

Our Country Practice



SWIFT STREET MEDICAL CENTRE



www.swiftstreetmedical.com.au

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(9am to 5pm - Monday to Friday)

Merry *"Swift Street"*

Christmas



Santa's busy once again, with all his little elves,
As they make lots of games to play and toys to fill their
shelves.

Then on the eve of Christmas they will pack up Santa's
Sleigh
and Santa and his Reindeer will be on their Merry Way.

They will travel such a distance, to places near and far,
Leaving gifts for boys and girls – depending on how good
they are.

So listen, little children, be as good as you can be
and see if Santa leaves a gift beneath YOUR Christmas

Tree!
From All of Us
To All of You
a very Merry Christmas



Spare a Thought ...

Well here we are about to celebrate our very first Christmas at www.swiftstreetmedical.com.au

It certainly is a wonderful time of year as we prepare for Christmas festivities. The school year is coming to an end and the kids are looking forward to the "big" holidays; their parents are looking forward to a break from the everyday routine of packed lunches and early rises and families all over the world are trying to organise their busy lives in order to be able to spend some of the holiday season with family and loved ones.

Come December 1st, many of us will be thrilled to be permitted to light up our Christmas trees and begin enjoying our never ending playlist of Christmas Carol favourites.

I love that everybody seems to be in a lighter mood; I love that people appear to be more tolerant and understanding and I love how you can get a genuine smile from a perfect stranger just because you have wished them a Merry Christmas.

There are, of course, many of us for whom the holiday season is a very sad and lonely time. What a wonderful thing it would be if we could all make a silent and honest effort to make a difference in someones life this Christmas season. It needn't be earth-moving or heroic .. just sincere, private and for someone in genuine need.

After all, isn't that what Christmas is REALLY about?



CHRISTMAS WAVES A MAGIC WAND OVER THIS WORLD
MERRY CHRISTMAS!



10 Tips to Help Avoid that Dreaded Hangover This Festive Season !!!

Many people in Australia enjoy a social drink from time to time. Yet drinking too much alcohol or drinking too often increases your risk of developing an alcohol-related injury or disease. You may be thinking it's time to take control of your drinking.



Here are some tips to help you cut down on alcohol.

Keep track of your drinking habits. Instead of relying on memory, jot down your drinks in a diary to see exactly how much and how often you drink.

Change your drinking habits. Control the amount of alcohol you drink by setting some goals, such as not drinking alone or when stressed. Schedule at least two alcohol-free days each week.

Don't drink on an empty stomach. A full stomach slows the absorption of alcohol.

Quench your thirst with water or soft drinks. Otherwise, you risk gulping down alcoholic drinks.

Sip your drink slowly. Put down the glass after each mouthful.

Take a break. Make every second drink a non-alcoholic beverage.

Buy low-alcohol alternatives. Options include light beer and reduced alcohol wine.

Opt out of 'shouts'. Drink at your own pace. If you can't avoid buying a shout, get yourself a non-alcoholic drink.

Avoid salty snacks, such as potato chips or peanuts. Salt makes you thirsty and more inclined to drink fast.

Do something other than drink. Hit the dance floor or play a game of pool. You're less likely to drink out of boredom if you're busy having fun.

SUPER EASY CHRISTMAS CHOCOLATE PEPPERMINT SLICE



PREP TIME 10 mins TOTAL TIME 10 mins

INGREDIENTS

- 1 X 250g packet of plain, sweet biscuits (such as Marie), crushed
- $\frac{3}{4}$ tin of sweetened condensed milk (you can always add a little more if the mixture is too dry)
- 100g butter, chopped
- 2 tablespoons cocoa
- 1-2 tiny drops peppermint essence (be careful - it's powerful stuff!!)
- 1 X 200g block Cadbury Peppermint chocolate, roughly chopped
- 150g white chocolate
- 3-4 drops green food colouring

INSTRUCTIONS

Crush the biscuits in a [food processor](#) (don't worry if there are still a fair few bigger chunks... that's fine!) and then pour into a [mixing bowl](#).

Sift the cocoa into the bowl.

Melt butter, block of peppermint chocolate and condensed milk in a [saucepan](#) over a very low heat. Mix until smooth.

Pour warm chocolate mixture onto the biscuits and mix well.

Very carefully add two tiny drops of peppermint essence and mix well.

Spread mixture into a baking paper lined slice pan.

Meanwhile, melt the chocolate in the microwave on low (stirring regularly) and pour over the cooled slice.

Working quickly, add a couple of drops of green food colouring to the white chocolate and swirl with a skewer.

Pop into the fridge until just set (tacky to the touch but not hard).

Take out of the fridge and slice into squares.