

## Healthy Recipes

### Caponata Pasta

- 4 tbsp olive oil (or use the oil from your chargrilled veg, see below)
- 1 large onion, finely chopped
- 4 garlic cloves, finely sliced
- 250g chargrilled Mediterranean veg (peppers and aubergines, if possible) from a jar, pot or deli counter, drained if in oil (you can use this oil in place of the olive oil) and roughly chopped
- 400g can chopped tomatoes
- 1 tbsp small capers
- 2 tbsp raisins
- 350g rigatoni, penne or another short pasta shape
- bunch basil leaves, picked
- parmesan (or vegetarian alternative), shaved, to serve

Recipe from BBC Good Food

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

Our new website has now gone live! Please take a look, we would love to hear your feedback!  
<https://www.boxsurgery.nhs.uk/>

### 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/>



1. Heat the oil in a large pan and cook the onion for 8-10 mins until starting to caramelise (or for longer if you have time – the sweeter the better). Add the garlic for the final 2 mins of cooking time.
2. Tip in the mixed veg, tomatoes, capers and raisins. Season well and simmer, uncovered, for 10 mins, or until you have a rich sauce.
3. Meanwhile, boil the kettle. Pour the kettleful of water into a large pan with a little salt and bring back to the boil. Add the pasta and cook until tender with a little bite, then drain, reserving some of the pasta water. Tip the pasta into the sauce, adding a splash of pasta water if it needs loosening. Scatter with the basil leaves and parmesan, if you like, and serve straight from the pan

# 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 Vaccine Information
- Online Access for Patients
- Useful Contacts
- Healthy Recipe



## Staff Changes

We are sad that Dr Hazel Warren finished working with us, as a Registrar, in February 2021 however, we are delighted that Dr Samantha Hudson has joined our team as the new Registrar in the surgery.

Dr David Jones, who has been our GP Trainee since last February, is now a salaried GP at Box Surgery.

If you have recently been into the surgery or telephoned, you may have noticed we have a new member of our Reception team, Georgia.

Lisa, one of our Practice Nurses, will be going on maternity leave in June.

## Covid Vaccine Information

COVID-19 Vaccination Clinics are currently running at Bath Racecourse and Ashton Gate Football Stadium (Bristol). Appointment letters for these clinics are **not** being sent directly by Box Surgery.

Locally, Rowden Surgery is hosting a Covid Vaccination Clinic. You will be invited to attend for an appointment by text message, which will provide a link to book your appointment directly, or by a telephone call from the surgery.

As of the beginning of March 2021— Within the Chippenham, Corsham & Box PCN, we have now offered the Covid-19 vaccination to all patients over the age of 60 years old, residents of care homes, care home staff and the clinically vulnerable cohort. We are currently in the process of inviting our over 50+ year olds. In the PCN we have vaccinated over 16,000 patients. We are expecting to reach 20,000 by Saturday 20th March 2021. We are awaiting information on delivery of the vaccine for second doses.

**Can we please remind you not contact the surgery, we will contact you when we can book your appointment. The above information is also on our website, and will be updated when appropriate.**



### Online Access—SystemOnline

SystemOnline (online access) allows you access to:

#### Request a Repeat Prescription

You can request repeat medication that you regularly take. Your prescription will be sent to your usual pharmacy (as noted on your records). If you wish to change your usual pharmacy, please let us know.

#### View a Summary of your Medical Record

You can view your medication, allergies and adverse reactions.



**Over the Easter Weekend, we are closed on Friday 2nd April (Good Friday) and Monday 5th April (Easter Monday)**

#### View your Appointments

You can view your booked appointments. We have suspended booking appointments through SystemOnline due to the pandemic.

#### View Coded information from your Medical Record

You can view diagnoses, pathology results, vaccinations, blood pressure readings, etc

#### How to register

You will need to obtain a user name and password.

To obtain this please call at reception and complete an application form. You must bring some photo identification with you (such as a passport, driving licence or student card) as we will need to verify your identity. We will not be able to give you your letter without this ID verification.

## 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

