

Dr. S Laybourn and Partners - Spring Newsletter 2025.

Welcome to Spring!

Good news is that the Snowdrops have flowered, and the daffodils are well on their way, there are even Easter Eggs in the supermarkets. We should soon be getting a little bit of better weather which makes us all feel better in ourselves and helps us to lead a fuller and healthier lifestyle. We can get outdoors for bracing walks and a bit of fresh air, which is so good for morale and wellbeing, not to mention raising your Vitamin D Levels.

Winter Weather.

We are hopefully coming into Springtime, but we could still be hit by more high winds and possibly wintery weather so please be ready for the cold snap, as it could still arrive here in March just when you think it's safe.

Here are just a few tips to keep in mind to look after yourself when it comes: -

- Make sure your central heating boiler is serviced and in good condition.
- Wear plenty of thin layers of clothes rather than one or two thick items.
- Eat regular meals and where possible at least one hot meal a day and lots of hot drinks.
- If you have a car check that it has anti-freeze and windscreen wash in its system.
- Investigate insulating your home; there are lots of grants available!
- If you required a Flu jab, you should have had it by now; make a note in your diary to book one at The Medical Centre for September 2025.
- If you are still eligible then claim your Winter Fuel Payment.
- Know where your mains water stop tap is situated in case you have a burst water pipe.
- Keep a small supply of food in your freezer, or tinned food in case snow falls and you can't get out shopping for a few days.
- Check on elderly or sick friends, neighbours and relatives who may be housebound.

Holiday Travel Vaccinations.

If you are looking to grab some Springtime Sunshine to rid away those Winter Blues by flying away to far off places, possibility is that you might need to have one or more Travel Vaccinations. Check out on the website www.fitfortravel.nhs.uk to see if you need any cover for the country that you are going to visit. There is a very wide and comprehensive list of different requirements which you may need in order to allow you to visit various countries.

We cannot recommend any specific Travel Clinics where you can obtain the necessary information and vaccinations for where you are travelling to, but some listed ones are: -

Superdrug – Merrion Centre, Woodhouse Lane, Leeds, LS2 8NG

www.healthclinics.superdrug.com/store/leeds-merrion

Care Pharmacy - Unit 14, Unity Business Centre, 26 Roundhay Road, Leeds, LS7 1A

www.thecarepharmacy.com 0113 513 5757.

Masta Travel Clinic Leeds – Align Healthcare, 149 Town Street, Horsforth, LS18 5BL

www.masta-travel-health.com/ClinicDetails/145 0330 100 4200

846 York Road Medical Centre Expansion.

Last year we reconfigured and refurbished a large section of our administration, reception and nurses' consultation rooms. This has provided us with an additional Consulting

Room at 846 York Road Medical Centre and as well as being used by nurses, it has now become a workspace for Healthcare Assistants, Physiotherapists and doctors too. We hope that on your next visit to the surgery you will see the benefit to the changes and agree that the new rooms offer additional facilities and more appointments to our patients.

Slim into Summer.

Looking to get back into your favourite swimsuit for trip to the beach, time to keep working away on that Healthy Living and Healthy Diet that is made so much easier with lighter dishes of salads, grilled fish and meat and delicious fruits and berries. Five a Day is much more attractive with salads, smoothies and fruit platters.

Remember to stick to the seasonal produce that is always cheaper than out of seasonal produce as it is grown in the UK and is in plentiful supply. Think of those “Green eco-points” that you will earn yourself too, as you will not be buying imported goods which have been flown halfway around the world to get into our shops. Look out for green and mixed salad leaves, local tomatoes and of course Vale of York Strawberries and Raspberries which will soon be with us

Seasonal Spring Recipe – Minced Beef and Dumplings.

- Feeds four people. Ideal for a healthier yet warming Springtime dish.

Casserole Ingredients

450g Shin Beef
450g Lean Minced Beef
2 tbsp olive oil
400g Beef stock
2 Carrots, roughly chopped
2 onions, thinly sliced
200g Button mushrooms, quartered
70g Tomato Puree
250g Tomato passata
15g Dijon mustard
½ Teaspoon Worcestershire sauce
Thyme leaves, chopped Parsley and Chives
Salt and freshly ground black pepper

For the Cheesy Herb Dumplings

175g Self raising flour
10g Thyme leaves
10g Chives
15g Dijon Mustard
Zest of ½ a Lemon
1 teaspoon of salt
90g Shredded Suet
50ml Semi Skimmed Milk
2 ½ Teaspoons of Unsalted Butter

Method

1. Preheat the oven to 120°C / gas 1. Heat 1 tablespoon of the oil in a casserole dish, add the Shin Beef and minced beef and cook for 4 minutes until brown.
2. Add the Beef stock, cover with a lid and simmer for 2 hours.
3. Add a little oil to a pan and gently cook the onion until translucent, then add the carrots and continue to cook until softened. Add the mushrooms and cook for a further 2 minutes then stir in the tomato puree and cook for 5 minutes, add the passata and simmer gently for 10 minutes.
4. Next make the dumplings by mixing the flour, thyme leaves, chopped chives and parsley, mustard, salt and lemon zest into a large mixer with a dough hook until it forms fine crumbs. Add the suet and milk and mix until the dough just comes

- together. Allow to stand covered for 30 minutes. Roll into 24 even sized dough balls.
5. Pre heat the oven to 180°C, gas mark 4. Stir the cooked vegetables into the casserole along with the mustard, Worcestershire sauce, salt and freshly ground black pepper.
 6. Heat the butter in a pan until sizzling then cook the dumplings for 2 to 3 minutes until golden and lay them on top of the casserole. Bake for 25 minutes until the dumplings are cooked and the casserole is heated through
 7. Sprinkle the thyme, chopped parsley and chives over the top to finish.



Mental Health and Wellbeing.

We have come out of winter and into Spring and no better time to give our Mental Health an MOT. There is a Community Hub and mobile library at The Old Gipton Fire Station LS9 6NL every Thursday from 09:30 until midday and they can be contacted on www.facebook.com/leedsmobilehubs There is ready made help and assistance with Housing problems, Council Tax and Benefits, Employment Support and Library and Internet access too

Link to finding agencies who can offer help and support in a Crisis

[Finding-support-in-a-mental-health-crisis-August-2021-V2.pdf \(mindwell-leeds.org.uk\)](#)