

Cranleigh Gardens Medical Centre

Autumn-Winter Edition 2019

Welcome to the latest installment of the Cranleigh Gardens Medical Centre Newsletter.

Health Walks 2019

Are you looking to introduce light exercise to your lifestyle?

Cranleigh Gardens host weekly Health Walks organised by our very own, PPG Members (Patient Participation Group) and are open to all, with no fees. The walks are a great way to not only incorporate gentle exercise, but also improve social lives & mental health.

Walks start from Cranleigh Gardens Medical Centre (outside reception), each Friday at 11am.

Cranleigh Gardens Medical Centre
Cranleigh Gardens,
Bridgwater
TA6 5JS

Surgery: 01278 433335
Prescriptions: 01278 427092



In This Issue

- Meet our new Staff
- Winter Self-Care
- Carers Awareness
- Lucy's latest recipe (GF+DF)
- GP Survey Results

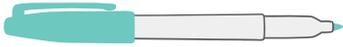
Appointment Reminders

We all live busy lives - why not sign up to our text reminder service? The practice aims to send out reminders of appointments 24 hours prior to your appointment.



Lucy shares another delicious recipe!

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 to the new faces to the surgery - both clinical and administration to ensure you are able to book with the most appropriate clinical member at the practice.

Staff Update



Our reception team has welcomed another friendly face to the practice. Katie has been with the practice for a few weeks now - joining as our Apprentice. Alongside assisting patients with their healthcare requirements she will be studying business-administration.



It is with great sadness we have had to say goodbye to our Practice Nurse Rose, who recently retired. Taking over Rose's role at the Practice we have Naeneh joining the team. Naeneh will be able to assist patients with many procedures such as; Dressings, Bloods, ECG's, Blood Pressure, Flu and Injections.

GP Survey Results



You may have recently read articles in the local newspapers regarding GP Surgery, survey results. Cranleigh Gardens received many positive ratings which we would like to share. The Practice will also look to address the weakest areas with the results being shared with the PPG and all the practice to take forward the improvements where needed.

Highlights were;

93% of respondents found it easy to get through to the practice on the phone compared to Local average 72% and National average 68%.

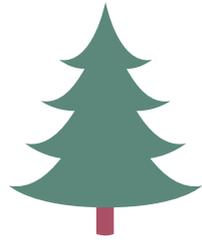
77% of respondents were offered a choice of appointment when they last tried to make a general practice appt compared to Local average 63 % & national average 67% .

77 of respondents describe their experience of making an appointment as good compared to Local average 71% National average 67%.





Surgery News Cont.



Stay Safe This Winter

As we enter the chillier time of year, it is important that we make plans to ensure we can avoid any unneeded stress, as even the healthiest of us can struggle during this time of year. Below we have prepared a list of small tips to ensure you can stay safe this winter.

- Remember to have your Flu Jab - it takes two weeks for the Flu Jab to become effective. Ensure you have your Flu Jab early to ensure you maximise the benefits! You may be entitled to a Free NHS Flu Jab depending if you're a carer, work in the NHS, have certain health conditions or over 65.
- Have at least one hot meal a day - with plenty of warm drinks.
- Wear appropriate footwear and clothing for the chillier weathers - shoes with good grip and multiple layers.
- Ensure you keep stock of basic medication and supplies, if unable to get out due to weather or illness.
- Check on those near you - do you have any elderly neighbours who live alone? Ensure they have access to heating, food and know to call if they need assistance.
- Keep a record and inform your GP surgery of your Next of Kin to ensure your loved ones can be informed should the worst occur.
- For additional Support, Carers Support can be contacted on 0800 3168 600. Independent Age (to advise how to stay independant) - 0800 319 6789. The Silver Line (a line for older people to seek support) - 0800 470 8090.





Surgery News Cont.

Carers Awareness



Are you a carer for someone? Cranleigh Gardens would like to highlight our Carers Champions. Sam & Hannah, who have recently refreshed their training to provide the support and assistance to those of you who act as a carer for someone.

The practice now have information packs which can be collected from Reception, which host many leaflets and information for services available in the community as well as additional benefits we can offer to make life that little bit easier - for example; You will be entitled to a Flu Jab.

Carers are able to order prescriptions online, for those they care for. Have this highlighted on their health records - to ensure staff know they have full consent to the medical records of those they care for.

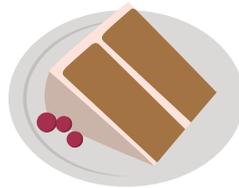
Fundraising

Cranleigh Gardens Medical Centre recently hosted a Bake Sale in aid of Macmillan.

Our Staff whipped up their favourite bakes to sell to both staff and patients on September 26th - organised by Dr Tottenham.

We raised a total of £164 for the charity and would like to thank all those who donated.

Macmillan provide physical, emotional + financial support to help you live life as fully as you can.

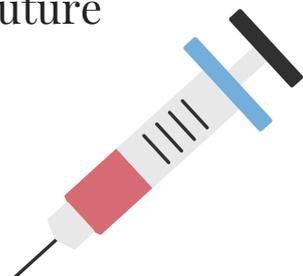


Flu Clinic

We would like to remind patients to book in for their Flu Jabs.

The surgery has already held multiple Flu Clinics (with one also out at Westonzoyland).

Our next Flu Clinic will be held on Saturday 12th October. Please contact reception to book your slot OR to find future Clinic Dates.





Surgery News Cont.

Planning your Winter Break?



Looking to escape the hard winter weathers that are upon us? Please ensure you seek 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.

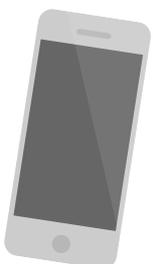
You are the best person to check your results. Please don't just rely on the surgery to contact you.

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.





Almond Butter + Marshmallow Blondies

With the evenings turning in on us, there's no better treat to settle down with after a long day than one of my deliciously, gooey Nutty Blondies.

Ingredients;

- 175g Unsalted Butter, melted
- 300g Light Soft Brown Sugar
- 200g Almond Butter
- 2 Large Eggs
- 1 tsp Vanilla Extract
- 200g Plain Flour
- 1 tsp Baking Powder
- Pinch of Salt
- 150g Dark Chocolate
- 200g Marshmallows

Recipe

Step 1: Pre-heat your oven to 180C & line/grease a square baking tin.

Step 2: In a large bowl mix the melted butter with the brown sugar, followed by the almond butter.

Step 3: Gradually beat in both eggs, as well as the vanilla extract.

Step 4: Fold in your dry ingredients; Flour, Baking Powder & Salt.

Step 5: Once combined, add in your chocolate chips/chunks.

Step 6: Pour your batter into your prepared baking tin & top with the marshmallows.

Step 7: Bake for 50-60 minutes, checking your blondies don't catch. You'll need to allow them to cool , before cutting into 12 pieces.



Tip: you can easily make these gluten/dairy free by using free from alternatives. You can also switch up the nut butters for peanut, cashew OR even chocolate.