

Dr. S Laybourn and Partners - Summer Newsletter 2025.

Welcome to Summer !

We had a lovely Spring with weather which makes us all feel better in ourselves and helps us to lead a fuller and more healthy lifestyle. We can get outdoors to eat BBQ's and have drinks in the garden, which is so good for morale and wellbeing, not to mention raising your Vitamin D Levels.

Holiday Travel Vaccinations.

If you are 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

Repeat Prescriptions.

If you are looking at going off on holiday and may require more than your usual quantity of repeat medication, then make a note on your request and we may be able to issue you with double your usual amount. That will be one more thing you can tick off on your holiday list and enable you to relax and get into the holiday mood.

Slim into Summer.

Keep working away on that Healthy Living and healthy diet that is made so much easier with lighter summer dishes of salads, grilled and barbequed fish and meat and delicious summer 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.

Hay fever and Flu.

Sufferers of Hay fever should be over the worst of it all by now but if you qualify, it may be time to put a note in your diary reminding you to make an appointment in late September, early October to come for a **Flu jab**. If you come into any of the following categories, then you should be seriously thinking of coming to see us in October /

November time: -

Chronic Respiratory Disease

Chronic Kidney Disease

Asthma

Chronic Liver Disease

Chronic Heart Disease
Chronic Neurological Disease
Low immunity due to disease or treatment
You are the main Carer for an elderly or disabled person.

Stroke
Aged over 65 years old
Suffer from Diabetes

Call reception on: -

(0113) 264 7278 to make an appointment at 846 York Road Surgery

(0113) 249 3011 to make an appointment at 143 Rookwood Avenue Surgery.

Seasonal Summer Recipe – Buffalo Fish Burgers.

- Feeds two people. Ideal for a healthier fish burger rather than a processed meat hamburger. Can also be cooked over a BBQ in the garden for a healthier outdoor vibe !

Preparation time: 10 minutes

Cooking time: 25 minutes



Ingredients

- Two breaded chunky Haddock fillets (Fish fingers can also be used)
- 2 Brioche or Burger Buns – sliced in half horizontally.
- 2 teaspoons of Tartare sauce or mayonnaise
- 1 large Tomatoes cut into thin slices.
- 2 to 3 leaves of lettuce – shredded into thin strips.
- Hot Buffalo Sauce (or Hot Chilli Sauce)

Method

- **STEP 1**
Pre-heat the oven on to 200C, gas 6. Put the Haddock fillets (or Fish Fingers) on a baking tray and bake according to the packet instructions.
- **STEP 2**
About 5 minutes before the end of the cooking time, turn the Haddock fillets over and spoon the Buffalo Sauce on top of each fillet, then bake until the fish is cooked through.
- **STEP 3**

Once the fish is cooked, take it off the baking tray and put it on a plate to one side. Put the sliced buns cut side up on the baking tray and heat through just for one minute.

- **STEP 4**

Take the buns out of the oven and spread each of them with Tartare Sauce or Mayonnaise. Add a few slices of tomato to the bottom halves of the buns and then the Haddock fillets.

- **STEP 5**

Add some more Buffalo Sauce, top off with some shredded lettuce and put the top of the buns on top. Serve straight away, perhaps with some Sweet Potato wedges or some oven cooked fries.

Mental Health and Wellbeing

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 \(mindwell-leeds.org.uk\)](#)