BROOKROYD SURGERY NEWSLETTER



***Issue 1***

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|  Practice WebsiteDid you know the practice has a website?www.brookroydsurgery.gpsurgery.netThere is a range of information available on our website including information regarding our staff and services There is also a link to our Online Services. These online services include booking and cancelling your appointments, ordering your repeat medications and accessing a summary of your medical record. If you would like to sign up for online services please ask for an application form at our Reception desk. You will need to bring some form of ID with you such as a driving licence or passport.You are also able to nominate a pharmacy to have your prescription sent to them electronically. Please speak to our reception team to activate this.  | Meet our new staff membersBrookroyd Surgery would like to welcome our new female GP Dr Zaynab Hussein to the Practice.Appointments with Dr Hussein are available Monday, Wednesday and Fridays.Survey ResponseThroughout the month of October our Patient Participation Group carried out a Patient survey. The results of the survey are available on our website or a copy is available on request. The key points the Patient Group will be working on as a result of the survey are:-* Helping patients to have a better understanding of Care Navigation
* Promote our online services
* Promote our Patient Group
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|  Car Parking https://tse2.mm.bing.net/th?id=OIP.q54JGJVlX52fRDBsOCQk-gHaHa&pid=15.1&P=0&w=300&h=300 Drop off zone – can we please ask that you **DO NOT** park in the drop off zone,This is a drop off zone for our patients that are unable to get about easily and not a parking area. It is also important this is kept clear for deliveries and mostly importantly emergency services.  | Would you like to join our Patient Participation Group?The key role of the group is to bring together patients, and members of the practice team to work in partnership in order to promote the wellbeing of patients and support the practice to provide a high quality of care and service delivery. The group meets quarterly at the surgeryOur next meeting is Thursday 28th February at 5pmIf you are interested in joining our group please speak to the reception teamSee overleaf for a list of our fundraising achievements so far!! |
| **BROOKROYD SURGERY & BROOKROYD PATIENT PARCIPATION GROUP FUNDRAISING EVENTS**

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| **DATE** | **CHARITY** | **AMOUNT RAISED** | **EVENT** |
| Jul-13 | BRITISH HEART FOUNDATION | £250.00 | AWARENESS DAY |
| Sep-17 | ALZHEIMERS SOCIETY | £200.00 | CUPCAKE DAY AND DEMENTIA AWARENESS DAY |
| Feb-18 | JO’S CERVICAL CANCER TRUST | £125.98 | AWARENESS DAY |
| Apr-18 | PROSTATE CANCER UK | £158.70 | AWARENESS DAY |
| Jul-18 | ALZHEIMERS SOCIETY | £124.65 | CUPCAKE DAY |
| Aug-18 | MARIE CURIE | £781.20 |  |

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| **A Word from one of our Patients - Walking for Health**About 9 years ago I was at the doctors and said to the nurse, I don’t get enough exercise, (partly because my wife was not too mobile). She referred me to the PALS scheme and as a result I joined a Health Walk in Mirfield. This not only gave me some much-needed gentle exercise, but it was, I found, also a very agreeable sociable event. However, I felt that I could be a little more active and it was suggested that there was the potential to have two walks, one being a little bit more active than the other. It was clear that for this to happen on a regular basis, more Walk Leaders would be required. It seemed to me that by volunteering for this role, I could help the walk to prosper and give back something to the community. The common-sense training course completed, I started to help to lead walks from Mirfield. Some others joined the Leaders Team and these walks have now become very popular. We now have three walks each Wednesday morning providing three different levels of activity. It is clear to me that these walks are of great benefit to those talking part, not just for the exercise but for the social contact that occurs - should it be called a Health Talk? We get out into the open air, often in fields and woods or on the canal and river banks. OK, it might rain sometimes, but skin is waterproof and it doesn’t damp our enthusiasm! Since the death of my wife over five years ago, I have joined another walk from Oakwell Hall on Tuesday afternoons. I was brought up in a country area during World War II when cars were not readily available and to me, walking seems the most natural thing to do. It is sad that this doesn’t seem to be the case for so many younger people. John W – Committee member.   |
| **Healthy Recipe Corner - Winter Vegetable and Lentil Soup**When it’s cold outside, treat yourself to a health homemade vegetable soup, packed with immunity-supporting vitamin c and it’s four of your 5-a-day.See the source imageIngredients85g dried red lentils2 carrots, quartered lengthways then diced3 sticks celery sliced2 small leeks, sliced2tbsp tomato puree1 tbsp fresh thyme leaves1tbsp vegetable bouillon powder3 large garlic cloves, chopped1 heaped tsp ground corianderMethod1. Tip 85g dried red lentils, 2 quartered and diced carrots, 3 sliced celery sticks and 2 sliced leeks into a large pan with 2 tbsp tomato purée, 1 tbsp fresh thyme leaves, 3 chopped garlic cloves, 1 tbsp vegetable bouillon powder and 1 heaped tsp ground coriander.
2. Pour over 1½ litres boiling water from the kettle, then stir well.
3. Cover and leave to simmer for 30 mins until the vegetables and lentils are tender.
4. Ladle into bowls and eat straightaway, or if you like a really thick texture, blitz a third of the soup with a hand blender or in a food processor.
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