** There are several different types of B vitamins, and you need them for a variety of reasons. As there are several types of B vitamins there are many different foods you can find them in. Some of the best sources include: Eggs, Milk, Meat, Liver, Fish, Whole grains, Fresh and dried fruits Spinach, broccoli, Brussel sprouts, Fortified breakfast cereals and Potatoes.

**Vitamin C:** Your body needs Vitamin C for several things. It helps with wound healing plus you need it for keeping your skin, blood vessels, bones and cartilage healthy. Vitamin C is found in a wide variety of fruit and vegetables, including oranges, strawberries, blackcurrants, broccoli, Brussels sprouts, red peppers, green peppers and potatoes.

**Vitamin D:** Vitamin D is important for healthy bones, teeth and muscles because it regulates the amount of calcium and phosphate in your body.

Your body makes vitamin D when your skin is exposed to sunlight. Some but not many foods contain vitamin D including oily fish, liver, egg yolks, meat and fortified foods.



**Vitamin E:** Your skin, eyes and immune system all need Vitamin E to stay healthy. You should be able to get all of the Vitamin E you need from foods such as plant oils, nuts, seeds and wheatgerm, which is included in cereals.

**Calcium:** Calcium is important for healthy bones and teeth. However you also need it for a healthy heartbeat; as its used in regulating muscle contractions. There's plenty of calcium in dairy foods such as milk, cheese and yogurts. Green leafy vegetables, soya foods such as soya milk and tofu, nuts, fish with edible bones, bread and fortified cereals.

**Iron:** Your body needs iron to make the red blood cells that transport oxygen around your body. Meat and liver are good sources of iron. There are also lots of plant foods that provide iron, including beans, nuts, whole grains, dried fruit and fortified cereals.

**Magnesium:** This mineral is important for your bones because it supports the glands that produce bone health hormones. It's also used to convert the food you eat into energy. Lots of foods contain magnesium including green leafy vegetables, whole grain, fish, dairy foods, nuts and brown rice.

**Zinc:** Zinc helps wounds to heal. Your body also needs it to process protein and fat and carbohydrates from the food you eat. Get your daily dosage of zinc from eating foods such as meat, dairy foods, shellfish, cereals and bread.

**Keep up with all the latest news about vitamins and supplements at [www.careway.co.uk/health-zone/vitamins-and-supplements/](http://www.careway.co.uk/health-zone/vitamins-and-supplements/)**

# Here are a selection of groups available in our area for you and your families :

## Coffee Morning

for the families of people living with dementia



**Free entry** Refreshments provided

**1<sup>st</sup> Tuesday of every month**  
**10.30–11.30am at Oak Trees**  
 Rhode Lane, Bridgwater TA6 6JF

**Do you have a loved one living with dementia?**  
 Come along to our coffee morning and meet new people, share experiences and enjoy a drink in a caring and supportive environment. Everyone is welcome.

Petals, our dementia service

For more information, call: 01278 451 125  
 Oak Trees, Rhode Lane, Bridgwater TA6 6JF  
[www.somersetcare.co.uk](http://www.somersetcare.co.uk)





## Somerset Community Connect

# Talking Cafe

Multi agency information cafe providing free advice and support.

- Providing a place for the community to access several agencies in one location, in an informal, relaxed environment.
- Come along for advice and support with professionals and volunteers you can trust - from health to finance - support is here for you.
- Pop in for a cuppa and a chat - open to any Adult 18+

**10am - 1pm Every Thursday**  
 Bridgwater Arts Centre Free Advice

Call 01823 331222 or email [info@somersetccc.org.uk](mailto:info@somersetccc.org.uk)  
[www.somersetccc.org.uk/talkingcafe](http://www.somersetccc.org.uk/talkingcafe)






The Community Council for Somerset is a Company limited by Guarantee, Registered in England & Wales No. 314179, and is a Registered Charity No. 1042010

# Baby & Toddlers

**The Salvation Army - Bridgwater**  
**Moorland Road, TA6 4JS.**

**Every Wednesday (term time)**

**Free Play** **Snack Time**



**£1**

**Singing, Music & Movement**

For more info call 01278 422568 or email [alison.godwin@salvationarmy.org.uk](mailto:alison.godwin@salvationarmy.org.uk)

Why not come along for



**Delicious 3-course meals every weekday for anyone aged over 55 for only £5.00**

**Lunch is served from 12 - 1:30pm**

**Transport can be arranged to and from Victoria Park if necessary**

**No need to book or join, just turn up for a great lunch and good company**

**Please call Jan on 01278 431258 for more details**



## Do you need local, private, health treatments?

At East Quay Health we provide a range of private treatments at affordable prices, to include vasectomy and the removal of lumps and bumps

We provide full pre and post-operative information so you know exactly what to expect

For more details please contact Karen on 01278 440409 or look at our website

[www.eastquayhealth.co.uk](http://www.eastquayhealth.co.uk)

## Bridgwater Mental Health Carers Support Group

(Part of Somerset Partnership)

We meet on the last Thursday of every month between 10am - 12pm, in Glanville House, Bridgwater.

Come along and meet other carers and have a coffee and chat.

For more information contact:  
David Bobbett Mob: 07909906811

Website: <http://www.somersetcarers.org>



## Stop Smoking

10am – 12.30pm at Victoria Park Community Centre

Appointments need to be pre-booked and can be done so by calling 01823 765006 or 0800 2461063

## Digital Link & Community Computer Access Project



Thanks to funding from the Hinkley C CIM fund and its partners

we are able to continue to provide Digital link sessions at the community centre



Digital Link Sessions run every Tuesday morning 9.45 am – 11.45 am

With **FREE Internet access**

Improve your skills and get online, whatever your ability from novice to advanced. A completely free way to broaden your IT skills with **volunteers** guiding you and helping you gain Confidence

**Bring your own equipment or use ours**

Things you might like to do— Email, Job hunting, letter Writing Online benefits, Social media, with **FREE Printing**

Tel: - 01278 664180 for more info

Thanks to this funding we will now also have **3 computers available in our reception area for community use that are free to use and include free printing to allow local people access to the internet for free 6 days a week—the computers will be Available Monday - Friday 9am - 4 pm & Saturdays 9am - 1pm** Pop in or call reception on 01278 422255 for more info



## Sedgemoor Health Walks

Sedgemoor District Council now manages the Health Walks in Sedgemoor programme and aim to have as many local, accessible and well supported Health Walks across the district for residents to join. Sedgemoor's scheme is run by the Housing, Health and Wellbeing team and is accredited with the national Walking for Health Initiative. Our Health Walks are led by trained Health Walk leaders who volunteer their time to plan scenic and accessible routes for all. The scheme caters for complete beginners as well as more intermediate level walkers and last between 30 and 90mins in duration, often with the option of refreshments at the end.

For further info please visit; [www.sedgemoor.gov.uk/healthwalks](http://www.sedgemoor.gov.uk/healthwalks)

# Did you know you can recycle your Plastic Inhalers?



Thanks to a scheme run by GlaxoSmithKline called 'Complete the Cycle', used inhalers can now be recycled.

## How can I recycle them?

Inhalers can be recycled at participating pharmacies.

## Did you know?

Approximately 73 million inhalers are used in the UK every year\*

Landfill disposal of inhalers is harmful to the environment both in material waste and in greenhouse gas emissions should the gas canisters become pierced or crushed and the propellant released

If every inhaler-user in the UK returned all their inhalers for one year, this would save 512,330 tonnes of CO<sub>2</sub>eq.



## Please think about where you park your car.....

Recently there have been some changes with the road markings around the surgery.

Double Yellow lines are now in place at the back of the surgery along Symons way by Wickes delivery bay. This is due to Wickes having deliveries at all times of the day and to reduce cars being damaged as the Lorries swing in. Cars maybe clamped or towed away if not parked correctly.

Please make sure you park legally and safely for the safety of you and others

### **Our Surgery details:**

East Quay Medical Centre  
East Quay  
Bridgwater  
Somerset  
TA6 4GP

**Reception:** 444666

**Prescriptions:** 446006

[www.eastquaymedicalcentre.com](http://www.eastquaymedicalcentre.com)

**Onsite Opticians:** 440440

**Onsite Pharmacy:** 423015

**Onsite Dentist:** 411141