

Healthy Recipes

Winter Vegetable & Lentil Soup

- 85g dried red lentils
- 2 carrots, quartered lengthways then sliced
- 3 sticks celery, sliced
- 2 small leeks, sliced
- 2 tbsp tomato puree
- 1 tbsp fresh thyme leaves
- 3 large garlic cloves, chopped
- 1 tbsp vegetable bouillon powder
- 1 heaped tsp ground coriander



1. Tip all the ingredients into a large pan. Pour over 1 1/2 litres boiling water, then stir well.
2. Cover and leave to simmer for 30 minutes until the vegetables and lentils are tender.
3. Ladle into bowls and eat straight away, or if you like a really thick texture, blitz a third of the soup with a hand blender or food processor.

Recipe from BBC Good Food

If you have any healthy recipes you would like to share, please get in touch.

Caroline Gerrish's Charity Trek

Caroline Gerrish (one of our HCAs) is taking part in the Fabulous Challenge Trek to Petra in March 2021. She will be walking from Dana to Petra in Jordan, to raise money and awareness for Jo's Cervical Cancer Trust. Caroline is hoping to raise £3000+ with all of the monies going to the charity.

With the current Covid-19 pandemic, the normal channels of fundraising are not possible. Can you help?

JustGiving.com Caroline Gerrish Trek to Petra.

Useful Numbers

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



Useful Websites

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

NHS website— <https://www.nhs.uk/>

BOX SURGERY NEWSLETTER

OUR MISSION STATEMENT

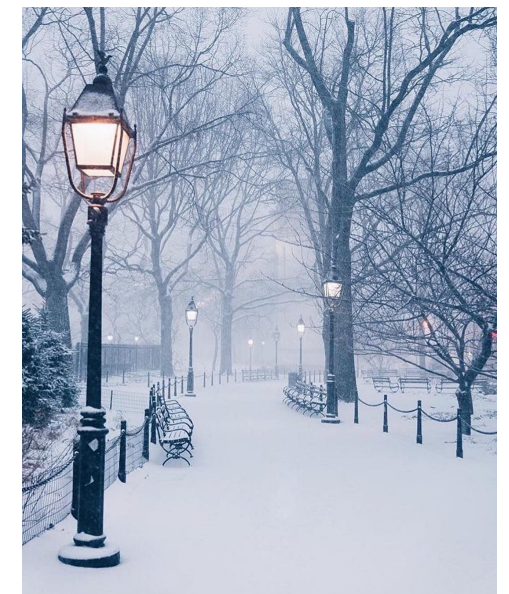
"WE WILL ENCOURAGE PEOPLE TO TAKE RESPONSIBILITY FOR THEIR OWN HEALTH AND WELL-BEING WHILST TREATING THOSE WHO BECOME ILL WITH CARE, COMPASSION AND SKILL."

Included in this Newsletter

In the Spring we published our first newsletter with the view of publishing a new issue quarterly. As I am sure you can understand, we have been extremely busy during the Covid-19 pandemic so unfortunately we have not found time to get another newsletter published until now!

Inside this issue you can find:

- Carers' Information
- Navigating the System—Jane Brake
- Change in Staff Members
- Our New Website
- Join our PPG
- Healthy Recipes
- Caroline Gerrish's Charity Trek
- Useful Telephone Numbers / Websites



Carers' Information

We are pleased to announce that we received the Platinum Carers Award this year!

We have been in contact with Carers Support Wiltshire throughout this year, and we are waiting on guidance for how to proceed with our carers' clinics in the future.

If you wish to register as a carer, please contact the surgery on 01225 742361 and ask to speak with Sophie.



Navigating 'The System'

Jane Brake, Care Coordinator

Trying to find advice or help for either yourself or a loved one can feel daunting and at times very frustrating. Your GP will be able to refer you to any health related service, however other problems like finding it harder to manage at home, concerns about loved ones, money or housing worries can cause as much stress as ill health. If this is the case Adult Social Care is the place to start; call their Advice and Contact Team on 0300 456 0111. They will be able to advise and point you in the right direction. Alternatively, every GP Surgery has access to a Care Coordinator who is a mind of information. Give them a call and they will help you decide which way is best for you.

One last thought. There are things we can all do to try to prepare for later life, some need to be done when we're younger but others are relevant now. I asked some doctors to give me ideas for a 'To Do List' and this is what they said:

Make a Will	Make a living will
Put in place Power of Attorney	Have a pension
Take up volunteer work if you can	Avoid being overweight
Don't smoke	Drink moderately
Stay active	Find what you enjoy doing and do it
Have a social network	Learn or keep up with new technology
Stay mentally active	Keep out of hospital if you can

Over the Christmas Holidays we are closed Christmas Day, Bank Holiday Monday (28th December) and New Years Day (1st January).

Try to laugh about something every day
Be realistic
Work for as long as you can or do things you are committed to
If necessary, downsize and move to somewhere more suitable
Think about your needs in old age before you get there...

Don't stick your head in the sand about old age!



Change in Staff Members

We thought we could update you on the changes in our staff at Box Surgery since the last newsletter. The changes are as follows;

If you have recently been into the surgery or telephoned, you may have noticed we have 2 new members of our Reception team. Bethany and Connie are Apprentice Receptionists.

Polly, one of our HCA's is due to return back from maternity leave mid-January.

One of our receptionists, Sandra, is retiring at Christmas after nearly 21 years at the practice!

We are sad that Dr Nick Ashley is leaving us and delighted that Dr Josie Hindle is joining us permanently. Dr David Jones, who has been our GP Trainee since last February, is staying on to work as a salaried GP from March 2021.

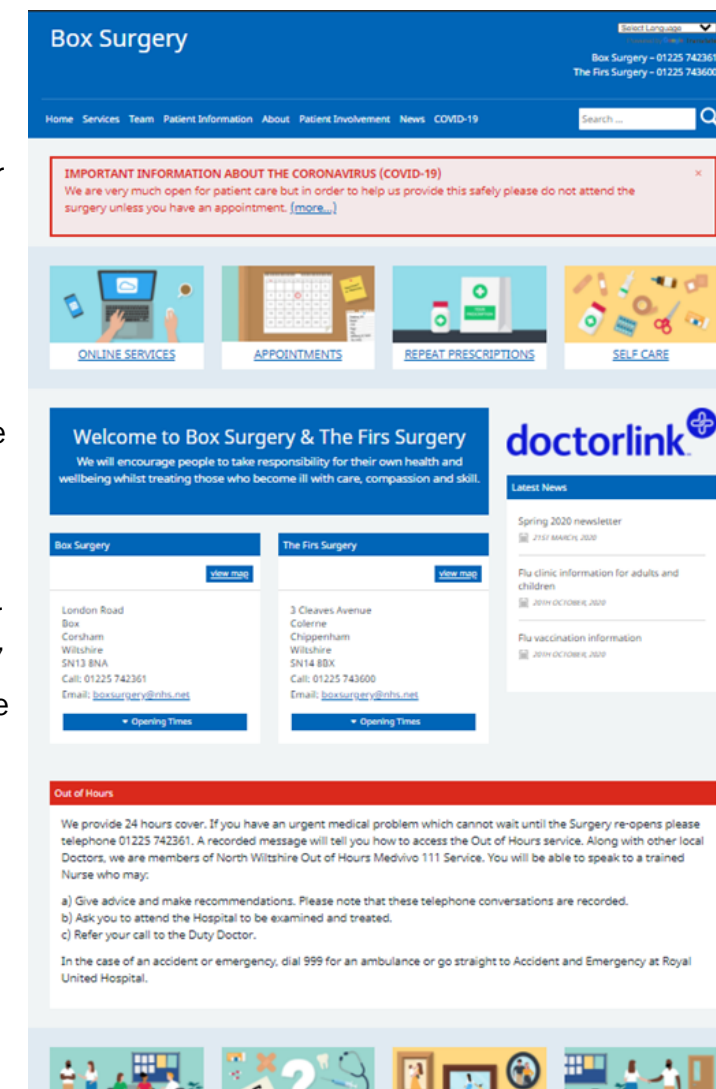
Our New Website

Over the last couple of months we have been working, together with a third-party company, on a new website. At the current time, we do not have this website up and running, however we are hoping to go live very soon!

To the right is a screenshot image of what the home page of our new website will look like.

We are hoping that the interface for the new website is extremely user friendly, and suitable for all ages to find their way around easily. We would love to hear your feedback, as patients, regarding anything you think works well on the website or that you think could be amended or added. There will be a "patient feedback form" accessible on the website to allow you to share your comments with us.

We anticipate that there may be some technical glitches whilst we introduce this new website. Please inform us of any glitches that you come across so we can try our best to resolve them.



Box Patient Participation Group Always Welcoming New Members

We would like to invite you to join our Patient Participation Group (PPG). This is a friendly group of patient volunteers we turn to for their thoughts and ideas on practice issues, service development and improving patient experiences.

The PPG at Box is a 'virtual' group with contact made mainly via email or occasionally by phone. It is important to mention, your work with the PPG would not be recorded in your own medical records, nor would it influence the care you receive. The PPG works independently on behalf of all the patients under the care of the practice.

Your experiences matter and you can bring fresh and different ideas to the surgery. Box PPG is an opportunity to work with us to help us improve what we do and the way we do it.

For further information please do not hesitate to contact the surgery by phone or email

box.patientgroup@nhs.net