



# Bristol Study Centre

# NEWSLETTER

www.dutystudy.org.uk

18: The Christmas issue

December 2011

## How are we doing?

The Bristol centre recruiters are now up to **2,197** patients, with **1,976** urines (90%). Overall, DUTY now has **5,021** patients—only **979** to go!

## NOVEMBER PRIZE

The prize for November goes to the practice team at Oldfield Surgery, Bath.



Hopefully this will come in handy over the Christmas period!

## DUTY'S



The last day of recruitment will be **FRIDAY 16 DECEMBER**, please can you ensure that any research samples are posted to the Cardiff lab in their Safeboxes by the end of that day. Recruitment will start again on **WEDNESDAY 4 JANUARY 2012**.

## May your days be merry and bright

November 2011 was a stupendous month for DUTY study recruitment. Overall, the study recruited more than 500 patients, of which 191 from the Bristol study centre: absolutely the best performance to date! The end of the recruitment period, April 2012, is now in sight and we are well on course to meet the whole study target. We would like to say a big **Thank you!** to all of the recruiters and laboratory staff working to make this happen within the Bristol study centre. We wish you a very Happy Christmas, and hope that you will keep up your amazing efforts for just another few months.

In the holiday spirit, this issue is rather light on the research content (in short, there isn't any) but dedicated to festive pursuits. Where better to start than in the kitchen? Catherine Derrick, DUTY Study Administrator, is our resident expert on baking...

## Gingerbread muffins

Quick and easy to make, eat them fresh or after a day or two makes a really great winter pudding served with custard. Makes 12.

**YOU WILL NEED:** ♦ 10oz (280g) plain flour ♦ 2tsp baking powder ♦ ½ tsp bicarbonate of soda ♦ ½ tsp salt ♦ 1 ½ tsp ground ginger ♦ 1 tsp cinnamon ♦ ½ tsp nutmeg ♦ 1 egg ♦ 4-5oz (110-140g) soft brown sugar ♦ 6floc (180ml) water ♦ 4 tbs (60ml) back treacle (not molasses) ♦ 3floc (90ml) corn oil (or sunflower oil) or 3oz (85g) cool melted butter.

Prepare the muffin tin with paper cases. Preheat the oven to 375°F (190-200°C). In a large bowl, sift together the flour, baking powder, bicarbonate of soda, salt and spices. In a separate bowl, beat the egg, blend in the brown sugar and water. Add the black treacle and oil, continue to stir briskly with a fork until blended. Pour all of the wet mixture into the dry mixture and stir until just combined. Spoon immediately into the paper cases. Bake for 20-25 minutes, until top of the muffin springs back when pressed gently.

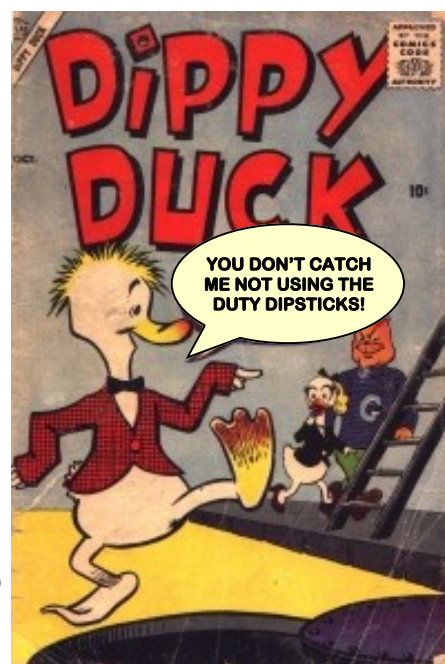


## The Twelve Days of DUTY

The DUTY study team can't resist a good sing-song. Here is our version of a popular Christmas song:

*"On the first day of Christmas, my true love sent to me:*

- ♥ Twelve children weeing
- ♥ Eleven Nurses dancing
- ♥ Ten DUTY dipsticks (with SG and pH!)
- ♥ Nine Lab Technicians
- ♥ Eight pots a-leaking
- ♥ Seven orange stickers
- ♥ Six nappy pads (uncontaminated, ideally)
- ♥ Five golden wees
- ♥ Four GPs
- ♥ Three E. coli's
- ♥ Two MSUs
- ♥ And a pulse oximeter reading!"





**BAD CHRISTMAS GIFT IDEA**



A urine snowglobe? Marketed as "a great way... to commemorate any notable illness". Instructions can be found at [www.instructables.com/Urine-Snow-Globe/](http://www.instructables.com/Urine-Snow-Globe/)



**Very, very trivial pursuits**

On the wind-down? Lost for words at the office Christmas party? In-laws visiting? Don't fancy the Strictly/X-Factor/Eastenders Christmas Special? Test your knowledge of true Christmas culture with our multiple choice quiz. Answers at the bottom of the page!

**1. Who decided the date for Christmas would be December 25th?**

- The Emperor Constantine (272 - 337 AD)
- Pope Julius I (337 - 352)
- Pope Clement V (1264 - 1314)
- Augustine of Hippo (354 - 430)

**2. What were the first artificial Christmas trees made from?**

- Plastic
- Goose feathers
- Wood
- Nylon

**3. What adjective properly describes a tree with fake snow?**

- Snowy
- Frosted
- Flocked
- Snow-flecked



**4. When did the Christmas tree originate?**

- 16th century
- 17th century
- 18th century
- 19th century

**5. Where was Mommy kissing Santa Claus?**

- In the bedroom
- Behind the shed
- Under the mistletoe
- In a dark alley

**6. What is Frosty the Snowman's nose made from?**

- A carrot
- A rock
- A button
- A potato



**7. Which phrase is the odd one out?**

- Nedeleg laouen ha bloavezh mat (Breton)
- Lâ breithe shona duit (Irish Gaelic)
- Nollick Ghennal as Blein Vie Noa (Manx)
- QISmaS botlvjaj 'ej DIS chu' botlvjaj (Klingon: plural)

**8. From which country does the gingerbread house originate?**

- Austria
- Germany
- Switzerland
- Belgium



**9. What is the capital of Christmas Island?**

- Jackson
- St John
- The Settlement
- Boothville

**10. In the Ukraine, what is traditionally put on the Christmas tree for good luck?**

- Candles
- A spider's web
- Hazelnuts
- A bird's nest

**11. All I want for Christmas is my...**

- Own Big House
- Two Front Teeth
- Pelvic Floor Muscles
- Little Brown Dog

**12. Which reindeer is Rudolph's dad?**

- Dancer
- Dixon
- Donner
- Blitzen



**ANSWERS:** 1. Pope Julius I; 2. Goose feathers; 3. Flocked; 4. 16th century; 5. Under the mistletoe; 6. A button; 7. The Irish Gaelic one, which means "Happy Birthday" (the others all mean "Merry Christmas and Happy New Year"); 8. Germany; 9. The Settlement; 10. A spider's web; 11. Two Front Teeth; 12. Donner (just how do they know?)

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