

Langham Place Surgery

Autumn Newsletter 2022

Staff Updates

Some lovely staff updates to share with you all this quarter...

After Dr Bundock's time with us as a salaried GP, he has now taken on the role of GP Partner!

Dr Coulter-Brophy has also moved up from Registrar to salaried GP!

In our nursing team we have welcomed ANP, Stacey and Phlebotomist, Maristela.

We also have new starters in our Reception team, Rachel, Sila and Anne.

Sadly we have said goodbye to nurse Mel A, Registrar Hasan, and Phlebotomist Connie. We wish them the very best with their new challenges.

Local events in Northamptonshire this Autumn

Please see the links for more information.

[Autumn Canal Wellness Cruise](#)—Oct 2nd

[Cottesbrooke Riding for the Disabled Fundraising Fair](#)—Oct 4th

[Nene Wetlands Wildlife Wander](#)—Oct 5th

[Managing Cancer Related Fatigue & Sleeping Well](#)—Oct 6th

[BLAW 2022 - Pregnancy after loss](#)—Oct 12th

[BLAW 2022 - Supporting & talking about baby loss](#)—Oct 12th

[Female Hair Loss Talk](#)—Oct 17th

[Depression Awareness and Recovery](#)—Oct 20th

[Wellbeing Day for Those Living with a Terminal Diagnosis and their Families](#)—Oct 22nd

[Celebrating Black History Month - Your Views on Health and Wellbeing](#)—Oct 26th

[Autism Anxiety](#)—Oct 27th

COVID19

Currently, prevalence is low in our community. The national alert level has decreased from 3 to 2. We welcome this news & continue to encourage face masks & social distancing to protect those most vulnerable.

The seasonal booster vaccine has begun rollout. The vaccine is not being given at the surgery. Please do not contact the surgery to book in, please contact 119 for info.

Influenza

We are currently organising our annual influenza vaccination campaign. If you are eligible you will be contacted to book in.

iWantGreatCare Reviews

www.iwantgreatcare.org/

1st Sept 22-Langham Place Surgery is the best doctors surgery I have ever been to. All the staff are fantastic and extremely accommodating with my individual demanding health problems and illness. They all deserve credit for their hard work and care. **5 stars!**

6th Sept 22-Received a great service. After phoning the surgery was seen within 2 hours. New medication was started and further appointments arranged. **4.8 stars!**

7th Sept 2022-I have been treated very well and they have been working hard to process and resolve my ailments in a quick and positive manner. Thank you all so very much. **5 stars!**

Carers Awareness

If you identify as a carer, please come to the surgery and let our Reception team know. We have an information leaflet that details services and groups that offer help, advice, activities and support. Ask to speak with Yvonne for further info, over the phone or by popping in.

Friendly Reminders & Information

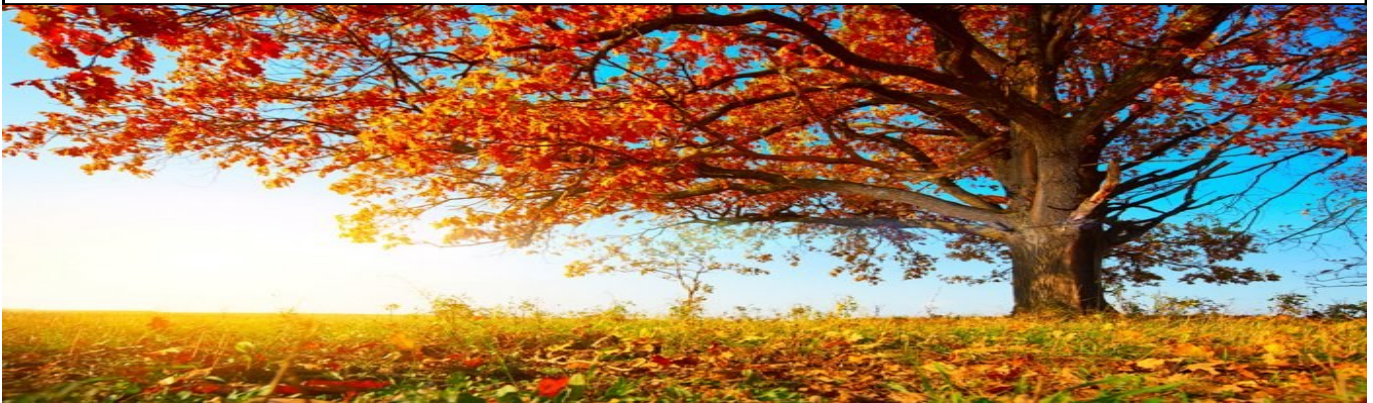
Please do not phone in to request a prescription. We do not take these over the phone for your safety. You can drop a paper request in to us, send us a message on our website or use the SystmOnline app/website, to set this up please call Reception or message us on our website.

48 business hours is our turn around time from receiving your prescription request to sending it onto your nominated pharmacy.

If you would like an appointment to see a GP we offer urgent on the same day appointments. Call when we open at 8am and we will triage you and allocate appointments as necessary. We try to reserve afternoon appointments for calls received later in the day however, this is not always possible. Please utilise 111 online or call 111 to get help and advice. 111 operators are trained professionals who will triage you and tell you where you need to go/what you need to do.

If you need an appointment outside of our hours or if we are at capacity, GP Extended Hours Access is a fantastic service, located at the Northampton General Hospital. Our Reception team can book you in there.

We are here to help you and we will always do everything we can. Please remember this in times of stress. We have a zero tolerance policy on abuse towards any member of staff.



Autumn UK and International Health Events and Observances

29th Sept: [World Heart Day](#)

1st Oct: [International Day of Older Persons](#)

10th Oct: [World Mental Health Day](#)

13th Oct: [World Sight Day](#)

15th Oct: [World Hand Hygiene Day](#)

21st Oct: [Wear It Pink Day](#)

29th Oct: [World Stroke Day](#)

October: [Breast Cancer Awareness Month](#), [National Cholesterol Month](#), [Stoptober](#)

14th Nov: [World Diabetes Day](#)

21st Nov: [World COPD Day](#)

November: [Movember](#)

1st Dec: [World AIDS Day](#)

If you are interested in any of the above events and would like further information or to get involved, please click on the links provided.



Pumpkin Muffins

Calories per Muffin: 219

Fat per Muffin: 10g

Saturates per Muffin: 6g

Carbs per Muffin: 28g

Sugars per Muffin: 13g

Fibre per Muffin: 2g

Protein per Muffin: 4g

Salt per Muffin 0g

Ingredients

225g plain flour

2 tsp baking powder

1 tbsp ground cinnamon (or 2 tsp pumpkin spice)

100g caster sugar

50g soft light brown sugar

200g pumpkin purée (from a can or homemade – see 'goes well with' below)

2 large eggs

125g slightly salted butter, melted

Method

STEP 1

Heat the oven to 200C/180C fan/gas 6. Line a 12-hole muffin tin with muffin cases. Mix the flour, baking powder, cinnamon and both sugars together in a large **bowl**. Break up any lumps of brown sugar by rubbing them between your fingers.

STEP 2

Whisk the purée and eggs together in a jug, then add to the dry ingredients with the melted butter. Whisk for 1-2 mins with an electric hand whisk until just combined.

STEP 3

Bake for 15 mins until golden and risen and a skewer inserted comes out clean. Lift onto a **wire rack** to cool completely. *Will keep for three days in an airtight container.*