

New Year, New You!

12 tips to help you lose weight

Get off to the best possible start on the [NHS weight loss plan](#) with these 12

1 Do not skip breakfast

Skipping breakfast will not help you lose weight. You could miss out on essential nutrients and you may end up snacking more throughout the day because you feel hungry.

2 Eat regular meals

Eating at regular times during the day helps burn calories at a faster rate. It also reduces the temptation to snack on foods high in fat and sugar. [Find out more about eating healthily](#)

3 Eat plenty of fruit and veg

Fruit and veg are low in calories and fat, and high in fibre – 3 essential ingredients for successful weight loss. They also contain plenty of vitamins and minerals. [Read up on getting your 5 A Day](#)

4 Get more active

Being active is key to losing weight and keeping it off. As well as providing lots of [health benefits](#), exercise can help burn off the excess calories you cannot lose through diet alone. Find an activity you enjoy and are able to fit into your routine.

5 Drink plenty of water

People sometimes confuse thirst with hunger. You can end up consuming extra calories when a glass of water is really what you need. [Read more about drinking water as part of a healthy diet](#)

6 Eat high fibre foods

Foods containing lots of fibre can help keep you feeling full, which is perfect for losing weight. Fibre is only found in food from plants, such as fruit and veg, oats, wholegrain bread, brown rice and pasta, and beans, peas and lentils.

7 Read food labels

Knowing how to read food labels can help you choose healthier options. Use the calorie information to work out how a particular food fits into your daily calorie allowance on the weight loss plan. [Find out more about reading food labels](#)

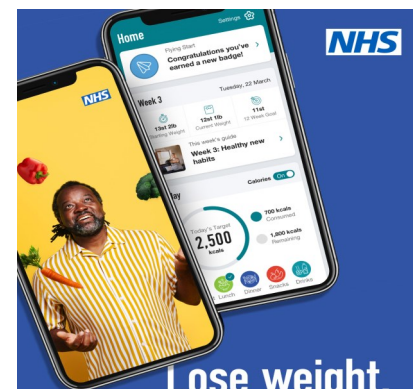


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Have you thought about joining the **Beaconsfield Patient Group**?

More details can be found on the practice web site.



Lose weight,
one healthy
choice at a time

Download the app

Better
Health
Let's
do this

Continued on page 2

8 Use a smaller plate

Using smaller plates can help you eat smaller portions. By using smaller plates and bowls, you may be able to gradually get used to eating smaller portions without going hungry. It takes about 20 minutes for the stomach to tell the brain it's full, so eat slowly and stop eating before you feel full.

9 Do not ban foods

Do not ban any foods from your weight loss plan, especially the ones you like. Banning foods will only make you crave them more. There's no reason you cannot enjoy the occasional treat as long as you stay within your daily calorie allowance.

10 Do not stock junk food

To avoid temptation, do not stock junk food – such as chocolate, biscuits, crisps and sweet fizzy drinks – at home. Instead, opt for healthy snacks, such as fruit, unsalted rice cakes, oat cakes, unsalted or unsweetened popcorn, and fruit juice.

11 Cut down on alcohol

A standard glass of wine can contain as many calories as a piece of chocolate. Over time, drinking too much can easily contribute to weight gain.

[Find out more about the calories in alcohol](#)

12 Plan your meals

Try to plan your breakfast, lunch, dinner and snacks for the week, making sure you stick to your calorie allowance. You may find it helpful to make a weekly shopping list.

'Missed' Appointments

We are often asked, "**Why can't I get an appointment?**"

There were **146** 'missed' appointments during the last month alone.

Please help us to improve the availability of appointments, by cancelling those that you do not need or cannot attend. Due to the high number of missed appointments, Beaconsfield Road Surgery has found it necessary to adopt a strict 'Did Not Attend (DNA) Policy'. This action has been taken due to the amount of clinical time lost due to patients not attending or cancelling their pre-booked appointments.

If you fail to attend for 3 appointments with a doctor or a nurse you may be removed from the practice list and be requested to find an alternative practice.

Please be mindful that failing to cancel your appointment means an appointment wasted and increases waiting times for other patients.

#HelpUsHelpYou



DIABETES SUPPORT IN HASTINGS

An open meeting hosted by Diabetes UK

DATE: Saturday 28 January 2023

TIME: 1pm - 3pm

WHERE: Central Hall, 6, Bank Buildings, Station Rd, Hastings, TN34 1NG

Are you living with diabetes or supporting someone who does? Come along to our open meeting to hear about our plans to develop further support for people living with diabetes within Hastings and the surrounding areas.

Find out how you can get involved and have your say on what support you feel is needed.

Free to attend, refreshments provided.

Register your interest at <https://tinyurl.com/DUK-Hastings2023>

For further information please email
secoastandlondon@diabetes.org.uk

www.diabetes.org.uk

The British Diabetic Association operating as Diabetes UK, a charity registered in England and Wales (no. 215199) and in Scotland (no. SC039136). © Diabetes UK 2022

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

Dedicated to the wonderful memory of Dr Denise Munro LRCP MRCS FRCGP.



1950—2023

It is with great sadness that we announce the death of our colleague, Dr Denise Munro. She was a valued partner and colleague, and was loved by both patients and staff alike. Our thoughts are with her family at this sad time.

Donations to Medecins Sans Frontiers or MND association in lieu of flowers please.

The link attached is a tribute to Dr Munro by her family and contains information regarding the celebration of her life and funeral service details.

Links to donate can be found on this page: <https://denisemunro.muchloved.com/>

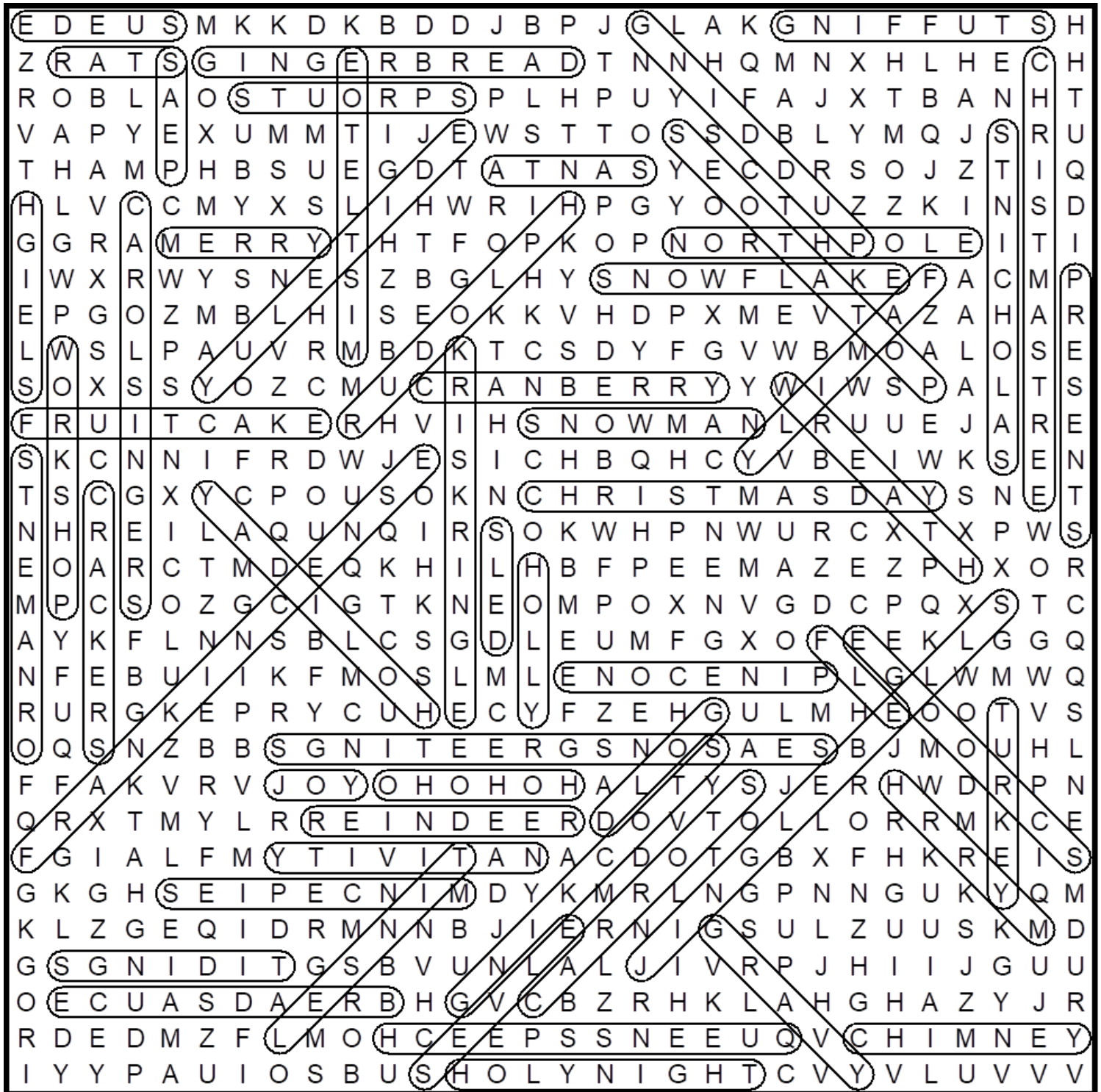
Dr Denise Munro was so many things to so many people, a fantastic GP for many years, a valued friend, and above all, the Matriach of her family. Mum, Grandma, Aunty Den, big sister and loving wife - she managed each role with kindness, humour and joy.

She will be missed by many, remembered by all that met her, and would want everyone to celebrate her life, not mourn for her death.

Puzzle Time

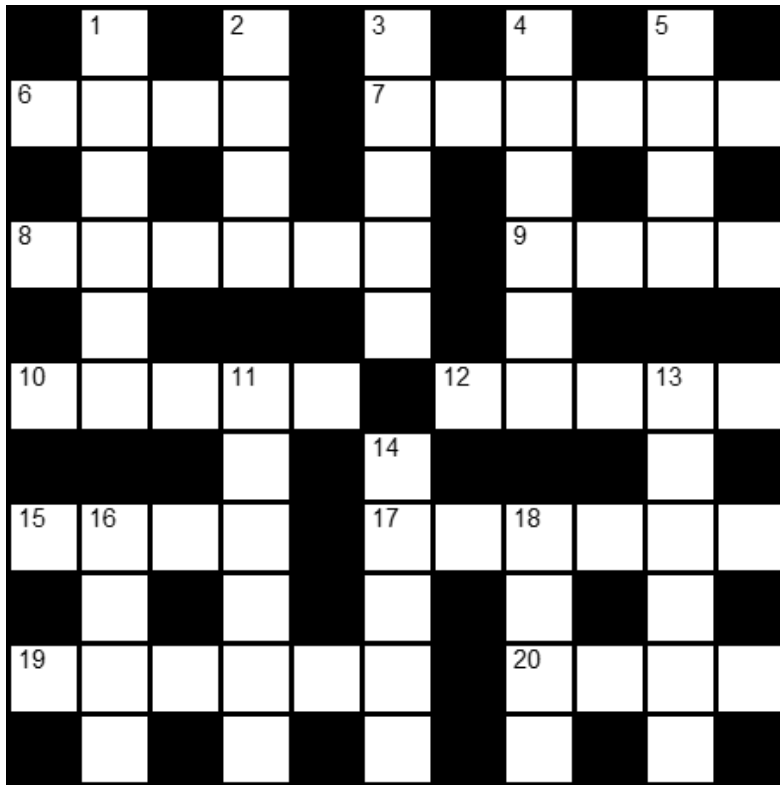
Answers

In the last edition we had a mammoth 57-word festive word search for you to print out and complete. This is the solution.



Puzzle Time - January

This month we have a crossword and a Sudoku for you to complete.

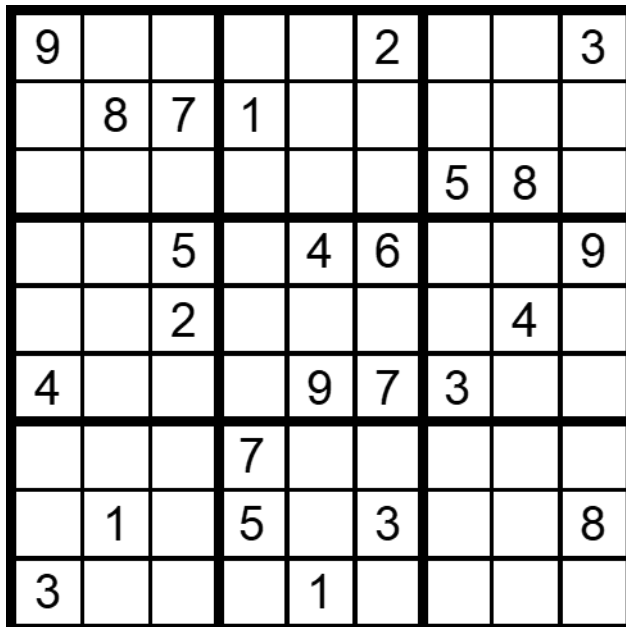


Across

- 6 Fodder holder (4)
- 7 Beat (6)
- 8 Big bore (6)
- 9 Facial marks (4)
- 10 Stop (5)
- 12 Dots maybe? (5)
- 15 Shrek, e.g. (4)
- 17 Shiny metallic coating (6)
- 19 Turn (6)
- 20 Uncle's wife (4)

Down

- 1 Capital of Austria (6)
- 2 Birdbrain (4)
- 3 Put to the test (5)
- 4 Go-getter (6)
- 5 Climb drainpipe? (4)
- 11 Between collar and cuff (6)
- 13 Japanese robe (6)
- 14 Home for the brain (5)
- 16 Similar to 13d, dressing? (4)
- 18 Get there from A to B? (4)



Sudoku - Strength Medium

Complete the missing numbers in the 9x9 using the numbers 1-9. The grid itself is split into 9 square grids of 3x3.

You cannot add numbers at random though.

- Rows must have the numbers 1-9
- Columns must have the numbers 1-9
- Each 3x3 grid must also have the numbers 1-9

Answers in the next edition

Beaconsfield Group Practice - Tel: 01424 755355

Beaconsfield Road Surgery (Main site)

**21 Beaconsfield Road, Hastings, East
Sussex, TN34 3TW**

Open - By appointment only



**Beaconsfield Ore Surgery Site
(Satellite site)**

**21 Fairlight Road, Hastings, East Sussex,
TN35 5ED**

Open - By appointment only



The telephone number for both surgeries is 01424 755355

Find us on the internet at
<https://www.beaconsfieldroadsurgery.co.uk>



...and on Facebook - Go to
<https://www.facebook.com>
and search for Beaconsfield Road Surgery Hastings