

# Dr. S Laybourn and Partners - Spring Newsletter 2024.

## Doctors.

Still on Maternity Leave are Dr Brookes and Dr Cotter in February 2024. However, I am pleased to say that Dr Watson will continue into his third year of Maternity Leave cover.

## Nurses.

Cheryl Foster joined our nursing team in January as a Health Care Assistant, many of you may have already seen her if you have had your blood pressure recorded, bloods taken or an annual health check. We also have a new nurse who started with us in March 2024. Practice Nurse Charlotte Grundy is an experienced nurse, who joins us from another Leeds Practice and brings with her experience and knowledge of all the long-term conditions to care for our patients.

## Flu and Covid Vaccinations.

Covid 19 is still circulating and there is still no harm in socially distancing, wearing masks and using hand sanitiser. Although we will not be administering the 2024 Spring Covid vaccines, if you require a Covid vaccine, make sure you book on the NHS National Booking System by calling them on 119.

## Child Vaccinations and Immunisations. (Vacc & Imms)

You will no doubt have seen the coverage on the news of the widespread outbreak of Measles. With the restrictions for patients coming to the surgery in 2020/2022 during Covid, we are still trying to catch up with children's vaccinations and immunisations. We do encourage parents to bring their children to have their Mumps, Measles and Rubella (MMR) vaccinations and immunisations and bring their record up to date for their age. Please call reception to make an appointment with the nurse so they can both catch up.

## Cervical Smears / Cytology.

All women should be proactive when it comes to keeping up to date with their Cytology cycle. We also have additional Saturday clinics at our sister PCN site at the East Leeds Medical Centre on Osmondthorpe Lane which we can book for you.

## Care Navigators.

Since the autumn of 2023, NHS England at the Department of Health have brought in a new role and a new title for what you would have always known as Medical Receptionists. Their new title has named them as Care Navigators

A care navigator will be the person who will answer the telephone and will speak to you when you call your doctor's surgery. We used to call them receptionists, but they are now far more than before, they now **Navigate** where they can best find the **Care** that you, as the patient, require.

We understand that when you feel ill and you ring your doctor's surgery, you want to see someone as soon as possible to help make you feel better. The doctor is not always the best person to see, for example, if you have a bad back and see the doctor, all she or he will do is say that you need to see a physiotherapist. If we know that you have a bad back, we can make an appointment straight in to see a physiotherapist – much quicker and more efficient for everyone!

We can also book you in to see or speak to a Practice Pharmacist about your medication, a Practice Nurse about an injection, an ECG or an annual medical review. We have Social Prescribers who can assist with all kinds of everyday problems and of course you can use your local community pharmacy or optician which may also be more appropriate.

For this reason, our Care Navigators (receptionists) have been trained to help make sure you see the right person depending on your medical problem. They may ask you some very brief questions about your symptoms but will not try to diagnose you or offer medical advice.

You can help by providing some information so they can offer you an appointment as quickly as possible with the right person in your Doctor's Practice. This may be with your doctor or another member of the Practice team.

Any information you share with a Care Navigator (receptionist) will remain confidential.

# Seasonal Spring Recipe – Roast Cod with Spring Leeks, Spring Greens and Tomato with Quinoa. - Feeds two people..

Preparation time: 5 minutes

Cooking time: 55 minutes



## Ingredients

- Two 120g fillets of Cod (Haddock or Pollock can also be used)
- 1 medium Spring Leek – sliced.
- 1 Clove of Garlic- finely sliced.
- 2 tablespoons of Olive Oil.
- 3 Vine Tomatoes – cut in half.
- 100g of Quinoa (or Rice if you prefer)
- 300ml Chicken stock – (Melt a chicken stock cube in 300ml of boiling water)
- 1 Spring Green – sliced in ribbons (Cabbage)
- A lemon – cut in half.
- Optional Chopped Parsley to serve.

## Method

- **STEP 1**  
**Pre-heat** the oven on to 200C/180C fan/ gas 6. Put 1 ½ tablespoons of olive oil in an ovenproof pan over a medium-high heat and add in the sliced leek and garlic with a pinch of salt. Stir fry for 6 to 7 minutes until they are soft and slightly golden. Push them to one side of the pan and add the tomatoes cut side down and fry for 4 to 5 minutes until they take on some colour.
- **STEP 2**  
Turn the tomatoes cut side up then stir in the Quinoa, pour the stock over the quinoa, and then put the pan into the pre-heated oven and cook for 20 minutes.
- **STEP 3**  
After 20 minutes, take the pan out of the oven and stir the contents gently. Make two little indentations in the quinoa and place a Cod fillet in each indentation. Squeeze half a lemon over the quinoa and fish together with the remaining olive oil and return the pan to the oven for 10 to 15 minutes until the fish is opaque and firm.
- **STEP 4**  
Put the Spring Green ribbons into a pan of salted boiling water and boil for four minutes. Drain the pan, add a knob of butter, a pinch of salt and a pinch of black pepper and stir until the butter is melted.
- **STEP 5**

Serve the quinoa onto a plate, top it with a fillet of fish and three halves of tomato per person and a serving of buttered Spring Greens. Finish off with an optional sprinkle of chopped parsley and a squeeze of lemon juice.

Enjoy !

## Care support services in Leeds

### Cancer support

- NHS Services at St James's Hospital
  - Leeds Cancer Centre  
Website – [www.leedsth.nhs.uk/a-z-of-services](http://www.leedsth.nhs.uk/a-z-of-services)  
E-mail – [leedsth-tr.cancersupport@nhs.net](mailto:leedsth-tr.cancersupport@nhs.net)  
Telephone – 0113 206 6498
- Cancer Support Charities
  - Macmillan Support Line – 0808 808 0000 / Website [www.macmillan.org.uk](http://www.macmillan.org.uk)
  - Maggie's Centre – 0113 457 8364 / Website [www.maggies.org](http://www.maggies.org) / E-mail [leeds@maggies.org](mailto:leeds@maggies.org)
  - Yorkshire Cancer Community – 01924 787379  
Website [www.yorkshirecancercommunity.co.uk](http://www.yorkshirecancercommunity.co.uk) /  
E-mail [info@yorkshirecancercommunity.co.uk](mailto:info@yorkshirecancercommunity.co.uk)
- Cancer information films for patients with Learning Difficulties  
<https://canceralliance.whypartner-ship.co.uk/patients-and-carers/your-cancer-useful-resources/cancer-information-films-people-learning-disability>

**Social Prescribing** at Linking Leeds Website – [www.linkingleeds.com](http://www.linkingleeds.com) Telephone 0113 336 7612

**Befriending Service** – This service is supporting patients with sight loss or dual sensory loss who are isolated, lonely or find it hard to get out due to reduced mobility. Home visits or telephone calls can be arranged by e-mailing [wendy.chadwick@bid.org.uk](mailto:wendy.chadwick@bid.org.uk) or calling 0113 288 5750.

### Loneliness, Health and Wellbeing

If you or someone you know is feeling lonely, search 'Loneliness Every Mind Matters' for support and advice or go to <https://www.nhs.uk/every-mind-matters/lifes-challenges/loneliness/>.

There is also the Royal Voluntary Service "Virtual Village Hall" which is a free online activity hub to help people stay physically and mentally active, connected and having fun. Join them by going online to: -

- Facebook at [www.facebook.com/VirtualVillageHall](http://www.facebook.com/VirtualVillageHall)
- X (formally Twitter) @ [@VirtualVillageHall](https://twitter.com/VirtualVillageHall)
- Website at [www.royalvoluntaryservice.org.uk/vvh](http://www.royalvoluntaryservice.org.uk/vvh)
- Youtube by searching <https://virtualvillagehall.royalvoluntaryservice.org.uk/>