

# MALTHOUSE SURGERY NEWSLETTER

Welcome to our Spring patient newsletter.  
Our next release will be June 2025.



## Dates to remember:

**March:** Brain Tumour Month + Ovarian Cancer Awareness Month

**April:** World Autism Day + Stress Awareness Month

**May:** National Epilepsy Week + National Walking Month

## March 2025

## The surgery will be closed:

Friday 18th April 2025

Monday 21st April 2025

Monday 5th May 2025

Monday 26th May 2025



The surgery will be closed from  
13.00pm on Tuesday 17th June 2025  
for staff training.

## Staffing updates:

### Departures:

Dr Hughes will be retiring after 35 years at the end of March 2025. We wish her all the very best in her retirement and hope she enjoys this new chapter filled with happiness, relaxation, and exciting new adventures.

Dr Moat went on Maternity Leave in December 2024 and welcomed a happy, healthy baby in January 2025. We all wish her luck during her time off.

All of Dr Hughes registered patients will shortly be receiving letter with their new named GP.

**01/04**

**We are taking on new patients  
in our catchment area.**



**Scan above to join  
the practice.**

Abingdon  
Appelford      Garford  
Appleton      Marcham  
Bayworth      Netherton  
Besselsleigh      Radley  
Boars Hill      Sandleigh  
Culham      Shippon  
Drayton      Steventon  
Dry      Sunningwell  
Sandford      Sutton  
Eaton      Courtney  
Frilford      Tubney  
Fyfield      Wootton

### **Midwives**

There is now a new process for reporting a new pregnancy to the midwives.

Please google Badger notes Oxfordshire and begin self-referral.

### **Reception**

Please do not interrupt any ongoing conversations and please wait to be called forward.

### **Check-in Screens**

Please, when possible, use our check in screens located to the right of our reception desk to avoid queuing and waiting times.

### **Samples**

If you are experiencing symptoms of a urine infection, to have your urine tested, it will need to be requested by a member of the clinical team.



**Have you had your invitation to book a review of your long-term condition?**

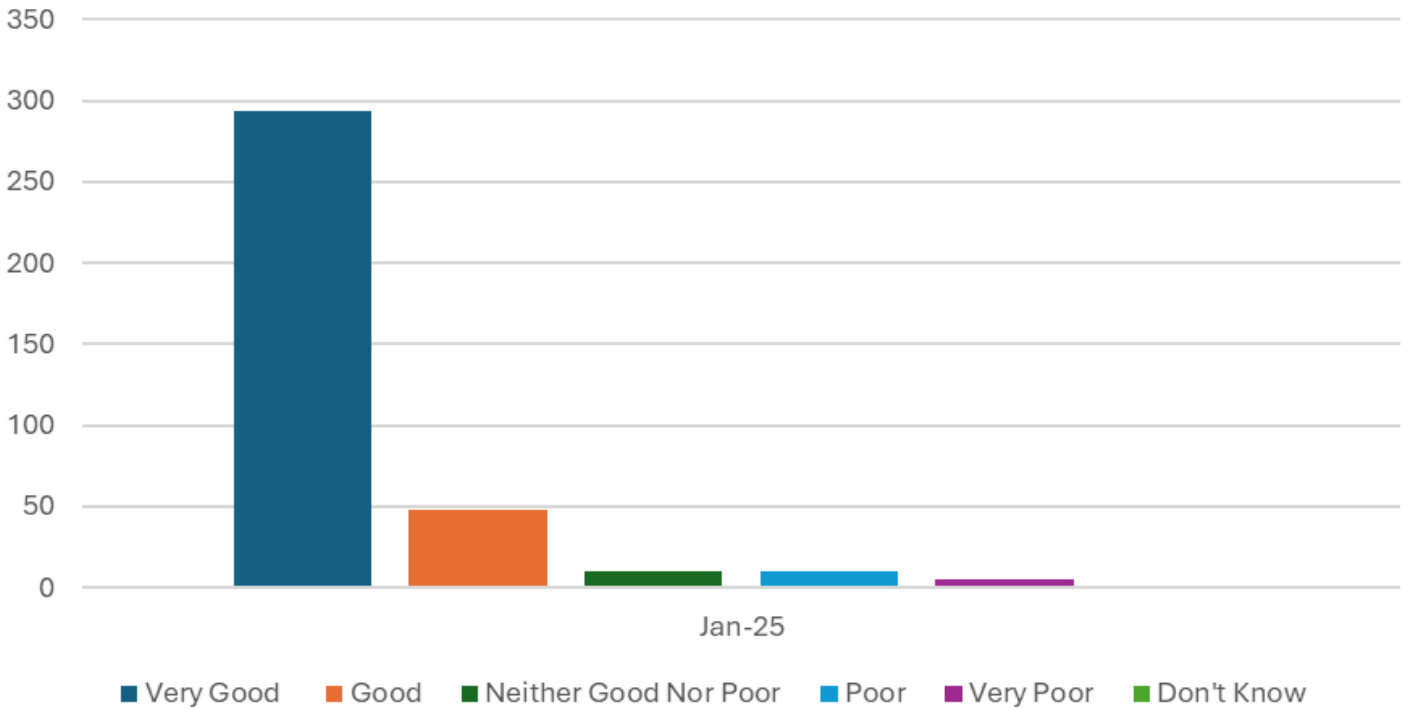
The purpose of these reviews is to ensure that you are receiving the best possible care for your condition(s) and taking the right medication.

Please ring 01235 468860 to book in as soon as you receive your invite.

### **Chaperone Policy**

We always respect your privacy, dignity and your religious and cultural beliefs particularly when intimate examinations are needed - these will only be carried out with your express agreement and you will be offered a chaperone to attend the examination if you wish.

## Friends and Family Test - January 2025



Our Friends and Family Test is available to be completed on our website or via a text link sent after appointments in the surgery.

### What the practice did in January 2025

Number of Anima Consultations completed : 2467  
DNA's : 127  
Number of new patients : 138  
Number of incoming calls answered : 6340

#### **Are you 70 - 79?**

If you are between 70 and 79, you are eligible for a shingles vaccine.

This lowers your risk of developing this painful and uncomfortable disease. If you do have this disease, your symptoms may be milder and recover quicker. Book your appointment now.

### Contact details

If any of your contact details have changed, Please make sure to let us know.

You can change your address, telephone number and/or email address on our website or via a form from the reception desk.

#### **Are you over 65?**

If you are aged over 65, you are eligible to a pneumococcal vaccination.

This is a one time vaccine, it protects against serious and potentially fatal pneumococcal infections. Book your appointment now.

#### **Are you 75 - 59?**

If you are between 75 and 79, you are eligible for an RSV vaccine. This is a common virus that can make babies and older adults seriously ill.

Book your appointment now.



# HEALTHY FOODS

## SUPER SAVOURY RICE

### Ingredients:

- 1 teaspoon vegetable oil
- 1 medium onion, finely chopped
- 100 g closed-cup mushrooms, sliced
- 150 g easy-cook long grain white rice
- 300 ml reduced-salt vegetable or chicken stock
- 75 g frozen peas
- 100 g baby sweetcorn, sliced
- 1 teaspoon curry powder
- 1 tomato, chopped



### NUTRITIONAL INFORMATION

Per serving (1/4 recipe)

766 kJ / 183 kcal

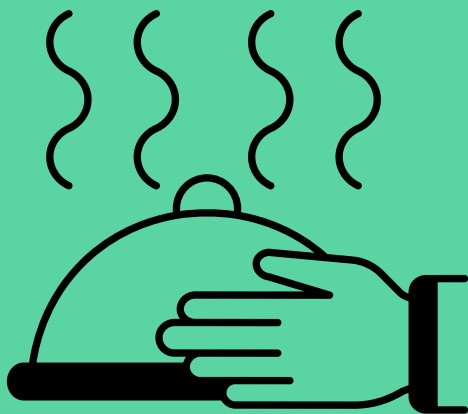
5 g protein

39 g carbohydrate, of which 4 g sugars

2 g fat, of which 0.3 g saturates

3 g fibre

0.05 g salt



04/04

### BETTER HEALTH RECIPES NHS

#### Method:

1- Heat the oil in a saucepan and fry the onion for 2 to 3 minutes, then add the mushrooms and cook for a further 2 minutes.

2- Stir the rice, then add the stock, peas, baby sweetcorn and curry powder. Stir well. Bring to the boil, turn down the heat and simmer for about 15 to 20 minutes, until the rice is tender, adding more water if necessary. (Optional - Add a pinch of dried chilli flakes or mixed dried herbs to flavour the rice)

3- Serve the rice in bowls and sprinkle the tomato on top.