

Leven & Beeford Medical Practice Newsletter

Reminder!

***Please allow extra
time to order your
prescriptions***

EASTER Closing Times

**Friday 19th April
(Good Friday)**

**Monday 22nd April
(Easter Monday)**



Welcome!

We'd like to welcome our latest staff additions, Lizi a receptionist at Leven and Jamie a Dispenser / Receptionist at Beeford.

National Diabetes Prevention Programme

If you have had a blood test taken and informed you are at risk of developing Diabetes, there is a new programme to help you.

Stage 1: Initial Assessment

60 minute 1:1 appointment with trained Health Coach

- Anthropometric measurements
 - Point of Care testing
 - Smoking status
 - Wellbeing measure
 - Goal setting
- Signposting onto other services

Stage 2: Core: Healthy Foundations

7 x weekly group session (2 hours each)

- Week 1 - What is pre-diabetes & diabetes
- Week 2 - Physical Activity (chair based resistance exercises)
- Week 3 - Carbohydrate awareness
- Week 4 - Food labels
- Week 5 - Long-term health complications related to impaired glucose regulation
- Week 6 -- Energy balance and fat awareness
- Week 7 - Physical Activity session and progress review

Stage 3: Maintenance: Prevention Plus

4 x monthly group sessions (2 hours each)

- Session 1- Barriers to change, health values, habits and goals
- Session 2- Stress, emotional eating and mindfulness
- Session 3- Habitual thoughts, triggers, inner critic and self-compassion

Session 4- Gaining control of your health, willpower and review

Stage 4: 6 & 9 Month Reviews

1:1 reviews between the Healthcoach and patients are organised at 6 and 9 months during the programme

**SPEAK TO OUR NURSES FOR
MORE INFORMATION**



Spring chicken in a pot

Ingredients

1 tbsp olive oil

1 onion, chopped

500g boneless, skinless chicken thigh

300g small new potato

425ml low-salt vegetable stock (such as Kallo low-salt vegetable stock cubes)

350g broccoli, cut into small florets

350g spring green, shredded

140g petits pois

bunch spring onion, sliced

2 tbsp pesto

Method

1. Heat the oil in a large, heavy pan. Add the onion, gently fry for 5 mins until softened, add the chicken, then fry until lightly coloured. Add the potatoes, stock and plenty of freshly ground black pepper, then bring to the boil. Cover, then simmer for 30 mins until the potatoes are tender and the chicken is cooked. Can be frozen at this point.

2. Add the broccoli, spring greens, petit pois and spring onions, stir well, then return to the boil. Cover, then cook for 5 mins more, stir in the pesto and heat through.

Leven Sports & Social Club Walks



When:

Thursday
10:00am

Where: Leven Sports & Social Club

Duration: 60 minutes

Join us for our weekly 1 hour walk from Leven Sports & Social Club. We meet every Thursday at 10am.

Congratulations!

Our Business Manager, Terri Wardell has graduated with an MSc in Leadership in Health and Social Care

Lucy Livingston, Practice Nurse has just passed her Diploma in Respiratory Disease Management in Primary Care