

EMMER GREEN SURGERY NEWSLETTER

JULY / AUGUST

Heatwave: How To Cope in Hot Weather

Many of us welcome hot weather, but when it's too hot, there are health risks.

Keep out of the heat if you can and avoid exercise or activity that makes you hotter.

Cool yourself down. Have cold food and regular cold drinks.

Keep your living space cool. Close windows, curtains and blinds during the day and open them at night when the temperature outside has gone down. Electric fans can help if the temperature is below 35 degrees.

Check the temperature of rooms, especially where people at higher risk live and sleep.



It focuses on the severity and day-to-day impact of symptoms rather than on diagnosing menopause itself.

Many people find it helpful as a way to put words and structure around changes they may already be noticing, particularly when symptoms are varied or difficult to describe in a short appointment.

You can visit the website here: <https://patient.info/womens-health/greene-menopause-scale>



SURGERY STATISTICS

In May & June we received **7,446** online triage requests

We offered **2384** face to face appointments and **92** did not attend.

This is a reminder to **please cancel your appointment if you are not able to attend.**

Menopause Scale and Assessments

Hayley Collinson our Nurse Practitioner runs Women's Health Clinic's on Monday afternoon to support patients and help manage their symptoms.

We encourage our patients to complete a Greene Menopause Scale. This is a self assessment questionnaire used to explore how menopausal and perimenopausal symptoms are affecting you.





Get healthcare cover abroad with a UK GHIC

Holiday season is upon us and it is important to plan ahead when it comes to your health abroad. The UK GHIC is not a replacement for travel insurance.

The UK Global Health Insurance Card (GHIC) lets you get necessary state healthcare in the European Economic Area (EEA), and some other countries, on the same basis as a resident of that country. This may be free or it may require a payment equivalent to that which a local resident would pay.

A UK GHIC is free and lasts for up to 5 years. Apply for your new card through the NHS website. Avoid unofficial websites – they may charge you a fee to apply.

SURGERY CLOSURE

The practice will be closed on **Monday 31st August** for the bank holiday.

If you require urgent medical attention during this time, please contact NHS 111 or 999 in the event of an emergency.



Reading Voluntary Action: Social Prescribing

Emmer Green Surgery is lucky to have our own Social Prescriber, Lorraine.

The aim of the Social Prescribing service is to link people aged 16 and over to the activities and support offered by Reading's voluntary and community groups, empowering people to improve their health and wellbeing.

That's where our Social Prescribers come in, helping people to identify what matters to them, and how to connect with the community activities that might make a difference.

Our GP's and Healthcare team can complete a referral for suitable patients. Please contact the practice using our online triage system for more information.

Jerk-style chicken skewers recipe

Method

1. Mix the garlic, lemon juice and olive oil with 1 teaspoon of jerk seasoning (or 2 if you prefer a spicier flavour). Stir in the chicken and set aside while you prepare the vegetables.
2. Thread a piece of pepper onto a skewer, then onion, then chicken, finishing with onion.
3. Cook on the barbecue for 8 to 10 minutes, turning frequently. Alternatively, cook under a preheated grill.
4. Meanwhile cook the sweetcorn cobs in boiling water, or on the barbecue for 6 to 8 minutes.

Add flatbreads or boiled rice for an easy meal.

Prep: 20 mins
Cook: 10 mins
Serves 4



Ingredients

- 4 wooden skewers, soaked in water for 30 minutes
- 1 clove garlic, crushed
- juice of half a lemon
- 1 tablespoon olive oil
- 1 or 2 teaspoons jerk seasoning, to taste
- 2 skinless, boneless chicken breasts, cut into 12 large chunks
- 1 red pepper, cut into 16 chunks
- 1 onion, quartered and separated to give 16 pieces

Nutritional Information

- Per serving:
- 781kJ / 186kcal
- 21.4g protein
- 10.8g carbohydrate, of which 4.9g sugars
- 5.1g fat, of which 0.8g saturates
- 5.4g fibre
- 0.2g salt