

# Dr. S Laybourn and Partners - Spring Newsletter 2022.

## **New Doctors.**

You may have noticed that there have been a few new faces around over the last couple of months. That's because Dr. Brookes and Dr. Cotter are currently both off on maternity leave and have been replaced by Dr. Tyagi and Dr. Ibiyooye. Both of these doctors will be working with us for a year until Dr. Brookes and Dr. Cotter return.

## **Flu Vaccinations.**

It's not too late to still have your Flu Vaccination as our Flu Campaign runs until March 2022 so please call us and make an appointment.

Put a note in your diary to book your appointment from the beginning of October this year and get protected!

## **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 no doubt it will arrive here in February or 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 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 October 2022.
- If you are over 60 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.

## **Useful Telephone Numbers:-**

Help The Aged – The Senior Line -0808 800 6565

Warm Front - for grants - 0800 316 2805

NHS Direct – 24 hour Health Advice - 0845 4647

Home Heat Helpline Line – 0800 336699

Green Doctor - Energy Efficiency Advice – 0113 238 0601

Winter Fuel Payments Helpline – 0845 915 1515

Care and Repair Leeds – 0113 391 8336

Energy Saving Trust – 0300 123 1234

Wrap Up Leeds Eco – 0113 395 0757

## **Useful Website Addresses:-**

Keeping Warm - [www.leedspct.nhs.uk/yourhealth](http://www.leedspct.nhs.uk/yourhealth) then click on "Energy Best Deal Guide".

Weather Forecast – [www.metoffice.gov.uk/health/public](http://www.metoffice.gov.uk/health/public)

Stay Warm Choose Well this Winter- [www.nhs.uk](http://www.nhs.uk)

Wrap Up Leeds Eco – [www.wrapupleeds.co.uk](http://www.wrapupleeds.co.uk) – Free loft and cavity wall insulation.

## **Spring Warmer Recipe – Minced Beef and Dumplings.**

### Casserole Ingredients

450g Shin Beef  
450g Lean Minced Beef  
2 tbsp olive oil  
400g Beef stock  
2 Carrots, thinly sliced  
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.