

The Grange Newsletter

Farewell from Dr Cilla Rosen

After much thought over several months, I have made the difficult decision to leave the Grange Surgery and take up a new role at another practice, where I will be working fewer hours. This decision, though made with regret, is driven by personal circumstances and a need to dedicate more time to my family. It is with a heavy heart that I say goodbye to my patients and the wonderful team at the Grange. Working here has been a true privilege, and I have greatly valued being a part of my patients' lives as their GP. I am confident that you will continue to receive excellent care from the Grange team in the future. I will miss you all and wish you nothing but the best!

**Kindest regards & very best wishes,
Dr Cilla Rosen**



Hello from Dr Sarah Wagstaffe



We are delighted to announce that Dr Sarah Wagstaffe & Dr Virginia Venning will be taking over Dr Cilla Rosen patient list. You will be notified accordingly as to which GP you have been allocated to.

Here is an introduction from Dr Sarah Wagstaffe.

Sarah qualified down in Devon in 2012 and then worked in Norfolk and Newcastle. Following this, she completed her GP training in Guildford. Since qualifying as a GP in 2017 she has worked as a salaried GP as well as a partner. She enjoys the wide variety of medicine GP has to offer, looking after all ages of patients with both new and chronic health conditions. She also enjoys teaching junior doctors. When not at work, she spends time with her husband, two children and chocolate labrador. Sarah is looking forward to working at The Grange and getting to know a new team alongside new patients.

Building the NHS of the Future

Help build a health service for your future and the future of your family.

A recent report found that the NHS was in a critical state, and the Government wants to hear the public's views on how the NHS can adapt to the changing demands of today.

Make sure you give your views and opinions on the health service, its future and the 10-Year Plan for Health. Don't miss your chance to shape the future of the NHS.

VISIT: <https://campaignresources.dhsc.gov.uk/campaigns/change-nhs>

Breast Screening

**Had an invite for breast screening?
Make sure you mark the date in your diary!**

Breast screening uses a test called mammography which involves taking X-rays of the breasts. Screening can help to find breast cancers early and these cancers are usually easier to treat than larger ones.

It's important to remember that screening won't prevent you from getting breast cancer but it aims to find early breast cancers.

Regular breast screening is one of the best ways to spot a cancer that's too small to feel or see yourself. It saves around 1,300 lives each year in the UK!

Don't ignore your invite when it lands on your doorstep!

VISIT: <https://campaignresources.dhsc.gov.uk/campaigns/help-us-help-you-cancer/breast-screening-saves-lives/>



Endometriosis Awareness Month, 1st–31st March

Endometriosis occurs when cells similar to the ones in the lining of the womb (uterus) are found elsewhere in the body. It can have a significant impact on the sufferer's life from pain and anxiety to infertility and debilitating fatigue. Support and diagnosis are key to improving quality of life.

For Endometriosis Action Month 2025, the theme is 'endometriosis explained'. It's vital that endometriosis is better understood by the general public and better explained to patients by healthcare practitioners. In the UK, endometriosis affects one-in-ten women and those assigned female at birth, yet so many are still unaware of the condition and its impact.

Find out more here: <https://www.endometriosis-uk.org/what-is-endometriosis>

NO MORE Week 2nd–8th March

This year, the annual campaign to stop domestic abuse and sexual violence, **NO MORE Week 2025**, is focusing on 'NO MORE silence'. Together, we encourage everyone to break the silence, shine a spotlight on the epidemic of domestic and sexual violence that affects one-in-three women and one-in-six men globally, and encourage collective action to stop it.

<https://www.nomore.org/no-more-week-2025/>

Victims/survivors of domestic and sexual violence come from all walks of life, encompassing various ethnicities, races, ages, faiths, income levels, sexual orientations and genders. Talking about these issues openly will help end the shame and stigma that domestic violence and sexual assault survivors feel burdened with. If you need support, there is always someone there.

Rape crisis – Call FREE on 0808 500 2222 or visit <https://247sexualabusesupport.org.uk/>

Safeline – <https://safeline.org.uk/contact-us/>

Survivors Trust – <https://thesurvivorstrust.org/>

Make Yourself Heard

In danger, need the police, but can't speak?

1 Dial 999

2 Listen to the questions from the 999 operator

3 Respond by coughing or tapping the handset if you can

4 If prompted, press 55
This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.



IOPC Independent Office for Police Conduct

#YouAreNotAlone

Supported by

women's aid
until women & children are safe

NPCC
National Police Chiefs' Council

Nutrition and Hydration Week, 17th–23rd March



Nutrition and Hydration Week celebrates the importance of food and drink in maintaining health and wellbeing in patients. While it's always important to eat a healthy diet, if you're post operative or convalescing, it's vital for healing to ensure that you're eating the right type of foods.

<https://www.nuffieldhealth.com/article/recover-from-injury-faster-with-these-healing-foods>

Did you know that water makes up two-thirds of the body? So, it's vital we drink enough fluid to stay healthy.

You should aim to drink six to eight cups or glasses of fluid a day. Water, lower-fat milk and sugar-free drinks, including tea and coffee, all count. If you're exercising, breastfeeding or the weather is hot, you'll need to drink more to maintain healthy hydration levels.

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/water-drinks-nutrition/>

Social Prescribing Day, 19th March



Social prescribing connects people to non-medical support to help with issues that affect health, such as loneliness, debt or stress due to financial pressures or poor housing.

On Social Prescribing Day, we celebrate the Social Prescribing Link Workers and the importance of social prescribing in the health of our community.

VISIT: <https://socialprescribingacademy.org.uk/what-is-social-prescribing/>



Do more with the NHS App!



If you're new to using the NHS App and you're not sure how to access the information, there is lots of information around to help you. Download the NHS App on your smartphone or tablet via the Google play or App store. You can also access the same services in a web browser by logging in through the NHS website.

Did you know that using the NHS App can help you access lots of information about your health?

- Request repeat prescriptions
- Check the status of your prescriptions
- See upcoming appointments
- View your health records

VISIT THESE SITES: <https://www.nhs.uk/nhs-app/nhs-app-help-and-support/>
<https://www.youtube.com/watch?v=Q0SCcLtw8JA>

Find your NHS Number...

Need to know your NHS number but can't remember where you wrote it down? Don't worry!

Find it on this website:

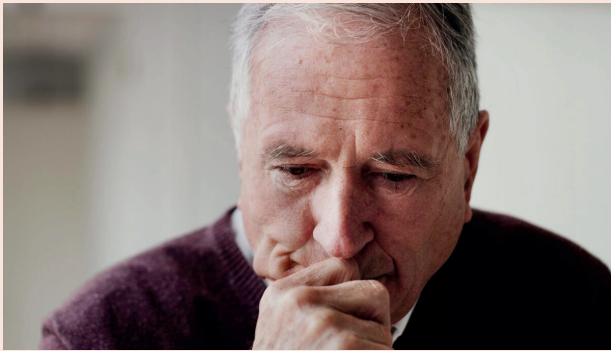
<https://www.nhs.uk/nhs-services/online-services/find-nhs-number/>

Grange Surgery Opening Times over Easter Break/May Bank Holidays

Good Friday	18th April	CLOSED
Saturday	19th April	CLOSED
Sunday	20th April	CLOSED
Monday	21st April	CLOSED
Monday	5th May	CLOSED
Monday	26th May	CLOSED

When the surgery is closed please call 111 for routine assistance or 999 for a medical emergency. Please remember to request any medication at least 1 week in advance of any holiday closures, to ensure your medication is ready in time.

For Older Patients



With the withdrawal of the winter fuel allowance, you may be feeling extra financial pressure when it comes to keeping warm this winter. If you're in receipt of a means-tested benefit, you can still receive the winter fuel payment. But if you're not, or even if you'd just like to save some money while warming up, have a look at these cost-effective tips to warm you up during the cold winter months.

If you have health or mobility issues, it can be very difficult to get out and about to see people. Loneliness can take its toll on their mental health.

No one deserves the sadness of feeling lonely.

Find support on these pages on the Age UK website:

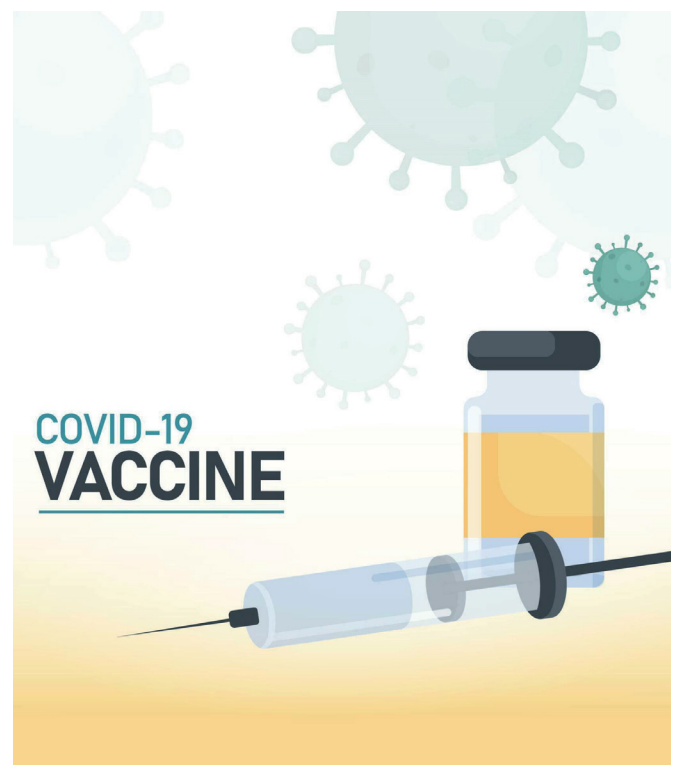
<https://www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements/winter-fuel-payment/>

<https://www.redcross.org.uk/stories/health-and-social-care/health/tips-on-keeping-warm-this-winter>

<https://www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements/winter-fuel-payment/>



Spring 25 – Covid Vaccinations



**COVID-19
VACCINE**

The eligible cohorts are:

- Adults aged 75 years and over* This includes individuals who will turn 75 years old by 17 June 2025
- Residents in a care home for older adults, regardless of Age
- Individuals aged 6 months and over who are immunosuppressed (as defined in the Green Book, Chapter 14a, Tables 3 and 4)
- To Note - Housebound patients are eligible only if they meet one of the above cohorts.

If you fit any of the above criteria you will soon be hearing from us inviting you in for your vaccination.

Hot Honey Squash and Meatball Traybake Recipe



Serves 4

Takes 45 mins

433 calories / serving

Ingredients

1 large butternut squash
2 red onions, thickly sliced
2 x 336g packs 12 turkey meatballs
2 red peppers, thickly sliced
2½ tbsp olive or vegetable oil
2 tbsp clear honey
1 tsp smoked paprika
1 tsp crushed chillies
180g pack curly kale, thick stalks discarded
4 flatbreads, warmed

Method

Preheat the oven to gas 6, 200°C, fan 180°C. Scrub the squash and discard the seeds, then slice into 1cm thick wedges. Divide the squash and onions between 2 baking trays. Put 16 meatballs and the peppers in one tray and 8 meatballs in the other. Drizzle 1 tbsp oil over each and toss gently to coat. Bake for 15 mins, stir, then bake for a further 15 mins.

Meanwhile, heat the honey, paprika, crushed chillies and a pinch of salt in a saucepan over a low heat, stirring regularly, for 3-5 mins until smooth and runny. Use your hands to massage the kale with the remaining ½ tbsp oil in a bowl; season.

Remove the tray with 8 meatballs from the oven and set aside for the tagine (see tip, below). Add the kale to the second tray, mix, then drizzle over the hot honey and return to the oven for 5 mins or until sticky and the kale has started to crisp. Serve with warmed flatbreads.

Mini Egg Brownies Recipe



Prepare: less than 30 mins

Cook: 10 to 30 mins

Servings: Makes 16

Ingredients

200g / 7oz unsalted butter, cubed
200g / 7oz dark chocolate, roughly chopped
3 free-range eggs
250g / 9oz caster sugar
100g / 3½oz plain flour
50g / 1¾oz cocoa powder
240g / 8½oz mini eggs, half of them roughly chopped
Pinch of salt

Method

Heat the oven to 180C/160C Fan and line a 20cm/8in square baking tin with parchment paper.

Put the butter and chocolate into a heat-proof bowl and melt either in short bursts in the microwave or suspended over a pan of simmering water (do not let the bottom of the bowl touch the water). Leave to cool slightly to room temperature.

Put the eggs and caster sugar into a large bowl (or the bowl of a stand mixer) and whisk using an electric whisk until light, pale and fluffy. While whisking, gradually pour in the chocolate mixture until combined.

Fold in the flour, cocoa powder, the chopped mini eggs and a pinch of salt.

Pour the brownie batter into the tin and spread out to make an even layer. Dot over the remaining mini eggs (you may want to roughly crack some of these for the look). Bake for 25 minutes, or until cracked slightly on top and there is a little wobble in the middle. Leave to cool completely in the tin before slicing and serving.

Do you need support to purchase dehumidifiers, heaters or fans around your home?*



- Self-refer to the social prescribing service by either visiting our website or scanning the code below:
www.easthantspcn.co.uk/home/social-prescriber-self-referral/
- Choose “**dehumidifiers and heaters**” in the options for referral
- A member of the team will contact you with how we can help and if you are eligible



*Please note we cannot supply funds for utility bills or any other electrical equipment.

You must be a registered patient at this surgery.

Only one voucher per household if eligible.