

Dr. S Laybourn and Partners - Winter Newsletter 2017/18.

Comings and Goings.

Well I can't believe we are at the end of 2017 already, where has the year gone? Dr. Joshua Robertson has been a partner with us coming up for a year in January and Dr. Sarah Graham has been with us for 18 months. Both of them are firm members of the team and I hope our patients have met them both on visits to the surgery?

Due to motherhood, promotion and emigration, we have had the opportunity to welcome some new faces to our nursing team as well. We welcome Practice Nurses Louise Lendhill and Linda Stephenson into the fold and have increased the ranks of our Healthcare Assistants with Julie Lockwood joining us. They are all fitting in very well and I'm sure you will meet them at some point even if it's just for a flu jab !

A little bit of sad news to announce and that is that Dr Rachel Featherstone will be leaving us in the new year as she is taking up a post where she lives so as to cut down on her travel and ease the situation with her growing family

Patient Group.

We still have a Patient Participation Group for the Practice, and we are always looking for more patients to join us and participate in looking at ways that we can make the Practice better for all of our patients. If you would like to join and have your input on suggestions into the way your Practice is run then please sign up on line on this website or give Justin Park the Practice Manager a call on 0113 264 7278 for more information. We only meet a couple of times a year and any input from you would be greatly valued.

Flu Vaccinations.

This year's Flu Vaccination Campaign is well under way and I am pleased to say that we have reached most of our patients who need a flu jab and are creeping towards our required targets.

Winter Weather.

So far we have escaped the usual October and November coldness but don't be lulled into a false sense of security as we will no doubt get the winter weather that we usually experience. So please be ready for the cold snap, as no doubt it will arrive and here in February or March.

Here are just a few tips to keep in mind to look after yourself when it comes:-

- Make sure your central heating boiler is serviced and in good condition.
- Wear plenty of thin layers of clothes rather than one or two thick items.
- Eat regular meals and where possible at least one hot meal a day and lots of hot drinks.
- If you have a car check that it has anti freeze in its system.
- Investigate insulating your home; there are lots of grants available!
- If you required a Flu jab, you should have had it by now; make a note in your diary to book one at The Medical Centre for September 2016.
- If you are over 60 then claim your Winter Fuel Payment.
- Know where your mains water stop tap is situated in case you have a burst water pipe.
- Keep a small supply of food in your freezer, or tinned food in case snow falls and you can't get out shopping for a few days.
- Check on elderly or sick friends, neighbours and relatives who may be housebound.

Useful Telephone Numbers:-

Help The Aged – The Senior Line -0808 800 6565
Warm Front - for grants - 0800 316 2805
NHS Direct – 24 hour Health Advice - 0845 4647
Home Heat Helpline Line – 0800 336699
Green Doctor - Energy Efficiency Advice – 0113 238 0601
Winter Fuel Payments Helpline – 0845 915 1515
Care and Repair Leeds – 0113 391 8336
Energy Saving Trust – 0300 123 1234
Wrap Up Leeds Eco – 0113 395 0757

Useful Website Addresses:-

Keeping Warm - www.leedspct.nhs.uk/yourhealth then click on “Energy Best Deal Guide”.
Weather Forecast – www.metoffice.gov.uk/health/public
Stay Warm Choose Well this Winter- www.nhs.uk
Wrap Up Leeds Eco – www.wrapupleeds.co.uk – Free loft and cavity wall insulation.

Winter Warmer Recipe – Cottage Pie with Cauliflower Cheese Topping.

Cottage Pie Ingredients

150g Red split Lentils
400g Lean Minced Beef
2 Tablespoons of olive oil
1 Beef stock cube
1 Large Carrot, roughly chopped
1 Onion, roughly chopped
2 Teaspoons of Rosemary
2 Tablespoons of Tomato Puree
600ml of boiling water
Salt and freshly ground black pepper

For the Cauliflower Cheese Topping

500g Floury Potatoes (Maris Piper or King Edwards)
1 Medium Cauliflower cut into florets
100ml Crème Fraiche
100gm Grated Mature Cheddar Cheese

Method

1. Preheat the oven to 200°C / gas mark 6. Put the chopped onion, carrot and Rosemary in a food processor and pulse until finely chopped. Heat 2 tablespoons of olive oil in a large pan and add the chopped onion, carrot and Rosemary and gently cook for 6 minutes until soft but not coloured.
2. Then add the minced beef into the pan cooking for 2 minutes until browned and breaking up stirring it with a wooden spoon. Add the red lentils and tomato puree and cook for 1 more minute. Mix the boiling water and the Beef stock cube together in a jug then pour into the pan and cook gently for 20 minutes without a lid until the lentils are tender.
3. Meanwhile, place the potatoes into a large pan and cover with water and bring to the boil and cook them for 10 minutes and then add the cauliflower florets and cook for a further 7 minutes until both are soft when pierced with a knife. Drain them well and return them to the pan, add the crème fraiche, grated cheese and a pinch of salt and mash together until you have a creamy yet coarse mash.
4. Spoon the beef mince and lentil mixture into a 14 inch x 10 inch ovenproof dish then spoon the mash on top leaving it quite rough for a crispy crust.
5. Bake for 25 to 30 minutes until golden brown, crusty and bubbling.