

EMMER GREEN SURGERY NEWSLETTER

SEPTEMBER / OCTOBER

SAVE THE DATE: Covid & Flu Vaccines Saturday 10th October

Our **COVID-19 and Flu Vaccination Clinic** will be taking place for eligible patients.

If you are invited, please book your appointment and attend. Every vaccination given at the practice helps us continue providing these important services for our patients, while protecting you and those around you this winter.

We look forward to seeing you.



Reminder: Returning Samples to the Practice

To help us process your sample as quickly as possible, please ensure it is clearly labelled with your full name, date of birth, and the date and time the sample was taken.

Samples should be returned to the practice before 3:00pm, Monday to Friday, to allow enough time for same-day collection and processing by the laboratory. Samples received after 3:00pm may not be sent until the next working day, which could affect the quality of some tests.



SURGERY STATISTICS

In July & August we received **7,608** online triage requests

We offered **2288** face to face appointments and **97** did not attend.

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

Protect yourself against RSV

Respiratory Syncytial Virus (RSV) is a common virus that can cause serious lung infections, particularly in older adults and young babies. The NHS offers a free RSV vaccine to help protect those most at risk.

You may be eligible if you are:

- Aged 75 years or over
- A resident in an older adult care home
- 28 weeks pregnant or more (to help protect your baby during their first few months of life)

The vaccine helps reduce the risk of severe illness, hospital admission and complications from RSV. If you're eligible, we encourage you to take up the offer and help protect yourself and those around you. If you think you may be eligible and have not yet been invited, please contact the practice to arrange your vaccination.

SURGERY CLOSURE

The practice will be closed from 12.30pm on **Wednesday 16th September** for staff training.

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



Spire Dunedin Free Events

The Spire Dunedin offer free events to learn more about health conditions:

3rd September - Protecting your vision: common eye conditions and treatments

29th September - Understanding prostate health and common urinary concerns

These sessions run from 6.30pm - 7.30pm and you can find out more information on their website.

Stoptober: Make October Your Month to Quit

October is Stoptober, the annual campaign encouraging people who smoke to make a quit attempt and take the first step towards becoming smoke-free.

If you can stay smoke-free for 28 days, you are five times more likely to quit for good. Giving up smoking can improve your health, help you breathe more easily and reduce your risk of serious illnesses, including heart disease, stroke and cancer. It can also save you money.

You don't have to do it alone. There is free NHS support available to help you make a quit plan, manage cravings and find the right support for you.

Ready to quit? Find advice and support from the NHS online. Every cigarette not smoked is a step towards better health.

Why not make this October your Stoptober?



Method

1. Mix together the minced turkey with half the chopped onion, all the carrot and mixed herbs. Season with black pepper.
2. Form the mixture into 8 meatballs, using wet hands to prevent the mixture from sticking to them.
3. Heat the oil in a large non-stick frying pan, then add the meatballs. Fry gently, turning occasionally, until lightly browned.
4. Separately mix the stock cube in water, stirring until dissolved. Then add the remaining onion, tomatoes and the stock. Season with black pepper. Heat until boiling, then reduce the heat and cook for 15 minutes, stirring occasionally.
5. Meanwhile, cook the tagliatelle for 10 to 12 minutes in gently boiling water.
6. Share the tagliatelle between 4 serving plates and serve with the meatballs and sauce. Top each meatball with a mozzarella letting it melt for a few moments, then press the cherry tomatoes on top, to look like eyeballs. Instead of cherry tomatoes.
7. Garnish with basil leaves, then serve.

Eyeball meatballs - Halloween recipe

Prep: 10 mins

Cook: 25 mins

Serves 4



Ingredients

- 400g lean minced turkey breast
- 1 large onion, finely chopped
- 1 carrot, grated
- 2 teaspoons dried mixed herbs
- 1 teaspoon vegetable oil
- 400g chopped tomatoes
- Half a stock cube (reduced-salt vegetable or chicken stock), with 150ml boiled water
- 1 pinch ground black pepper
- 200g green tagliatelle or spaghetti
- 8 reduced-fat mini mozzarella balls
- 8 cherry tomatoes, halved
- 1 tablespoon fresh basil, to garnish

Nutritional Information

- Per serving:
- 1,673kJ / 396kcal
 - 36.5g protein
 - 5g fat, of which 2g saturates
 - 48.5g carbohydrate, of which 11.1g sugars
 - 5.7g fibre
 - 0.5g salt