



Northgate Medical Centre Winter 2023 Newsletter

Prescriptions

We have seen an increase over the last few months in prescription requests, our turnaround has been amended to **72 hours** to reflect this.

Please ensure you get your prescription orders into the surgery in plenty of time during the Winter period and the Festive Season.

Winter Ailments

Ask your pharmacist what medicines should be in your cabinet to help get you and your family through the winter season.

Many over-the-counter medicines (including paracetamol and ibuprofen) are available to relieve symptoms of common winter ailments such as colds, sinusitis, or painful middle ear infection (earache).

Your pharmacist can help if you need any advice.



New PCN staff

We have recently welcomed new members of staff who have come to us from the primary care network; we now have Advanced Nurse Practitioner **Lesley Williams**, who works with us on a Thursday. Lesley is available for face- to- face appointments in the surgery. Patients can see the ANP for ailments such as **skin rashes & eczema, gastro problems, pains, urinary symptoms and viral symptoms.**

We have also welcomed **Sarah**, our **Mental Health Practitioner** who works with us on a Friday. Our GP's can refer patients to Sarah's service for additional help and support.

TOP TIPS FOR KEEPING WARM DURING THE WINTER



- ❖ Heat your home to at least 18°C (65°F). You might prefer your main living room to be warmer.
- ❖ Keep your bedroom window closed on winter nights.
- ❖ Breathing cold air can be bad for your health as it increases the risk of chest infections.
- ❖ Keep active when your indoors.
- ❖ Try not to sit still for more than an hour or so.
- ❖ Wear several layers of light clothes.
- ❖ Several layers trap warm air better than one bulky layer.



Surgery Closures over Christmas and New Year

Christmas Day - Monday 25th December
CLOSED

Boxing Day - Tuesday 26th December
CLOSED

New Years Day – Monday 1st January
CLOSED

If you require urgent medical attention when we are closed, please call NHS 111.



SAVE THE CHILDREN'S

CHRISTMAS JUMPER DAY

Thursday 7th December 2023.

But you can celebrate on whatever day works for you!

It's time to put on your most Christmassy jumper and help kids in the UK and around the world.

Shingles Campaign

SHINGLES VACCINE
PROTECT YOURSELF



We are currently getting in touch with patients who are eligible for the new shingles vaccine. Those who are eligible:

- ❖ 50-year-olds and over (with no upper age limit) immunosuppressed
- ❖ Normal 70-79year olds (who have not had before) up to - not including 80th birthday.
- ❖ Just 65-year-olds.
- ❖ Just 70-year-olds.

**Farewell
and
Good Luck**

Sadly, we are saying goodbye to Dr Helen Owen, who has been with us for just over 5 years and is now moving on to pastures new. Dr Owen has been a wonderful member of the team and we wish her all the best of luck in her new role.

One Pot Chicken and Rice

- tbsp smoked paprika
- 1 tbsp ground coriander
- 2 garlic cloves, finely grated.
- 2 tsp rapeseed oil
- 600g chicken thighs, halved.
- 700ml hot vegetable bouillon, made with 2 tsp powder.
- 250g easy-cook brown rice
- 320g leeks, washed and sliced.
- 1 tsp dried oregano or 1 tbsp fresh thyme
- 2 bay leaves (optional)
- 320g mixed frozen vegetables.



- **STEP 1** - Put the spices, garlic and oil in a large bowl and mix well. Add the chicken and turn in the mixture until well coated. Heat a large non-stick pan that has a lid, then fry the chicken, uncovered (without extra oil) over a medium-high heat for 5 mins until browned, turning the chicken halfway to brown on both sides. Remove from the pan and set aside on a plate.
- **STEP 2** - Pour the bouillon into the pan, stirring well. Then stir in the rice, leeks, oregano or thyme and bay, if using. Lay the chicken on top, then cover the pan and bring to the boil. Turn down the heat and simmer for 20 mins.
- **STEP 3** - Stir in the frozen vegetables, then cover and simmer for about 5 mins to heat through. Leave to stand for about 5-10 mins, then lightly mix and serve.