

## Healthy Recipes

### Butternut squash soup with chilli & crème fraîche

- 1 butternut squash, about 1kg, peeled and deseeded
  - 2 tbsp olive oil
  - 1 tbsp butter
  - 2 onions, diced
  - 1 garlic clove, thinly sliced
  - 2 mild red chillies, deseeded and finely chopped
  - 850ml hot vegetable stock
  - 4 tbsp crème fraîche, plus more to serve
1. Heat oven to 200C/180C fan/gas 6.
  2. Cut 1 peeled and deseeded butternut squash into large cubes, about 4cm/1½in across, then toss in a large roasting tin with 1 tbsp of the olive oil.
  3. Roast for 30 mins, turning once during cooking, until golden and soft.
  4. While the butternut squash cooks, melt 1 tbsp butter with the remaining 1 tbsp olive oil in a large saucepan, then add 2 diced onions, 1 thinly sliced garlic clove and ¾ of the 2 deseeded and finely chopped red chillies.
  5. Cover and cook on a very low heat for 15-20 mins until the onions are completely soft.
  6. Tip the butternut squash into the pan, add 850ml hot vegetable stock and 4 tbsp crème fraîche, then whizz with a stick blender until smooth. For a really silky soup, put the soup into a liquidiser and blitz it in batches.
  7. Return to the pan, gently reheat, then season to taste.
  8. Serve the soup in bowls with swirls of crème fraîche and a scattering of the remaining chopped chilli.



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

## Useful Numbers

Box Surgery/Firs Surgery—01225 742361  
Link Corsham—07884 887105  
Link Box—07970 617617



## 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

Inside this issue you can find:

- Staff Changes
- Covid Booster
- Flu Vaccinations
- Useful Telephone Numbers
- Healthy Recipe



## Staff Changes

We are in a period of change with several staff changes happening. Dr Josie Hindle and Dr Angela Fan are both due to go on maternity leave soon. We are delighted that Dr Laura O'Hare and Dr Daniela Hall (who some of you may remember as a GP Registrar a few years ago) will be covering the maternity leave. One of our admin team, Georgina Tinsell is also expecting a baby so she will also be on maternity leave. Jade Snell, who is currently on maternity leave, will be returning soon to take Georgina's place in the team.

Our Assistant Manager, Donna Berry, left in September for a change in career. She has been replaced by Alice Casserly.

Finally, our Practice Manager, Jeni Leggat-Green, is retiring after 27 years at Box Surgery. Her last working day will be 9<sup>th</sup> December. We send our best wishes for her retirement. Our new Practice Manager, Kath Burbidge, started at the beginning of November.

We hope that all our new members of staff will settle in well.

## Covid Booster Information

As we are sure you are aware, Covid boosters are now being booked. These booster appointments **will not be held at Box Surgery**. Please book via the NHS website or ring 119 if you do not have internet access. Please do not email the surgery regarding Covid vaccination appointments.



Please note that the surgery will be closed for the following dates over the Christmas period:  
**Monday 27th December**  
**Tuesday 28th December**  
**Monday 3rd January**

## Flu Vaccination Clinics

We are currently holding clinics for flu vaccinations. Please note that flu clinics are pre-bookable only, not walk-in. Please contact reception on 01225 742361 to arrange an appointment. You can also attend a local pharmacy to receive your vaccine.

If you unsure if you are eligible for the flu vaccine, here is the criteria (found on our website);

- Are 65 years of age or over
- Are pregnant
- Are living in a long-stay residential care home or other long-stay care facility
- Receive a carer's allowance, or you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill
- Care-workers who are directly involved in the care of over 65 year olds and those in 'at risk' groups

Have certain medical conditions such as:

- Chronic (long term) respiratory disease such as asthma, chronic obstructive pulmonary disease (COPD) or bronchitis requiring regular inhalers
- Chronic heart disease such as heart failure or angina
- Chronic kidney disease
- Chronic liver disease, such as Hepatitis
- Chronic neurological conditions, such as Parkinson's disease
- Diabetes
- Problems with your spleen e.g. have had your spleen removed
- Weakened immune system due to diseases such as HIV, or treatment such as cancer treatment



## Useful Numbers from our Care Co-ordinator, Jane Brake

We all recognise the scene - you're scanning address books, diaries, calendars and scraps of paper and still can't find that number you wrote down somewhere handy, which would be really useful now. Perhaps it's one of these:

Community Health Team: 01249 715037 – Incl Home First Service, OTs & Physio's.  
 Medequip (Equipment): 01249 815052  
 Link (Corsham) 07884 887105  
 Link (Box, Colerne & Rudloe) 07970 617617  
 Non-Emergency Hospital Transport – E-zec 0300 777 5577 – transport to or from NHS venue.

AgeUK: 0808 196 2424 – Monday-Friday, 10am-3pm  
 enquiries@ageukwiltshire.org.uk

Independent Age: 0800 319 6789 - Advice and support for older age  
 Silverline: 0800 4708090 – 24hr advice line for older people.  
 CRUSE Bereavement Care: 0808 808 1677  
 Carer Support Wiltshire: 0800 181 4118 – Advice, practical and emotional Support

Alzheimer's Support: 01380 739055  
 Parkinson's Society: 0808 800 0303  
 Stroke Association: 01373 823124  
 MND Association: 08457 626262  
 Arthritis Care: 0808 800 4050  
 Rheumatoid Arthritis Society: 0845 458 3969  
 Neuro Team, CCH: 01249 456589 – Advice for most neuro conditions  
 Diabetic Spec Nurse: 01249 447100 – for patients already referred.  
 Wiltshire Sight: 01380 723682  
 Hearing & Vision Team: 01380 725201–Wiltshire Council dept)  
 RNIB Sight Loss Advice: 0303 123 9999  
 Learning Disabilities: 01225 713805  
 Dorothy House 01225 722988 – End of Life, Palliative care, symptom and treatment advice, family support and early diagnosis service

Macmillan Cancer Support 0808 808 0000 – Not practical help but emotional support and financial advice.

Victim Support: 01380 738888  
 Samaritans: 08457 909090 – 24hr telephone support

Care Shop 0161 848 4000 – Home care equipment & supplies  
 Gompels, Melksham 01225 702198 - “ “ “ “  
 OT Stores 0845 260 7061- “ “ “ “

Great Western Hospitals (Swindon) Reception: 01793 604020  
 Royal United Hospital Bath Reception: 01225 428331  
 Salisbury Foundation Trust Reception: 01722 336262  
 Melksham Community Hospital Reception: 01225 703088  
 Warminster Community Hospital Reception: 01985 212076  
 Chippenham Community Hospital Reception: 01249 447100

