

BEECH HOUSE SURGERY

Newsletter

Spring Issue 2019

STAFF NEWS

Rowan Rooke will join the Reception team from the 23 April, she is an experienced receptionist having worked at other Practices.

Caroline Hope began her 4 month as an FY2 at the Practice, she has replaced Sarah Lovell.

NETWORKS - The Practice will shortly be teaming up with other Practices in Knaresborough, Boroughbridge, Nidderdale and Green Hammerton in a voluntary Network arrangement to collaborate more closely and look at ways to improve patient services and efficiencies across the area. As part of this process the Practice is pleased to announce that Liz Wilson's role as Reception Manager will now change to Patient Services Manager, enhancing her role to provide even more focus on Patient administration and non-clinical service across the whole Practice. Liz has a wealth of experience in Primary Care across numerous local Practices and is highly regarded for her championing of Patient Service. This will allow John Foster to change his role from Practice Manager to Business Manager, supporting the developing Network collaboration.



EVENTS

EXTENDED HOURS AND EXTENDED ACCESS

Additional appointments outside normal opening times and on a weekend are available to book through our Reception Team at Mowbray Square Medical Centre in Harrogate.

The Practice is also introducing access to the nursing staff outside of normal hours at Beech House Surgery, this will begin in May.

STOCKWELL COMMUNITY CENTRE

The FREE weekly Cook & Eat project runs term-time only, Tuesdays 11am - 1pm at Knaresborough Community Centre. The next meeting is Tuesday 30 April. Further info from Danielle Mulholland on 01423 862702.

HEALTHY EATING RECIPES

Whole Grain Mustard Chicken Breasts

Ingredients

4 Chicken Breasts

1 Small tub of low fat Cream Philadelphia Cheese

2 teaspoons of whole grain mustard

4 slices of Parma ham

- Mix soft cheese and mustard together,
- Slice open the chicken breasts,
- Divide mustard mixture between the 4 breasts,
- Wrap each breast in Parma ham,
- Cook in a hot oven for 30minutes.

Hot Cross Bun & Butter Pudding

Ingredients

6 Hot cross buns

30g salted butter

3 large eggs

450 ml of whole milk

3 tbsp light muscovado sugar, extra for sprinkling

A generous handful of raisins or sultanas

½ tsp of nutmeg

- First cut your buns in half, and butter both sides, chop them in half again and then half again. Butter a medium sized casserole dish.
- Layer the bun quarters in to the dish, press them down a little, and scatter with fruit and nutmeg. Whisk together eggs milk and sugar, pour over three-quarters of the custard and allow to soak for 10 –15 minutes.
- Pre – heat the oven to 180 C – Bake for 40 minutes
- Serve with ice cream or yogurt
(It will keep for 2/3 days in the fridge)

Thank you to Deborah Hawkins for these recipes. If you have any favourite recipes that you would like to share then pop them in at Reception or contact beechhousesurgery.nhs.net please mark your email with the heading "PPG".

UPDATES

We hope you are enjoying the new look information on the TV screen and the updated website which is much easier to navigate than the old one!

All the chairs that were covered in material have been re upholstered in the waiting room and clinical rooms. The benches in the waiting room and the one near the Phlebotomy room are soon to be done, look out for the new colours!

On Saturday 18 May the car park will be closed for the parking space lines to be re painted, hopefully this will make it easier for patients and friends to find a parking space.

PATIENT PARTICIPATION GROUP (PPG)

Who are we?

We are a group of patients who wish to support and promote all that the Practice does. We have approximately five to six meetings a year including our AGM. Any patient of the Practice is welcome to attend the AGM which is held in September. We publish/advertise the date approximately a month in advance.



We are looking for new members to join our group, three long standing members have stood down recently. If you are interested please ask to speak to Liz Wilson at Reception or telephone 01423 542562.

The Books for sale in the entrance to the Practice help us raise money to buy items required. The money we have raised went towards the re upholstering of the chairs and benches. We are always glad of donations of books in good condition, if you have any unwanted books please leave them at reception.

The group has a noticeboard in the waiting room. We update this on a monthly basis with topical health issues. May will be Skin Cancer Awareness as we begin to expose our skin to the sun if this summer is to be anything like last summer. If you have any health issues that you would like us to promote then please let us know by dropping a note in at reception and we will try and incorporate them into our monthly change of the noticeboard.

The PPG can be contacted through - beechhousesurgery.nhs.net – Please mark your email with the heading "PPG"

FUTURE CONTENT

Please let us know of any particular topic that you would like to see featured in our next Newsletter.

