

Dr S Laybourn and Partners - Winter Newsletter 2015/16

Comings and Goings

After starting at the Practice in August 1987 we were sorry to lose Dr Sue Laybourn who was a very long standing and dedicated partner who left us at the end of April 2015. Dr Sue Laybourn had an unblemished career with the Practice and left her position as Senior Partner after almost 28 years of devoted service. We wish her a long and happy retirement and wish her successor, Dr Harry Brown, an equally successful and enjoyable time as our new Senior Partner.

Dr Rachel Featherstone also made a move within the Practice, and we are delighted to welcome her to become a partner alongside the other five remaining GP partners.

As a replacement into our ranks, we were joined by one of our former trainees from the Practice dating back to 2012, Dr Joshua Robertson. It is good to have Dr Robertson back with us and it is testament to his training with us that he should wish to return and that we would wish to take him back!

We also said goodbye to Nurse Joanna Lister as she has changed her career pattern and moved onto pastures new. In her place I am pleased to introduce Nurse Anna Hemens who joins us from St James's Hospital and the LGI where she has worked in Acute Renal Medicine and the Orthopaedic Trauma Surgery Units since 2006.

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 everyone. If you would like to join and have your input on suggestions into the way your Practice is run then please 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 require 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 – Minced Beef and Dumplings

Casserole Ingredients

450g Shin Beef
450g Lean Minced Beef
2 tbsp olive oil
400g Beef stock
2 Carrots, thinly sliced
2 onions, thinly sliced
200g Button mushrooms, quartered
70g Tomato Puree
250g Tomato passata
15g Dijon mustard
 $\frac{1}{2}$ Teaspoon Worcestershire sauce
Thyme leaves, chopped Parsley and Chives
Salt and freshly ground black pepper

For the Cheesy Herb Dumplings

175g Self raising flour
10g Thyme leaves
10g Chives
15g Dijon Mustard
Zest of $\frac{1}{2}$ a Lemon
1 teaspoon of salt
90g Shredded Suet
50ml Semi Skimmed Milk
2 $\frac{1}{2}$ Teaspoons of Unsalted Butter

Method

1. Preheat the oven to 120°C / gas 1. Heat 1 tablespoon of the oil in a casserole dish, add the Shin Beef and minced beef and cook for 4 minutes until brown.
2. Add the Beef stock, cover with a lid and simmer for 2 hours.
3. Add a little oil to a pan and gently cook the onion until translucent, then add the carrots and continue to cook until softened. Add the mushrooms and cook for a further 2 minutes then stir in the tomato puree and cook for 5 minutes, add the passata and simmer gently for 10 minutes.
4. Next make the dumplings by mixing the flour, thyme leaves, chopped chives and parsley, mustard, salt and lemon zest into a large mixer with a dough hook until it forms fine crumbs. Add the suet and milk and mix until the dough just comes together. Allow to stand covered for 30 minutes. Roll into 24 even sized dough balls.
5. Pre heat the oven to 180°C, gas mark 4. Stir the cooked vegetables into the casserole along with the mustard, Worcestershire sauce, salt and freshly ground black pepper.
6. Heat the butter in a pan until sizzling then cook the dumplings for 2 to 3 minutes until golden and lay them on top of the casserole. Bake for 25 minutes until the dumplings are cooked and the casserole is heated through.
7. Sprinkle the thyme, chopped parsley and chives over the top to finish.