

Healthy Recipes

Spinach, sweet potato & lentil dhal

- 1 tbsp sesame oil
- 1 red onion
- 1 garlic clove, crushed
- Thumb-sized piece of ginger, peeled and finely chopped
- 1 red chilli finely chopped
- 1 ½ tsp ground turmeric
- 2 sweet potatoes (about 400g), cut into even chunks
- 250g red split lentils
- 600ml vegetable stock
- 80g bag of spinach
- 4 spring onions, sliced diagonal, to serve
- ½ small pack of Thai basil, leaves torn, to serve

Recipe from BBC Good Food
If you have any healthy recipes you would like to share, please get in touch.

Useful Websites

Shape Up 4 Life— <https://shapeup4-life.co.uk/>

NHS website— <https://www.nhs.uk/>

1. Heat 1 tbsp. sesame oil in a wide-based pan with a tight-fitting lid.
2. Add 1 finely chopped red onion and cook over a low heat for 10 mins, stirring occasionally, until softened.



3. Add 1 crushed garlic clove, a finely chopped thumb-sized piece of ginger and 1 finely chopped red chilli, cook for 1 min, then add 1 ½ tsp ground turmeric and 1 ½ tsp ground cumin and cook for 1 min more.

4. Turn up the heat to medium, add 2 sweet potatoes, cut into even chunks, and stir everything together so the potato is coated in the spice mixture.

5. Tip in 250g red split lentils, 600ml vegetable stock and some seasoning.
6. Bring the liquid to the boil, then reduce the heat, cover and cook for 20 mins until the lentils are tender and the potato is just holding its shape.

7. Taste and adjust the seasoning, then gently stir in the 80g spinach. Once wilted, top with the 4 diagonally sliced spring onions and ½ small pack torn basil leaves to serve.

8. Alternatively, allow to cool completely, then divide between airtight containers and store in the fridge for a healthy lunchbox.

Useful Numbers

Box Surgery—01225 742361
Link Corsham—07884 887105
Link Box—07970 617617
Chippenham Hospital—01249 447100
RUH—01225 428331



BOX SURGERY NEWSLETTER

OUR MISSION STATEMENT

" WE WILL ENCOURAGE PEOPLE TO TAKE RESPONSIBILITY FOR THEIR OWN HEALTH AND WELL-BEING WHILST TREATING THOSE WHO BECOME ILL WITH CARE, COMPASSION AND SKILL."

First Newsletter

As you may be aware, we used to issue a quarterly Newsletter and we are starting this up again!

We will aim to publish the newsletters in Spring, Summer, Autumn and Winter. They will contain appropriate information relating to the time of the year, as well as any new information we feel you, as patients, should be aware of.

Inside this issue you can find:

- CQC Inspection
- MJog
- New staff information
- Travel Clinics
- Easter Planning Ahead
- HPV Update
- Carers' Clinic
- Jane Brake— Our Care Co-ordinator
- Healthy Recipes
- Useful Telephone Numbers / Websites

MJog

MJog is an application that we use at the surgery to allow us to communicate with you via text messaging. This includes; appointment reminders, messages if we have been unable to contact you by telephone, messages regarding your repeat prescriptions and asking you to attend for your annual checks.

Once you have consented to us that you are happy for these messages, you can download the MJog app on your smart phone/smart device.

For more information, please speak to Reception.



CQC Inspection

You may be aware that in November 2019 we had our inspection from the Care Quality Commission.

We are pleased to say that we got the rating "Good"!



New Staff Members

Over the last year or so, new members of staff have joined the team.

Donna Berry is our new Assistant Practice Manager.

Jules Smithers is a qualified Paramedic and works as our Triage Practitioner all day on a Wednesday. She handles the Triage phone calls and see patients in same day appointments.

We have also recently gained a new Practice Nurse, Sonia Dyke. Sonia has the same clinics as our other Practice Nurses and is also responsible for the Child Immunisation clinic on a Wednesday morning.

Jack and Melanie have recently joined the Administrative side of



the team. You may meet them on Reception!

Some of you may be aware that Polly, one of our HCAs, is currently on Maternity Leave so we will have a temporary Phlebotomist who will be working with us whilst Polly is off for the next year.

Over the Easter Bank Holiday weekend, we are closed on Good Friday (10th April) and Easter Monday (13th April).

Travel Clinics

Summer will soon be approaching, so if you have a holiday booked that may require vaccinations please phone the surgery to book in to see Bridgette or Lisa in one of our Travel Clinics.

The first consultation will be a 20 minute

appointment with one of our Nurses, or a phone call, followed by the Nurse arranging your vaccination appointments.

Easter— Planning Ahead

Is your repeat prescription due between 6th April and 17th April? Don't get caught out. Order your prescription early to ensure you don't run out over the Easter Bank Holiday weekend.

Please note we do not take medication requests over the phone and prescriptions take two working days to process

It might also be a good idea to contact your local Pharmacies to find out their opening times over the Bank Holiday weekend.

If we are closed and you need medical advice or help, please call 111 to speak to fully trained advisors who will help you get the right medical attention. This service is available 24 hours a day, 365 days a year.

For life-threatening emergencies dial 999.

HPV Update from Bridgette

Although the way in which cervical smear samples are taken has not changed, the samples are just processed differently in the laboratory.

Cervical Screening tests are now primarily looking for the Human Papillomavirus (HPV), rather than cell changes because HPV can be detected earlier.

HPV is passed on through skin-to-skin sexual contact, and 4 out of 5 of us have been exposed to it at some stage during our sexual lives. For most women your

immune system will fight off the virus. High risk HPV is persistent and if left untreated may develop into cell changes or cancer. Results will now show either - HPV not detected, with a usual recall; HPV only, with a 12 month recall to monitor if your immune system will fight the virus off; or HPV with cell changes which results in a referral to Colposcopy Clinic. If HPV is detected the sample will automatically be checked for cell changes as well.

For more information visit jostrust.org.uk/HPV, or speak to Bridgette at the surgery.

Carers' Clinic

Our next Carers' Clinic is coming in April.

For more information please contact the surgery on 01225 742361 and ask to speak to Sophie.

If you are a carer, and do not feel we are aware of this, please contact us so we can amend your records and give you the appropriate support.



Our Care Co-ordinator—Jane Brake

We have Jane Brake working as part of our Practice team. She is the care co-ordinator for our patients.

The main aim of her role is :-

- ⇒ Help those patients who are at risk of being unable to manage at home.
- ⇒ Help to build a network of care and social support that enables patients to stay in their own home at times of increased difficulty or deteriorating health.

⇒ Help to reduce unnecessary hospital admission and enable people who are recovering from an illness get back to their own homes as soon as possible

Jane is based in Box Tuesday & Friday and she is in Corsham (Porch Surgery) Monday, Wednesday and Thursday.