



THE ELMS MEDICAL PRACTICE

Spring Newsletter 2023

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What's available in Harpenden

Do you know there are many community-based activities that are available for free within Harpenden and the surrounding area.

These groups provide help, support and advice when needed, or just as a friendly face.

In this edition we are spotlighting dementia and mental health.



Harpenden Memory Lane Café

This is a dementia friendly café where people living with dementia and their families can meet on a weekly basis for refreshments.

They usually meet on a Monday, 2-3.30pm at,

The Salvation Army, Leyton Green, Harpenden, AL5 2TG

For further information please call: 01582 768278 or Harpenden/.gov.uk/dementia friendly town.

The Frazzled Café



This is somewhere to meet on a regular basis and, as the name suggests, if you are feeling frazzled and overwhelmed with modern life, you can meet and share your thoughts with like-minded people, or not, it's up to you.

The meetings take place on a weekly basis,

Monday: 7.45pm-8.45pm (The Trust Hall in Southdown)

Wednesday: 10.30am-11.30am at the Eric Morecombe Centre

For session booking and information, please go to <https://www.frazzledcafe.org/harpenden/>

Staff Update



Dr Franzmann is now on maternity leave, and we were delighted to hear that she and her husband have welcomed a baby boy- many congratulations.

We are pleased to welcome Dr Deb who has joined us to help cover her leave. Dr Deb graduated from Leicester and practised vascular surgery for 10 years before becoming a GP. He brings a wealth of experience to the Practice.

Dr Maton has been a locum GP at the Elms for several years and specialises in women's health. She will be with us on a more regular basis over the next year to help with maternity cover.

We are also delighted to welcome back Dr Karunagaran who is with us for the next four months whilst she completes the latest stage of her GP training. Dr Karunagaran trained at King's College London and decided to specialise as a GP whilst in her final year at university.

Dr Tharini comes to us from Watford General Hospital where she worked in various departments. She now joins us for four months to focus on her GP training.

Elms News



Nurse Clinics



We have recently introduced dedicated nursing clinics for diabetic, asthma and COPD which will run alongside our existing baby and well woman clinics. This will allow our experienced nurses more time to discuss the management of your care.

Phone News!

We have listened to our patients' feedback and have secured a new telephone system for the practice. The system will be installed on the 25th May so please be aware there may be some disruption during the week of 22nd May.

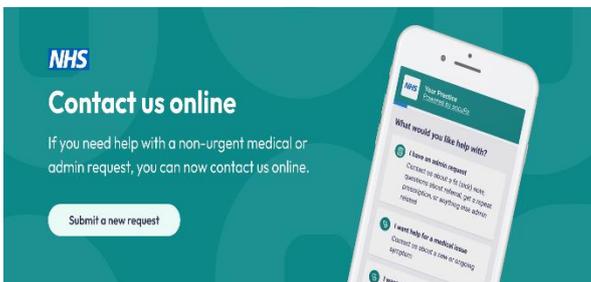
Some of the new features include a patient call back which will retain your queue position without you holding on the phone. The surgery will call you back automatically when you come to the top of the queue. This feature will save you both time and money.



The system also integrates with your patient record meaning when you speak to any of our team your information is at hand, eliminating any further frustrating delays.

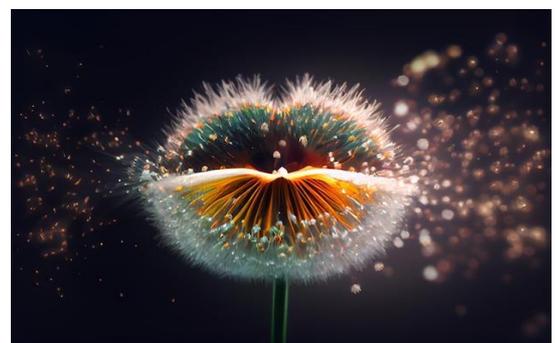
If you experience any phone issues whilst we are installing the new system, please use our online service at <https://florey accurx.com/p/E82071> which can also be accessed via our website www.elmsmedicalpractice.co.uk

Online Services are the best and quickest way to contact us. We can respond to your enquiry with an offer of the first available, routine appointment with a clinician, copies of your blood test result, deal with your medication queries etc. You do not have to use a log in so no passwords to remember, you simply click on this link, <https://florey accurx.com/p/E82071> or access via our website. We aim to respond to all enquiries within 2 working days.



Hayfever Medication

If you are struggling with hayfever please contact your local pharmacist for advice. Most medications are now available over the counter and do not need a prescription. If you would like us to book you a pharmacy consultation, please contact us via the online services. For more information about hayfever go to <https://www.nhs.uk/conditions/hay-fever/>



Healthy Meal of the Month

As spring is round the corner and we are trying to be healthier, we have added a meal of the month. You may wish to try this delicious recipe but please check for food allergies.

Vegetable Pesto Pasta

serves x2

Garlic Bread Ingredients

2 tsp low fat spread (the lighter the better)

Garlic Cloves crushed x2

Wholemeal Muffin x1 (halved)



Garlic Bread Method

Mix the spread with the crushed garlic and put on the cut muffin.

Cook in the oven, (180 C) for 10 minutes or air fry until golden brown.

(Jo, our reception team leader, loves pesto so she adds once cooked).

Pasta Ingredients

100g Dried/fresh pasta

A variety of Mediterranean style vegetables (the more the merrier)

include cherry tomatoes and red chili's for taste and a kick.

50g Feta Cheese (crumbled).

Pesto to coat the cooked pasta.

Mixed herbs (dried)

Pasta Method

Cook pasta in boiling water.

Chop your vegetables in similar size pieces, mix in the herbs and a tablespoon of oil.

Grill or air fry until cooked to your liking.

Add to the cooked pasta.

Mix well together but gently so as not to mush the tomatoes.

Crumble the Feta Cheese on top.

Garnish with the coriander.

Serve with the garlic bread.

Et voila



