

# BROOKROYD SURGERY NEWSLETTER

## CARE NAVIGATION—WHAT IT MEANS TO YOU AS A PATIENT.

Over the coming months you will notice our receptionists asking you for a brief outline of your problem when you call to make an appointment. Through this specialist care navigation training, the reception team will be able to offer you more choice on who the best health care clinician may be in the practice or within the community and also help direct you to get to the right health clinician fast.

Our receptionists will never offer clinical advice or triage; this new way of working is about offering the choice to see other specialists in the practice team or the local community. If they have the expertise to deal with the problem; it will often be quicker and you may not need to see the GP each time.

For example, medication reviews or queries could be managed by a practice pharmacist and you may not be aware of this if you haven't visited the practice in a while. Some minor ailments can also be treated by local pharmacies without the need to see a GP. There is also a community eye service which is available for minor eye problems that no longer need a GP appointment. Our receptionists can help direct you to these services

By working this way, it helps to free up time for GPs to care for patients with complex or serious health conditions that can only be managed by the GP. More importantly though, it means people are seen by the clinician that is best placed to manage your clinical problem. The choice is always yours though and you will never be refused a GP appointment but we hope that next time you contact your GP and speak with the receptionist you will see the value of seeing another health clinician if they are able to help.



Cervical screening saves lives

Don't be the one missing out...

**Cervical Smear Awareness - You may have seen recent media coverage trying to raise awareness of the importance of cervical screening. Here are a few facts regarding the cervical screening programme in surgery.**

### What is cervical screening?

- ◆ Cervical screening (a smear test) is a free health test that helps prevent cervical cancer.
- ◆ It is not a test for cancer. It looks for cell changes (abnormalities) on the cervix caused by high-risk human papillomavirus (HPV).

If you are registered as female with a GP surgery you are invited:

- ◆ every 3 years between ages 25 and 49
- ◆ every 5 years between ages 50 and 64.

You will receive a letter asking you to book an appointment. The appointment may last up to 15 minutes, but the test itself only takes a few minutes.

If you are unsure when your next smear test is due. Please ask our reception team. Our Practice Nurses have a range of appointments times available for cervical smears.



The Red Box Project

The Red Box Project is a community-based, not-for-profit initiative, which aims to support young people throughout their periods by providing red boxes filled with free period products to local schools.

Brookroyd surgery have been supporting The Red Box Project by having our own collection box in surgery. If you would like to donate products please speak to our Reception team. If you would like further information in how you can help please visit their website [www.redboxproject.org](http://www.redboxproject.org)

## Easter Egg Collection

The Surgery staff, Patients and Patient Group have been collecting Easter Eggs to be donated to The Batley Food-bank. If you have donated to this collection we thank you for your donation.



## KEEPING WELL

When it comes to Keeping Well it's not all about visiting your GP; getting out, making friends and doing something creative is really important to our Health and Wellbeing! So why not go along to :

### St Andrew's Methodist Church on Mondays (bottom of Knowler Hill in Littletown)

Waste not Want Not Café every Monday 11.30am to 1.30pm, all food provided free by Tesco Supermarkets

Knit and Natter Group every Monday 1.30 to 4.00pm No experience required, no invite needed, just turn up!

In the last 12 months alone the group has knitted, baby hats, twiddle muffs, syringe driver bags, premature baby coats for local hospitals, mini hats for Age Concern and Christmas Angels for local residents.

In addition the group has raised £00's for local charities. The next project is Easter chicks, Easter Rabbits and Easter Baskets for Children's Hospices

Why not make a day of it! Lunch in the Café and then a good Knit and Natter in the afternoon – All at St Andrew's Methodist Church, Littletown every Monday



### Recipe Corner— Healthy Recipe – Vegetable curry (serves 3)

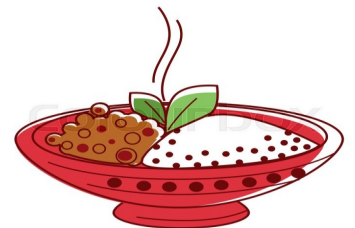
#### EASY, HEARTY AND HEALTHY VEGETABLE CURRY

An easy veggie curry that makes a cheap and healthy meal. It uses basic store cupboard ingredients so is very quick and easy to cook. It's simple to make vegan too, just swap the yoghurt for a dairy-free alternative.

Each serving provides 335 kcal, 9g protein, 41g carbohydrate (of which 14.5g sugars), 12.5g fat (of which 1.5g saturates), 10g fibre and 0.5g salt.

#### INGREDIENTS

- ◇ 2 medium potatoes or sweet potatoes (around 350g/12oz), peeled and cut into 2cm chunks
- ◇ 1 large carrot, peeled and sliced diagonally
- ◇ ½ cauliflower (around 300g/10½oz), cut into small florets and halved
- ◇ 3 tbsp sunflower or vegetable oil
- ◇ 1 large onion, coarsely grated or very finely chopped
- ◇ 1 tbsp medium or hot curry powder
- ◇ 1 x 227g tin chopped tomatoes
- ◇ 300ml/10fl oz vegetable or chicken stock (made with ½ cube)
- ◇ 100g/3½oz frozen peas or two large handfuls young spinach leaves
- ◇ plain yoghurt or vegan alternative, to serve
- ◇ mango chutney, to serve



#### Method

1. Half-fill a saucepan with cold water and add the potatoes and carrots. Bring to the boil and cook for 8 minutes. Add the cauliflower florets and cook for 2 minutes more. Drain in a colander and set aside.
2. Heat the oil in a large, non-stick frying pan or wide-based saucepan. Add the onion and cook over a medium heat for 8 minutes or until well softened and lightly browned, stirring regularly. Sprinkle over the curry powder and cook for 30 seconds more, stirring.
3. Add the tomatoes to the onions and cook for 2–3 minutes, stirring constantly. Add the stock and bring to a gentle simmer. Add the vegetables and peas or spinach and simmer gently for 5 minutes, stirring regularly. If the sauce thickens too much, add a splash of water.
4. Serve immediately with yoghurt and mango chutney.

This newsletter is published by Brookroyd Surgery Patient Group. If you are interested in becoming a member of our group please speak to our reception team for further information. New Members are always welcome.

We also welcome any ideas for our next newsletter. If you are a member of any community groups you think maybe of interest to our patients or have any healthy recipes please let us know.