

Dr. S Laybourn and Partners - Spring Newsletter 2023.

Doctors.

Well, I'm pleased to let you know that both Dr. Brookes and Dr. Cotter have returned to us after being on maternity leave, and as they return, Dr Pipe has gone off on maternity leave and we wish her well. The constant for the duration of this maternity marathon has been Dr Watson and Dr Zalzala, who have both admirably covered the new mums' absence and will continue to cover while Dr Pipe is away.

Flu and Covid Vaccinations.

Our Flu Campaign runs until March 2023 and the Covid campaign will be shortly returning also. We are not too sure if we will be a vaccinating station for this area of Leeds just yet but watch this space! As fewer and fewer people are socially distancing, wearing masks, using hand sanitiser or isolating, it has been projected that a large spike in the number of Covid and Flu cases will arise!

Winter Weather.

We have had a particularly mild winter, but we could still be hit by more high winds and possibly wintery weather so please be ready for the cold snap, as no doubt it will arrive here in February or March just when you think it's safe. As we are all experiencing a hike in fuel costs, here are just a few tips to keep in mind to look after yourself this winter: -

- Make sure your central heating boiler is serviced and in good condition.
- Wear plenty of thin layers of clothes rather than one or two thick items.
- Eat regular meals and where possible at least one hot meal a day and lots of hot drinks.
- If you have a car check that it has anti-freeze in its system.
- Investigate insulating your home; there are lots of grants available!
- When your cohort comes around, book your Covid and Flu jab.
- If you are over 60 then claim your Winter Fuel Payment.
- Know where your mains water stop tap is situated in case you have a burst water pipe.
- Keep a small supply of food in your freezer, or tinned food in case snow falls and you can't get out shopping for a few days.
- Check on elderly or sick friends, neighbours and relatives who may be housebound.

Useful Telephone Numbers: -

Help The Aged – The Senior Line -0808 800 6565
Warm Front - for grants - 0800 316 2805
NHS Direct – 24-hour Health Advice - 0845 4647
Home Heat Helpline Line – 0800 336699
Green Doctor - Energy Efficiency Advice – 0113 238 0601
Winter Fuel Payments Helpline – 0845 915 1515
Care and Repair Leeds – 0113 391 8336
Energy Saving Trust – 0300 123 1234
Wrap Up Leeds Eco – 0113 395 0757

Useful Website Addresses: -

Keeping Warm - www.leedspct.nhs.uk/yourhealth then click on "Energy Best Deal Guide".
Weather Forecast – www.metoffice.gov.uk/health/public
Stay Warm Choose Well this Winter- www.nhs.uk
Wrap Up Leeds Eco – www.wrapupleeds.co.uk – Free loft and cavity wall insulation.

Winter Warmer Recipe – Easy Toad in the Hole to feed 4 people.

Ingredients

8 Pork Chipolata Sausages
4 Rashers of Smoked Back Bacon
2 tbsp olive oil
2 Sliced Onions
1 Teaspoon of Honey
1 Teaspoon of Wholegrain Mustard
4 Yorkshire Puddings
Salt and freshly ground black pepper

Additional Items

4 Yorkshire Puddings
Gravy
Peas

Method

1. Preheat the oven to 200°C / gas 6. Heat 1 tablespoon of the oil in a roasting tin, add the onions and cook on the hob/ring until soft, stirring occasionally.
2. Take the rashers of bacon and cut them in half longways and wrap each sausage in one half rasher of bacon.
3. Then add the wrapped sausages into the onions and put them in the top shelf of the oven, stirring them after 10 minutes and check that after 20 minutes they are fully cooked through and brown.
4. Next take your already made gravy and pour it into a saucepan and add the honey and the wholegrain mustard and heat it up so it is just simmering
5. Now add the hot honey mustard gravy to the sausages and onions and return to the oven for a further 10 minutes.
6. Put the Yorkshire Puddings on a lower shelf in the oven for 4 minutes.
7. Cook the Peas as per the cooking instructions and when they are ready take out the Yorkshire Puddings and place one on each plate. Add two sausages into each Yorkshire Pudding, pour over some onions and gravy and put a large spoon of Peas onto each plate.

Enjoy !