

Dr. S Laybourn and Partners - Winter Newsletter 2025/26.

Comings and Goings.

Well, I can't believe we are approaching Christmas and will soon see 2026 in, where has the year gone? Dr. Michel Zar has been a Salaried Doctor with us now coming up for a year in February and Dr. Christopher Mayo joined us as an additional Salaried Doctor in August. Both of them are firm members of the team and I hope our patients have met them both on visits to the surgery?

Dr. Gorst is still away on maternity leave and should be rejoining us in February 2026.

Patient Group.

We still have a Patient Participation Group for the Practice, and we are always looking for more patients to join us and participate in looking at ways that we can make the Practice better for all of our patients. If you would like to join and have your input on suggestions into the way your Practice is run then please sign up on line on this website or give Justin Park the Practice Manager a call on 0113 264 7278 for more information. We only meet a couple of times a year and any input from you would be greatly valued.

Flu Vaccinations.

This year's Flu Vaccination Campaign is well under way and I am pleased to say that we have reached most of our patients who need a flu jab and are creeping towards our required targets. If you are eligible for a Flu Vaccine then please contact your surgery to make an appointment with the nursing team.

Winter Weather.

So far we have escaped the usual October and November coldness but don't be lulled into a false sense of security as we will no doubt get the winter weather that we usually experience. So please be ready for the cold snap, as no doubt it will arrive and here in February or March.

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 September 2026.
- If you are 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.

Useful Telephone Numbers and Websites: -

Help The Aged – The Senior Line – 0300 303 1234

Warm Front - for grants - 0800 316 2805 www.direct.gov.uk/warmfront

NHS Direct – 24 hour Health Advice – 111 www.nhs.uk

Home Heat Helpline Line – www.homeheathelpline.co.uk

Green Doctor - Energy Advice – 0121 236 8565 www.groundwork.org.uk/greendoctor/

Winter Fuel Payments Helpline – 0800 319 6789 www.independentage.org

Care and Repair Leeds – 0113 240 6009 www.care-repair-leeds.org.uk

Energy Saving Trust – 0800 098 7950 www.energysavingtrust.org.uk

Wrap Up Leeds Eco – www.leeds.gov.uk/plans-and-strategies/affordable-warmth-strategy

Weather Forecast – www.metoffice.gov.uk

Winter Warmer Recipe – Cottage Pie with Cauliflower Cheese Topping – Makes 6 portions.

Cottage Pie Ingredients

150g Red split Lentils
400g Lean Minced Beef
2 Tablespoons of olive oil
1 Beef stock cube
1 Large Carrot, roughly chopped
1 Onion, roughly chopped
2 Teaspoons of Rosemary
2 Tablespoons of Tomato Puree
600ml of boiling water
Salt and freshly ground black pepper

For the Cauliflower Cheese Topping

500g Floury Potatoes (Maris Piper or King Edwards)
1 Medium Cauliflower cut into florets
100ml Crème Fraiche
100gm Grated Mature Cheddar Cheese

Method.

1. Preheat the oven to 200°C / gas mark 6. Put the chopped onion, carrot and Rosemary in a food processor and pulse until finely chopped. Heat 2 tablespoons of olive oil in a large pan and add the chopped onion, carrot and Rosemary and gently cook for 6 minutes until soft but not coloured.
2. Then add the minced beef into the pan cooking for 2 minutes until browned and breaking up stirring it with a wooden spoon. Add the red lentils and tomato puree and cook for 1 more minute. Mix the boiling water and the Beef stock cube together in a jug then pour into the pan and cook gently for 20 minutes without a lid until the lentils are tender.
3. Meanwhile, place the potatoes into a large pan and cover with water and bring to the boil and cook them for 10 minutes and then add the cauliflower florets and cook for a further 7 minutes until both are soft when pierced with a knife. Drain them well and return them to the pan, add the crème fraiche, grated cheese and a pinch of salt and mash together until you have a creamy yet coarse mash.
4. Spoon the beef mince and lentil mixture into a 14-inch x 10-inch ovenproof dish then spoon the cauliflower mash on top leaving it quite rough for a crispy crust.
5. Bake for 25 to 30 minutes until golden brown, crusty and bubbling, serve with carrots and broccoli or just your favourite vegetables.



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 at : - www.finding-support-in-a-mental-health-crisis-August-2021-V2.pdf