



Groby Road Medical Centre

NEWSLETTER

February—March 2016

THE SURGERY'S MAIN CONTACT NUMBER IS 0116 253 6263.



You may receive an engaged tone when dialling this number if all lines are busy, please **retry**. *Please be aware the 0844 8153166 line is no longer in use!*

PRACTICE UPDATE

Practice Extension

We are pleased to advise that the building works currently taking place are on schedule to be completed, on-time, at the end of March 2016.

We would like to thank all our patients for their understanding when we have not been able to offer services as usual due to the constraints of the building works.

With completion not to far away, we can now look forward to not only improved facilities, but two new doctors joining our practice easing access to services. Dr Paul Bethell and Dr Tatiana Leichenko will be joining our team on 1 March 2016.

New: Healthcare Hubs

Evening and weekend GP appointments now available for Leicester City Patients.

Please call 0116 366 0560 during their opening hours for a same day appointment. Opening times:

WEEKDAYS: 18:30 to 22:00

Weekends & Bank Holidays: 09:00 to 22:00



Brandon Street Surgery
Belgrave Health Centre
52 Brandon Street, Leicester, LE4 6AW

The Willows Medical Centre
184 Coleman Road, Leicester, LE5 4LJ

Westcotes Medical Practice
Westcotes Health Centre,
Fosse Road South, Leicester, LE3 0LP

Saffron Surgery
612 Saffron Lane, Leicester, LE2 6TD

HAVE YOU RENEWED YOUR EHIC?

Many European Health Insurance Cards (EHIC) expired during 2015, has yours? The EHIC which is FREE, gives you access to emergency health care when in a European Economic Area (EEA) country including Switzerland during a temporary visit. The health care offered may be free or at a reduced rate, but the EHIC will cover immediate and clinically necessary state-funded treatment until your planned return home to the UK, so always keep your EHIC card with you.

Note: the EHIC card it is NOT a replacement for travel insurance, so always ensure you have adequate travel insurance before you travel.

To renew, apply for, or for further details, go directly to www.ehic.org.uk or call 0300 330 1350. It's a free service, however, there are some unofficial web sites that may charge a fee if you apply through them. Allow 7 to 10 working days for your card to arrive.

COME AND JOIN US..... **PATIENT REFERENCE GROUP**



The Patient Reference Group consists of patients from the practice who meet every three months with representatives from the practice. The aims of the meeting is to discuss areas of concern ,changes within the practice and ongoing changes within our local healthcare and national priorities of the National Health Service .

By working together changes have been implemented to improve the patient experience and satisfaction in the practice.

The group is for any patient registered at the surgery and we would warmly welcome any new members to our meetings.

The next meeting is to be held in June, a date and time will be confirmed shortly. If you are interested please get in contact with Lindsey Anderson, Assistant Practice Manager.

Spicy Pasta Serves 8

Healthy Choices

Ingredients , 450g/1lb penne, 1 tablespoon olive oil, 1 teaspoon cumin seeds, 1 teaspoon mustard seeds, 1 large onion chopped, 1 teaspoon garlic chopped, 2 green chillies finely chopped, 225g/8oz button mushrooms, 400ml/14 fl oz tomatoes liquidised, 1 teaspoon garam masala, 1 teaspoon chopped coriander.

Method

- Cook the pasta as directed on the packet, preferably leaving it slightly undercooked. Drain well.
- Heat a large, non-stick pan .Add the oil followed by the cumin seeds, mustard seeds and onions. Cook until onions light brown. Add the garlic, chillies and mushrooms and continue to cook for another 2 minutes.
- Add the tomatoes, bring to the boil.
- Add the garam masala and reduce the heat and simmer for 5 minutes.
- Stir in the pasta. Garnish with coriander and serve hot.

- See more at: <https://heartuk.org.uk/cholesterol-and-diet/recipes>