

Priory Hospital Burgess Hill

Newsletter

PRIORY
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Issue 12
Winter 2022/23

Welcome back to the Priory Hospital Burgess Hill newsletter! This is the twelfth edition of our quarterly newsletter that features some of the highlights over the past few months.

CONTENTS

- **Baking and cooking from scratch sessions, extended by popular demand**
- **Nutrition**
- **Recipe**
- **Christmas**
- **Physical Health Nurse discusses Men's Health Day**
- **Dates for your Diary**



This newsletter captures the winter months of 2022, reflecting on what has happened here, over the last three months.

Occupational Therapy timetables continued to be organised with meaningful and productive activities for our male patients. This included Competitive Sports, with the game of badminton being a popular choice for our patients. Baking and cooking from scratch group sessions took off in a big way and due to popular demand, we had to extend the time frame to allow all interested patients to take part. With consistent attendance, it has been an opportunity for patients to learn new skills and work on the basics of cooking, while having fun in the kitchen together. Rhi, one of our Occupational Therapy Assistants (OTA) was behind the success of these sessions, with her enthusiasm for cooking, to motivate our patients in taking part. More about the benefits of these sessions, with photos she has collected along the way, of the gastronomical bakes and dishes created in the kitchen, below.

Special thanks goes to all those who contributed to the development of this newsletter. The Nutritionist speaks about the importance of nutrition in the winter months and a recipe for vegetable and lentil soup to enhance your meal planning. Millie, our OTA, reflects on the events that took place in the Christmas period. Our Physical Health Nurse informs us about the content of her educational talk, held on Men's Health Day, back in November, on page 4.

Happy new year and enjoy the read!

Occupational Therapy: Baking and cooking sessions

Here at the Hospital, we have a purpose built kitchen located separately from both of the wards. It has all the facilities you'd expect from a kitchen and the space for a dining table, which we use as a work station, to prepare ingredients and then to sit down and eat the meal together.

Cooking from scratch has many benefits attached to it, it's easy to see why it is so popular with our patients. Homemade meals are healthier for us, than processed foods and takeaways (strongly associated with multiple indicators of obesity) and saves us money in the process. It keeps our brain active, as we consider the timing that each task should take. And it's a confidence booster, as we go through the process (from experience or a recipe method) and produce a finished product to enjoy with others.



A word from our Nutritionist: WINTER NUTRITION

Healthy eating offers good protection during the winter season.

Eating healthy food during the winter months can be challenging for many reasons. Food plays a large part in most winter celebrations, which not only leads to weight gain but also can wreak havoc with the immune system. The time between Halloween and The New Year can really stress the immune system with the additional refined sugar and alcohol consumption.

Eating for immunity

A healthy immune system can help to ward off the germs that cause colds and flu. It can minimise the duration of a cold, so increase your intake of fruits and vegetables rich in powerful nutrients, in particular vitamin C. To help fight infections, increase your intake of zinc found in shellfish, poultry, legumes i.e. chickpeas and lentils, seeds, nuts, dairy, eggs and whole grains.

The winter blues

We get less sunlight in the winter due to the shorter days, which can lead to a drop in serotonin, which may cause depression and food cravings. Serotonin levels can be boosted by high quality carbs such as sweet potatoes, pumpkins, squash and protein such as salmon, poultry, eggs, soy products milk and nuts.

It is often easier to put a ready-made meal in the microwave than prepare one from scratch due to time constraints and availability of good fresh produce. Don't be afraid of using frozen vegetables – they can be more nutritious than fresh and will last well in the freezer. Resist the temptation to comfort eat, try homemade vegetable soup or stewed fruit to fill the gap.

Sticking to a healthy diet will not prevent you from picking up infections but it can help to maintain your immune system to give protection and should your fall ill, a nutritious diet can help speed up your recovery.

Maintain energy with nutrition this winter by:

- Focus on Healthy Carbs
- Consider Adding Vitamins C, D3, and Zinc Supplements to your diet
- Keep Your Diet Full of Fruits and Vegetables
- Drink More Water and Tea
- Practice Moderation
- Eat On a Regular Schedule



Winter Vegetable and Lentil soup

Ingredients

85g dried red lentils
2 carrots, quartered lengthways then diced
3 sticks celery, sliced
2 small leeks, sliced
2 tbsp tomato purée
1 tbsp fresh thyme leaves
3 large garlic cloves, chopped
1 tbsp vegetable bouillon powder
1 heaped tsp ground coriander

Method

Tip all the ingredients into a large pan. Pour over 1½ litres boiling water, then stir well.

Cover and leave to simmer for 30 mins until the vegetables and lentils are tender.

Ladle into bowls and eat straightaway, or if you like a really thick texture, blitz a third of the soup with a hand blender or in a food processor.



A word from Millie, our Occupational Therapy Assistant: Christmas

Throughout the festive month of December the Occupational Therapy (OT) Department at Priory Hospital Burgess Hill had been working hard carrying out Christmas activities for the patients to get involved in.

The month began with a tree decoration session along with arts and crafts sessions, to make paper chains to decorate our recreation room. Patients enjoyed a homemade mince pie during this session, made by patients on both our acute and PICU wards.

The festive activities continued into the month and our Expert by Experience (EbE) connected us to the local church, St Edward the Confessor in Burgess Hill, who invited us to their carol service. This was a chance for the patients with community leave to enjoy some time in the local church and sing some Christmas carols. There were cakes, mince pies and hot drinks served afterwards, which was a treat.

In the week leading up to Christmas the OT Department organised a Christmas party, which was held on site. A buffet was prepared by the OTA which included a charcuterie board with salami and chorizo roses, a selection of cheeses and alcohol-free mulled wine. Christmas music was heard playing in the background, games of pool were played and a Christmas film was screened.



Pictured above, by the church's Christmas tree are Ruth and Millie, part of our OT team and Hannah, our Expert by Experience. Below, right, is the charcuterie board in detail with the alcohol-free mulled wine.



A word from our Physical Health Nurse: Men's Health Day

It was International men's health day on the 17th of November 2022 and I carried out a health education session addressing the following topics:

Smoking cessation and the latest research on the safety of Vapes and an offer to provide individual confidential help to quit.

Common cancers in men such as prostate, lung, and bowel - there is evidence that 6,000 more cases of cancer are diagnosed each year in men

Alcohol consumption and what is considered safe consumption. Why we drink alcohol and what happens when this gets out of hand

Managing weight – education around ideal weights – what a BMI is and how to achieve this ideal weight through exercise and sensible eating – note I didn't use the word diet!! 67% of men aged 16 years and over are classified as overweight or obese. We talked about red meat, processed foods, and white foods as opposed to brown foods and how to include fruit and vegetables into a diet.

We discussed exercise and the importance of doing an activity that they enjoy

We completed a questionnaire entitled 'How healthy are you' with some interesting results! I addressed questions that they perhaps answered incorrectly and gave a reason why they may have chosen their answers.

Exercise – Our visiting Physiotherapist Rob gave a talk about the spine and its function and why we suffer from back pain. He included posture and simple exercises to prevent back pain

This is not a one-off education session – I repeat this quarterly as our client group changes. I concentrate on specific sections for individuals in confidence who may need advice and help to achieve a healthy goal.



Liz Ibrahim is our Nurse Practitioner
Physical Health and IPC Lead

Future events run by the OT team and in collaboration with other departments

We continue to plan outings into the community for sports and recreational purposes.

Based on demand, we have taken patients to the local swimming baths and are planning Spin Classes soon at the local Leisure Centre.

Upcoming dates for your diary in England and Wales 2023

- 22nd of January – Chinese New Year
- 25th of January – Burns Night
- 14th of February – Valentines Day
- 21st of February – Pancake Day (Shrove Tuesday/Mardi Gras)
- 22nd of February – Ash Wednesday
- 17th of March – St Patrick's Day

Contact us

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