

PATIENT NEWSLETTER

STAFF CHANGES

We would like to welcome **Dr. Sarah Taylor** who has now joined us here at Westfield as a GP Registrar, and to **Dr. Sarah Graham** who is covering Dr. Joy's maternity leave.

Congratulations to Dr. Joy who now has a baby boy!

We would also like to welcome **Sarah Sendall** who has joined us as a Health Care Assistant. **Please note** – when booking an appointment, please be more specific than simply saying 'I would like to book an appointment with Sarah'. As you can see, this is now going to get very confusing!



SAY HELLO TO 'PATIENT SUPPORT'!

Reception staff at Westfield Medical Centre will now be known as '**Patient Support**'. As your first point of contact, the Practice Managers within the Chapeltown Locality thought it was necessary to rename the role of reception staff as their job involves much more than being 'just a receptionist' and to show that they are there to help you, the patient. Well done to Sanchez from the Westfield Team for coming up with the name which will now be used across the Chapeltown Locality!

PATIENT HEALTHY LIVING EVENT!

The Patient Forum group are holding a healthy living and eating event to advise all about healthy eating and what we can do to prevent illnesses. Come along on:

Date: **Tuesday 15th May 2018**

Time: 9.00am – 12.00pm & 2.00pm – 7.30pm

Venue: Westfield Medical Centre

We hope to see you there!



“A healthy
outside
starts from
the inside.”

Robert Urich

SIGNPOSTING

Patient Support are here to help you get the right service for your needs. Please don't be offended if they ask what the problem is when booking an appointment as this is required to offer you the best support and put you in the right direction in receiving the most suitable and quickest form of treatment. Patient Support may direct you to an alternative health care professional such as:

- **Pharmacist**
- **Nurse Practitioner**
- **Sexual Health**
- **Health Care Assistant**

Thank you for helping us help you.



MEASLES OUTBREAK

Cases of measles have been confirmed across Yorkshire. Are you and your children up to date with your MMR vaccine? Please speak to Patient Support if you need your vaccine and be aware of the signs.

UPCOMING PATIENT SUPPORT EDUCATION SESSIONS

Following the success of the first two patient education sessions (5th March – Diabetes & 23rd April – Blood Pressure), our next session is on **Monday 21st May 2018** from 6.00pm – 8.00pm. The topic for this session will be: **Atrial Fibrillation & Stroke.**

If you missed our first few sessions, don't worry, we have more coming up! If you want to know more about Blood Pressure/Hypertension, Diabetes or Atrial Fibrillation & Stroke, or know anybody who suffers from any of these issues, come along to any of our **FREE** upcoming sessions:

Diabetes: 25th June | BP Hypertension: 30th July | Atrial Fibrillation & Stroke: 20th Aug



VEGETARIAN LOW CALORIE DINNER - KUNG PAO TOFU

- 1 pack extra-firm silken tofu
- ½ tsp five-spice powder
- 1 tbsp canola oil
- ½ cup water
- 3 tbsp oyster-flavoured sauce (V)
- ½ tsp cornstarch
- 340g broccoli crowns, trimmed and cut into bite-size pieces
- 1 yellow bell pepper, ½ inch dice
- 1 red bell pepper, ½ inch dice
- 1 tbsp minced fresh ginger
- 1 tbsp minced garlic
- 2 tbsp unsalted roasted peanuts
- 2 tsp hot sesame oil (optional)

Ready in 30mins | Serves 4 | Per serving: 200 cals / 11g fat

- Pat tofu dry and cut into ½-inch cubes. Combine with ¼ teaspoon five-spice powder in a medium bowl.
- Heat canola oil in a large non-stick skillet over medium-high heat. Add tofu and cook, stirring every 1 to 2 minutes, until golden brown, 7 to 9 minutes total. Transfer to a plate.
- Meanwhile, whisk water, oyster sauce, cornstarch and remaining five-spice powder in a small bowl.
- Add broccoli, yellow and red bell pepper to the pan and cook, stirring occasionally, until beginning to soften, about 4 minutes. Add ginger and garlic and cook, stirring, until fragrant, about 30 seconds. Reduce heat to low, add the oyster sauce mixture and cook, stirring, until thickened, about 30 seconds. Return the tofu to the pan along with peanuts and stir to coat with sauce; stir in hot sesame oil (if using).

WESTFIELD'S STAR OF THE MONTH!

If a member of staff has gone out of their way to help you out, offered great service or simply brightened up your day, you can now nominate them for Westfield's Star of the Month! All you have to do is complete one of the brightly coloured comment cards at the reception desk, noting down the date, who was a 'star' for you and your reasons why. At the end of the month, we'll add up the cards collected and pop them on a chart in reception. The 'Star of the Month' gets the gold star to wear with pride!



SMOOTHIE OF THE MONTH!

LUNCHTIME DIABETIC-FRIENDLY SMOOTHIE

Ingredients

- ½ apple, cored and pitted
- 1 medium carrot
- 1 cup spinach
- ½ cup unsweetened almond milk
- ½ cup ice cubes

Instructions

Blend all the ingredients together until smooth and creamy. Use a satsuma segment for decoration!



WE ARE NOW ON FACEBOOK!

If you haven't already, take a look at the Westfield Medical Centre Facebook page and give us a 'like'! Keep up to date with all the happenings at our surgery

Find us on

