

Cranleigh Gardens Medical Centre

Spring/Summer Edition 2019

Welcome to the newly designed Cranleigh Gardens Medical Centre Newsletter.

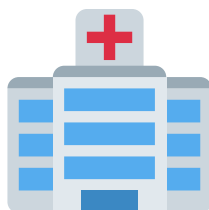
We aim to update our patients quarterly on any changes at the practice.



Looking for a sweet summery treat for the mid-week slump or breakfast on the go? Why not give Lucy's Berry Crumble Oat Bars a go.

Cranleigh Gardens Medical Centre
Cranleigh Gardens,
Bridgwater
TA6 5JS

Surgery: 01278 433335
Prescriptions: 01278 427092



In This Issue

- Get to know the Practice Clinical Team
- Looking to improve your fitness?
- Lucy's latest recipe (GF+DF)
- Practice Updates + Tips

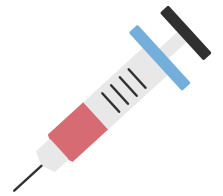
Updating your Details

For our practice team to assist you with your medical needs, please ensure your contact details are up to date.

Coming Soon!

Cranleigh Gardens is excited to announce we will soon be looking to introduce text notifications to our patients. To maximise our patients health - we will be able to communicate with patient's via Text Message - to provide reminders, cancellations + customised messages when our reception team are unable to reach you by telephone calls.

Our Clinical Team



At Cranleigh Gardens Medical Centre and Westonzoyland Surgery our aim is to provide our patients with the highest quality healthcare services and resources. To maximise your healthcare we would like to introduce you our team of highly trained and experienced clinical staff to ensure you are able to book with most appropriate clinical member at the practice.

Meet the GP's

At Cranleigh Gardens Medical Centre we have a mix of male and female GP's. Our GP's are usually the first point of call when it comes to a diagnosis. They do however work closely with all other clinical staff members at the practice to ensure our patients receive the most appropriate care, treatment and reviews. GP's often arrange tests, care plans and work together with hospital consultants - not to mention other community health teams. Here; we work with a triage telephone system for on the day appointments. A team of receptionists will note down your symptoms and contact number for the Duty Doctor to determine what is needed.

Our current GP's at Cranleigh Medical Centre are;

Dr Saurov Pal + Dr Ananda Pal + Dr Gareth Baker (male)

Dr A Pal holds a weekly clinic at Westonzoyland for patients.

Dr Cathryn Dillon + Dr Shona Gilmour-White Dr Annabel Tottenham + Dr Alice Rennie + Dr Harriett Macdonald (female)

Dr S Gilmore-White also holds a weekly clinic at Westonzoyland for patients. Our lovely Dr Tottenham will also shortly be returning to the surgery following her maternity leave.

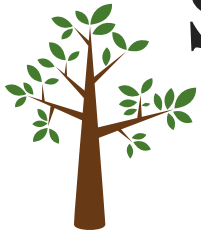
From time to time you may come across a GP not listed above. Occasionally the practice requires Locum GP's to ensure we are able to continue providing care to patients without having to reduce or rearrange patient appointments. Our most recent friendly face would be Dr John Buckmaster, who has been assisting with routine and urgent appointments twice a week.



Nursing Team

Depending on your health requirements, you may not need to see a GP - this is where you'll be treated by our Nursing Team. At Cranleigh we have many Nurses on hand as well as HCA's (Health Care Assistants). We can't forget Jenny the Midwife who runs a clinic each Wednesday + Thursday.

Nurse Practitioners Sharon and Ann, are able to see urgent on the day illness, as well as long term health conditions such as respiratory and diabetes. The rest of our Nursing Team and HCA's are able to provide many services such as; Blood Tests, Respiratory, Diabetes, Smears, Injections, Travel Advice, INR's, Wound Care and more.



Surgery News Cont.

Health Walks 2019



How many of us planned to introduce exercise into our lifestyles this year and failed to action it?

From July 5th, each Friday, Cranleigh Gardens will be the host of a weekly Health Walk - ran by a member of the Practices PPG - Patient Participation Group.

The group is open to all, with no fees. Those who wish to take part - whether it's to include a gentle form of exercise to their lifestyle OR perhaps to improve their social life, will need to arrive at Cranleigh Gardens Medical Centre by 11am.

Still wondering what a Health Walk is? A Health Walk is a brisk and purposeful walk on a regular basis, to improve well-being by providing feel good energy, sleep benefits and a gentle form of weight management. If you have any more queries please don't hesitate to contact the practice team who will be more than happy to assist.



Hayfever Awareness!



It is the time of year where hayfever begins and we receive an increased amount of calls from concerned patients. Signs of hayfever are similar to a cold, including a runny nose, watery eyes and sneezing attacks. Seasonal hayfever is considered a minor illness and as such, medicines can be purchased over the counter in a supermarket or pharmacy.



Nasal Sprays, Eye Drops and Anti-histamines for season hayfever are no longer being prescribed by the NHS. There is no need to see your GP as a community pharmacist can offer advice on how to avoid triggers and the best treatment for your symptoms.



Surgery News Cont.

Planning your Summer Break?



Escaping the unpredictable British weather? Please ensure you see advice from our Nursing Team prior to travelling. The team are able to provide up to date health information, once you have completed and returned our Patient Travel Form, available at Reception or on our website.

Please bear in mind that whilst we will do our very best to accommodate you - we may not have the appointment availability to provide any vaccinations you require for your trip. This is why we recommend seeking advice at least 6-8 weeks before your travel date. Some vaccines are chargeable and may need to be obtained from a further specialist clinic, if this is the case you will be advised.



Awaiting Results?



Out of Hours Care?

All tests vary in the length of time it may take for them to return.

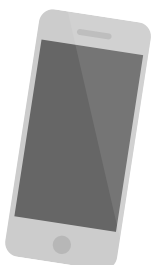
You are the best person to check your results. Please don't just rely on the surgery to contact you.

When test results are received, a Dr is needed to oversee them before filling in your patient records with a suggested plan of care. This could be to allocate you a follow up appointment - OR there may be no need for further action.

It is best to phone the surgery for results in the afternoon when the Reception Team are less busy.

Whilst Cranleigh Gardens Medical Centre can provide extended hours (Monday's) and Saturday AM appointments for working patients, we can't always be at the end of the phone.

Whether your working hours prevent you from seeking the right healthcare OR you're feeling unwell out of hours, make contact with NHS 111 - who will direct you to the appropriate healthcare.





Berry Crumble Oat Bars

Our new receptionist Lucy is regularly baking for us. Her Berry Crumble Oat Bars are the perfect sweet treat to whip up at the weekend to have as a healthy snack or on the go breakfast. Pair with a yogurt and some additional berries for slow release energy - which is low in sugar.

Ingredients;

Base;
125g Oats (blended)
125g Oats (unblended)
80ml Maple Syrup
30g Coconut Oil

Jam;
300g Frozen Berries
75ml Maple Syrup
3tbsp Chia Seeds

Crumble;
150g Oats
50ml Maple Syrup
55g Peanut Butter
30g Coconut Oil

Recipe

Step 1: Jam - Put your mixed berries + maple syrup into a saucepan, simmer on medium until a sauce is reached. Add in your Chia Seeds and simmer until the mixture thickens. Leave to cool.

Step 2: Add all the base ingredients into a bowl, stir until combined. Spread and flatten into a lined, square baking tin and bake at 170C for 15 minutes & leave to cool.

Step 3: In a new bowl, add your crumble ingredients and mix until a crumble is created. Bake the mixture on a lined baking tray until golden (stirring half way through).

Step 4: Spread Jam over base, before topping with the crumble and bake for 10 minutes, before leaving to cool.

Tip: To make these oat bars gluten free - just switch to Gluten Free Oats. These bars are naturally Dairy Free also. Switch the recipe up by using different fruits or nut butters.

