



Unwell? Choose well



Self Care

Minor ailments should be treated at home

Minor cuts and grazes
Minor bruises
Minor sprains
Coughs and colds



Pharmacy

Local expert advice

Minor illnesses
Headaches
Stomach upsets
Bites & stings



NHS 111

Non-emergency help

Use NHS 111 online if you're unsure what service you need



GP Practice

A skilled team of medical professionals

Lasting symptoms
Chronic pain
Long term conditions
New prescriptions



Urgent Care

Urgent Treatment Centres

Breaks & sprains
x-rays
Cuts & burns
Fever & rashes

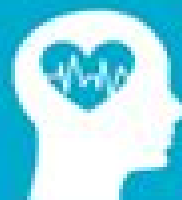


A&E or 999

For emergencies only

Choking
Chest pain
Blacking out
Serious blood loss

If you can, use online services in the first instance



Mental Health

For urgent mental health help

Text "SHOUT" to 85258 for free from a UK mobile network or scan the QR code to find a local helpline

SCAN ME



Choose Well

**Richard Novell, Daryll Baker, Nicholas
Goddard**



Choose Well:

Choose Well to Live Well Laura Boniello, 2012-10-26 Are you owning your power to choose Are you as happy and healthy as you can be Are you living as a victim or a creator of your life Are you living in a toxic cycle Choose Well To Live Well is a lifestyle based upon 5 fundamental practices to help you create a fit healthy and strong body and state of mind one choice at a time You will learn to be a creator of your life instead of a victim of your circumstances You will be in the drivers seat of your own health and wellbeing and learn to coach yourself out of a toxic cycle Ready to get back to basics and start owning your choices Choose Wisely Neha Evans Francis, 2022-01-18 If you want to stay happy then it is imperative that you make the right choice with regards to God friends education and your life partner In case you land yourself up in the wrong God friends education and your life partner then you will be wasting half of your energy in hating the job and that would do no good for your career or your life You will be stuck in a wrong place doing something boring and at the end it will not only affect your professional life but your personal life will also be hampered So you need to be smart when you are taking the decision about your life Are you surrounded by the clamor of conversation and dialogue How can you discern the Holy Spirit s guidance through all of the noise you experience in life In this book I have shared how you can choose wisely different aspects of the life and then decide whether it will be suitable for you in the long run or not The planning will be a time consuming affair but in order to enjoy a successful and happy life you will have to tread that path It is definitely worth the effort as well as the time So choosing wisely is very important **Choose Wisely - A 31 Day Devotional: Learn How to Make Choices to Transform Your Life** Debby Sibert, 2021-04-22 Have you found that some of the many choices you make on a daily basis have become habits that don t serve you well We have to become intentional about avoiding those poor choices to experience a better way of life Do you want to make a positive impact and leave the world around you a bit better than you found it Then let s choose to make wiser decisions remembering that words matter character counts and our conduct what we think say and do reveals our heart The purpose of this 31 day devotional series is to help us all focus on godly characteristics and attributes that can become a daily part of our character and equip us to make wise choices When we make wise choices based on God s Word they will bring us the satisfaction in life that we all long for which will gradually transform our lifestyle into one that will be an example for others and point them to Christ My goal in this series is to help you fall in love with Jesus in a new and fresh way as we discuss all these character qualities that He modeled for us in the Scriptures As we focus our attention on His attributes and embrace an eternal perspective imitating what he modeled for us the more we will think and act like Him Isn t that awesome We become like those with whom we spend the most time The way we think affects how we feel and how we feel affects the way we behave If we want to change the way we act we must go back and change our thoughts and choices We are only as close to God as we choose to be Keep in mind God gives us the freedom to make choices however we have to deal with and don t get to choose the consequences of both the good and bad

choices we make Jesus chose to die for us The least we can do is to choose to live for Him I am so thankful for Debby Sibert for her writing for her teaching and for her life She is the real deal She loves God s Word and she loves helping people experience abundant life according to God s good design You will be blessed encouraged challenged and ultimately changed by God s grace through her David Platt New York Times Best Selling Author Lead Pastor McLean Bible Church **Kirk's General Surgical Operations E-Book** Richard Novell,Daryll Baker,Nicholas Goddard,2013-04-23 General Surgical Operations is a highly praised and comprehensive textbook of operative surgery It is a practical manual aimed at the surgeon who is about to carry out an operation rather than just a description of the principles suitable for an examiner Kirk s General Surgical Operations continues to be aimed at a broad readership the candidate preparing for the Intercollegiate FRCS in General Surgery or international equivalents the trained surgeon faced through necessity with undertaking an infrequently performed procedure and the many surgeons working in hospitals throughout the world without access to specialist services It remains above all a practical text which will guide the surgeon in training or one unfamiliar with a procedure on how to perform it but more importantly on how to manage the uncertainties which so often arise This is a What to do book Using it the reader can aspire to gain diagnostic decision making and operative surgical competence with confidence The book is written in a clear and direct style and providing explicit instructions using descriptive headings for easy reference The contents covers standard routine operations in full non routine and rarely performed operations are included only where appropriate and in lesser detail The text includes advice on topics such as patient selection preparation and access to the site of operation how to accomplish the procedure closing and aftercare Difficulties are highlighted and advice given on how to respond to unexpected findings Each procedure is fully described thus avoiding repetitions and cutting cross references to a minimum Regular summaries of key points in the decision making process are included This Sixth Edition is now known as Kirk s General Surgical Operations in recognition of its distinguished founding editor Professor RM Kirk who is now Editor Emeritus on the textbook The new editorial team for the Sixth Edition comprises a colorectal surgeon a vascular surgeon and an orthopaedic surgeon The contents have been restructured and radically revised into 42 chapters the majority of which have been completely rewritten Laparoscopic techniques have been incorporated into all relevant chapters All the illustrations have been redrawn to improve their clarity **Organizations** Jan Achterbergh,Dirk Vriens,2009-08-07 to do to ensure survival and 2 principles for designing organizational structures in such a way that they can realize the required functions adequately In the course of their elaboration we will show that these principles are general i e that they hold for all organizations 1 5 Conceptual Background To describe organizations as social systems conducting experiments and to present principles for designing an infrastructure supporting the social experiment we use concepts from organizational cybernetics social systems theory and Aristotle s ethics In this book we hope to show that concepts from these traditions as introduced by their relevant representatives can be integrated into a framework supporting our perspective on organizations To this

purpose we introduce in each of the following chapters relevant concepts from an author belonging to one of these three traditions and show how these concepts contribute to either describing organizations as social experiments in Part I of the book to formulating principles for the design of functions and organization structures supporting meaningful survival Part II or to formulating principles for the design of organization structures enabling the rich sense of meaningful survival Part III Of course the relevance of cybernetics social systems theory and Aristotle's ethics can only be understood in full after they have been treated in more detail but based on what we said above it may already be possible to see why these theories have been chosen as conceptual background

Rationality, Virtue, and Liberation Stephen Petro, 2013-11-19 This book explores the overlooked but vital theoretical relationships between R M Hare Alan Gewirth and Jürgen Habermas The author claims their accounts of value while failing to address classic virtue theoretical critiques bear the seeds of a resolution to the ultimate question What is most valuable These dialectical approaches as claimed justify a reinterpretation of value and value judgment according to the Carnapian conception of an empirical linguistic framework or grammar Through a further synthesis with the work of Philippa Foot and Thomas Magnell the author shows that value would be literally meaningless without four fundamental phenomena which constitute such a framework Logical Judgment Conceptual Synthesis Conceptual Abstraction and Freedom As part of the grammar of goodness the excellence of these phenomena in a highly concrete way constitute the essence of the greatest good as this book explains

The Political Theory of The Federalist David F. Epstein, 2008-11-15 In The Political Theory of The Federalist David F. Epstein offers a guide to the fundamental principles of American government as they were understood by the framers of the Constitution Epstein here demonstrates the remarkable depth and clarity of The Federalist's argument reveals its specifically political not merely economic view of human nature and describes how and why the American regime combines liberal and republican values While it is a model of scholarly care and clarity this study deserves an audience outside the academy David F. Epstein's book is a fine demonstration of just how much a close reading can accomplish free of any flights of theory or fancy references New Republic Epstein's strength lies in two aspects of his own approach One is that he reads the text with uncommon closeness and sensitivity the other is an extensive knowledge of the European political thought which itself forms an indispensable background to the minds of the authors Times Literary Supplement

The Common Rule Justin Whitmel Earley, 2023-03-14 Habits form us more than we form them Though we yearn for the freedom of the gospel we remain anxious people shackled by our screens and exhausted by our routines The answer is a rule of life that aligns our habits with our beliefs Justin Earley provides doable life giving practices to find freedom and rest for your soul

The Ethics of Public Health Paternalism T M Wilkinson, 2024-12-30 This is an open access title available under the terms of a CC BY NC ND 4.0 International licence It is free to read on the Oxford Academic platform and offered as a free PDF download from OUP and selected open access locations The Ethics of Public Health Paternalism is about policies that try to stop people damaging their own health From the point of view of public

health advocates if people did not smoke or drank less alcohol or kept off junk food and sugary liquids they would tend to be healthier Hence such tactics as taxing tobacco restricting the sale of alcohol and limiting the density of fast food outlets Because these tactics appear to limit freedom of choice they are often pejoratively described as the actions of a nanny state that overvalues health and wrongly infringes on the autonomy of adults But many of us want to be healthy rather than ill and alive rather than dead Does a state really nanny us when it uses its power to make us healthier If it does should it stop Some public health policies might reduce inequities of health or save costs in medical treatment or correct market failures But as this book shows lots would not The best case for many public health interventions is paternalistic aiming to steer people away from making unhealthy choices against their own interests But even though it is the best case it often fails It overvalues health and undervalues autonomy It exaggerates the influence of addiction and the marketing of unhealthy products Except for smoking we do not have the evidence needed to show that unhealthy choices are so mistaken as to justify the interventions Much of what modern public health does when it tries to stop adults damaging their health has not been justified The Ethics of Public Health Paternalism applies political and moral philosophy to the ideas of both supporters and critics of public health interventions It uses philosophical analysis of the values of health and well being to explain what sort of evidence is needed to support public health interventions thus exposing a major gap in the arguments of public health advocates and it engages in detail with empirical evidence for instance about smokers regrets *Putting Choice Before Democracy* Emily Hauptmann,1996-07-03 In this critique of rational choice theory Emily Hauptmann explores the idea central to the theory namely that democracy can best be explained in terms of an economic conception of choice Her argument turns on the claims that the choices we face as citizens are not reducible to the choices we face as consumers and that democracy cannot be reduced to a series of choices economic or otherwise **Enforcing Morality** Steven Wall,2023-11-16 Discusses the nature and limits of the legal and social enforcement of moral norms **Selected**

Publications of the California State Department of Education California. State Department of Education,1987

Creating a Consumer Financial Protection Agency United States. Congress. Senate. Committee on Banking, Housing, and Urban Affairs,2010 **The Voice of Jesus** Gordon T. Smith,2015-07-13 Building on the rich spiritual tradition that spans the diversity of history and theology from Ignatius Loyola to John Wesley to Jonathan Edwards Gordon T Smith helps open your ears and heart to the depths of the inner witness of the Spirit By learning to attend to the Spirit Smith urges you will learn to hear and heed the voice of Jesus in everyday life *Happy Lives and the Highest Good* Gabriel Richardson Lear,2009-01-10 Gabriel Richardson Lear presents a bold new approach to one of the enduring debates about Aristotle s Nicomachean Ethics the controversy about whether it coherently argues that the best life for humans is one devoted to a single activity namely philosophical contemplation Many scholars oppose this reading because the bulk of the Ethics is devoted to various moral virtues courage and generosity for example that are not in any obvious way either manifestations of

philosophical contemplation or subordinated to it They argue that Aristotle was inconsistent and that we should not try to read the entire Ethics as an attempt to flesh out the notion that the best life aims at the monistic good of contemplation In defending the unity and coherence of the Ethics Lear argues that in Aristotle's view we may act for the sake of an end not just by instrumentally bringing it about but also by approximating it She then argues that for Aristotle the excellent rational activity of moral virtue is an approximation of theoretical contemplation Thus the happiest person chooses moral virtue as an approximation of contemplation in practical life Richardson Lear bolsters this interpretation by examining three moral virtues courage temperance and greatness of soul and the way they are fine Elegantly written and rigorously argued this is a major contribution to our understanding of a central issue in Aristotle's moral philosophy **Reforming the Art of Living** Rico Vitz, 2014-10-20 Descartes's concern with the proper method of belief formation is evident in the titles of his works e.g. The Search after Truth The Rules for the Direction of the Mind and The Discourse on Method of rightly conducting one's reason and seeking the truth in the sciences It is most apparent however in his famous discussions both in the Meditations and in the Principles of one particularly noteworthy source of our doxastic errors namely the misuse of one's will What is not widely recognized let alone appreciated and understood is the relationship between his concern with belief formation and his concern with virtue In fact few seem to realize that Descartes regards doxastic errors as moral errors and as sins both because such errors are intrinsically vicious and because they entail notably deleterious social consequences Reforming the Art of Living seeks to rectify this rather common oversight in two ways First it aims to elucidate the nature of Descartes's account of virtuous belief formation Second it aims both i to illuminate the social significance of Descartes's philosophical program as it relates to the understanding and practice not of science but of religion and ii to develop a kind of Leibnizian critique of this aspect of his program More specifically it aims to show that Descartes's project is dangerous insofar as it is subversive not only of traditional Christianity but also of other traditional forms of religion both in theory and in practice

Implementing Physical Activity Strategies Russell R. Pate, David Buchner, 2014-01-29 Developed through a partnership with the National Physical Activity Plan Alliance and the National Coalition for Promoting Physical Activity NCPPA Implementing Physical Activity Strategies profiles 42 physical activity programs that are helping people adopt more active and healthy lifestyles based on the U.S. National Physical Activity Plan NPAP This resource combines the expertise of editors Russell Pate and David Buchner as well as a host of respected researchers and practitioners well known for their long term advocacy for a more physically active society Implementing Physical Activity Strategies highlights innovative and proven physical activity programs under way in eight sectors education mass media health care parks recreation fitness and sports business and industry public health transportation land use and community design and volunteer and nonprofit organizations For each readers will find an explanation of how the physical activity program was executed how it aligns with the NPAP the target population of the program cross sector collaborations and their benefits and assessments of program effectiveness A

consistent presentation of information on each program makes this comprehensive reference easy to use The text maintains a focus on topics such as cross sector collaboration tactics and troubleshooting tips and how each program aligns with the NPAP This ensures readers will find tools and information to bring success to their own initiatives Many of the program profiles include sample press releases ads screen shots photos surveys follow up forms and other hands on materials to help readers more readily translate the ideas and materials of these programs into new physical activity initiatives By sharing examples and case studies of proven programs Implementing Physical Activity Strategies supports those seeking ways to bring the benefits of increased physical activity to their constituents Officials and managers in public health and health care Volunteer and nonprofit organizations Recreation fitness and sport leaders Physical education teachers Worksite health promotion advocates Transportation urban policy and design workers Implementing Physical Activity Strategies offers a detailed look into exemplary programs that have brought about an increase in regular physical activity for individuals where they live work and play Stimulate new ideas inspire creativity and innovation and set in motion new results oriented physical activity initiatives with Implementing Physical Activity Strategies Dare to Follow Charlotte Gambill,Natalie

Grant,2022-08-02 Let Jesus Lead You on the Ultimate Adventure Following God isn t just a one time decision it s a daily journey Dare to Be authors Charlotte Gambill and Natalie Grant have written this 100 day devotional guide to help you turn your focus from today s distractions and onto the One who says Follow me Find soul deep encouragement as you identify the specific personal ways God is calling you to draw closer to Him Dare to Follow will lead you to uncover what strongholds remain in your heart that need to be handed over to God how the spiritual fruits produced by your life reflect your walk with Christ what influences you need to unfollow so you can better follow Jesus how you can remain obedient to God even on the days you don t hear His voice how and where will you lead the people who follow you Your future may be unknown but your direction is certain With room to journal and reflect Dare to Follow will inspire you to joyfully walk in the footsteps of Jesus allowing Him to lead you in every area of your life **Random and Nebulous--Nuancing the Psalms** Janis

Constable,2021-11-08 Random and nebulous is an exquisite state of the inquisitive mind Vivid thoughts and images shift and drift and swirl and twirl in seeming chaos within the chasm of human consciousness Random and Nebulous invites you now to stroll slowly slowly on a spiritually formative journey opening yourself in body mind and spirit into this Celtic Christian Psalm based tome Come enter into the wholesome simplicity of Celtic Wisdom and find your space your place of comfort here Settle in and set about nuancing new elemental insights from the most beloved Psalms Allow yourself to be drawn into the deep deeper deepest well of Random and Nebulous May you come into stillness wholeness and Oneness May you be fully present enlivened sparkling full of grace in the Light Shine your Light Be the Light Selah **Being in Time to the Music** David Ross,2008-12-18 Being in time to the music from the ground up is a work in phenomenology where this term is broadly defined comprehending Plato Heidegger Hegel and Marx The most direct referent is Hegel together with the theoretical

revolution that he initiated with Phenomenology of Mind This text s more general purpose is to set the tone for a 21st communism based upon the idea of dancing with death assuming full responsibility for one s mortality and abandoning the self to love as the meaning of existence This dance is choreographed through my conversations with the above mentioned writers In conversing with them I aim to displace if not usurp them from the throne of honour which is nothing more than the authority borrowed from me By this I do not intend to deny completely their other to me character However they exist or even figure for me both in the sense of of count having importance as those that I read and by which I read myself They have borrowed my authority namely my own potential to be an author So reading them is to re assume that borrowed authority The life of the reader to paraphrase Barthes begins with the death of the author

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