

MALTHOUSE SURGERY NEWSLETTER

Welcome to our summer patient newsletter.
Our next release will be September 2025.

Dates to remember:

June: Stillbirth and Neonatal Death
Awareness Month

July: Alcohol Awareness Week

August: World Breastfeeding Awareness
Week



June 2025

What the practice did in April 2025

Number of Anima Consultations completed : 2,939

Number of new patients : 105

Number of incoming calls answered : 4,874



The surgery will be closed:

Friday 6th June between 12.30 – 13.30

From 13.00 pm Tuesday 17th June 2025 –
Staff Training

Monday 25th August 2025 – Bank Holiday

Staffing updates:

Departures:

Dr Millward is unfortunately leaving the surgery at the end of July, after 7 hardworking years, we thank her for her commitment and dedication to her patients and colleagues. We wish her the best in her new role.

Dr Walford left the surgery at the beginning of June after just over a year here, we have loved working along side her and wish her all the best in the future.

Arrivals:

Dr Mombay, a salaried GP joined the practice in May. We wish her a warm welcoming and are enjoying working along side her.

01/04

SUN SAFETY THIS SUMMER

Sun cream:

Sunburn increases your risk of skin cancer. You can burn in the UK, even when the clouds are out. Not just on holiday abroad.

Safety Tips:

Use at least factor 30 sun cream when you are in the sun and try to avoid getting burnt.

How to apply sun cream:

The best thing to do if you are planning on being in the sun long enough to possibly burn – apply cream twice: 30 minutes before going out and just before you go out. It is recommended to reapply sun cream every 2 hours, as the sun can dry it off your skin.

Tips for coping with the hot weather:

- Keep out of the heat - If you need to go out, try and stay in the shade.
- Eat cold food and drink cold drinks - Avoid alcohol and caffeine and other hot drinks
- Take cold showers or splash your skin or clothes with cold water
- Keep your living space cool by keeping windows closed during the day and opening them at night once the temperature has dropped
- Electric fans will help the temperature if it's below 35 degrees

Are you travelling abroad this summer?

If you are planning to travel this year and think you might need vaccinations, Please complete a travel form located at the reception desk.

Please be aware we will require at least 4 weeks notice before you travel to arrange appropriate appointments.



Who should take extra care in the sun?

- Have pale, white or light brown skin
- Have freckles or red or fair hair
- Tend to burn rather than tan
- Have many moles
- Have skin problems from medical conditions
- Are only exposed to intense sun occasionally
- Have a history of skin cancer



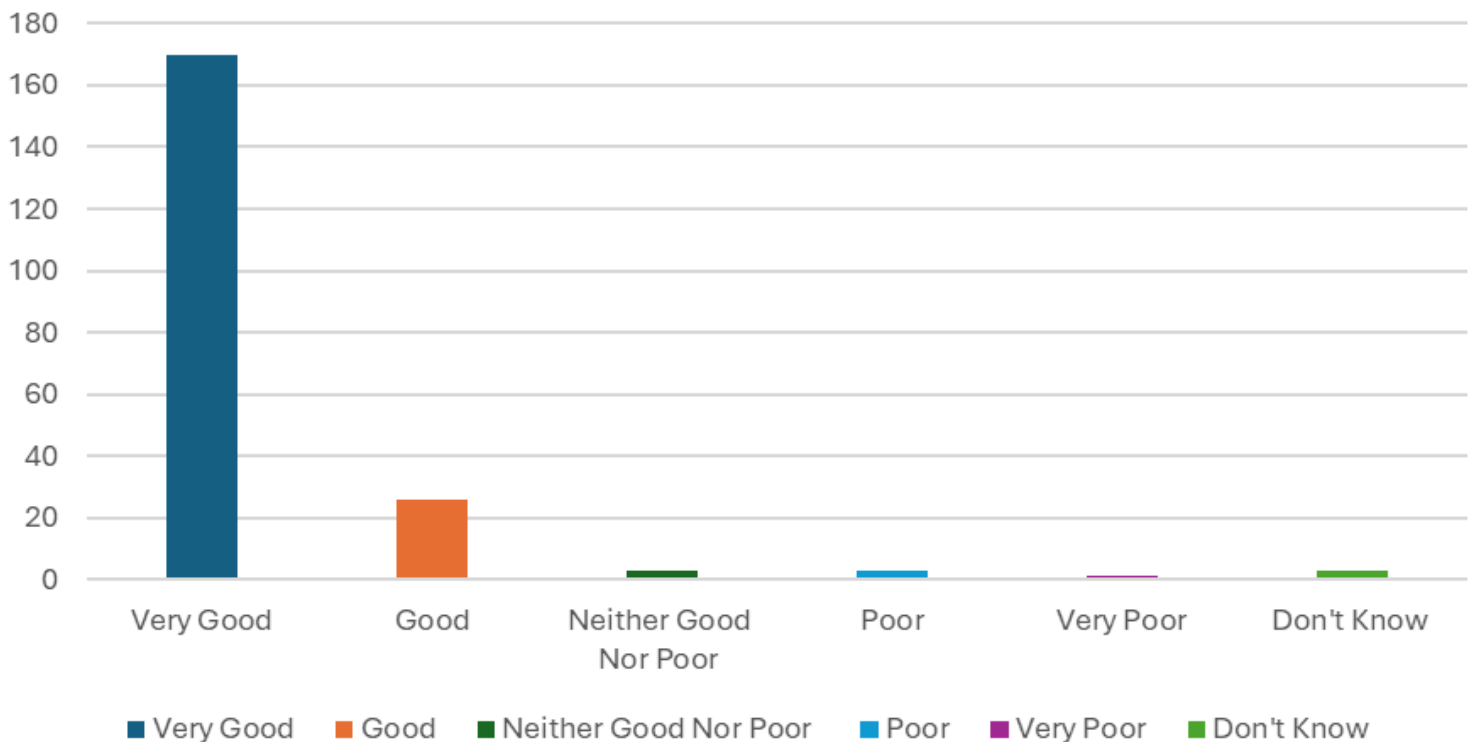
We are taking on new patients in our catchment area.

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



Scan to join the practice.

Friends and Family Results April 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.



HEALTHY FOODS

CHILLI BEEF AND BEAN BURGERS

Ingredients:

- 1 Small onion, quartered
- Small can (around 210g) red kidney beans, drained and rinsed
- 250g lean beef mince
- Wholemeal breadcrumbs (1 slice of bread)
- 2 teaspoons mild chilli powder
- 1 Egg
- 1 tablespoons tomato puree

To serve:

- 1 extra large tomato, sliced
- 1 red onion, sliced
- Lettuce leaves
- 4 wholemeal rolls

Prep: 15 minutes

Cook: 15 minutes

Serves: 4



NUTRITIONAL INFORMATION

Per Serving:

1,240kJ / 294kcal

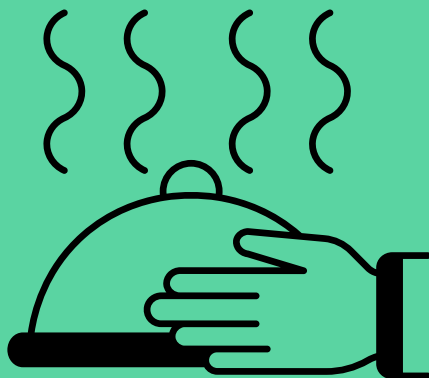
22.4g Protein

35.7g Carbohydrate, of which 5.6g Sugars

4.9g Fat, of which 1.6g Saturates

8.7g Fibre

1.2g Salt



04/04

BETTER HEALTH RECIPES NHS

Method:

1. Chop the onion in a food processor, then add the beans, mince, breadcrumbs, chilli powder, beaten egg and tomato puree, and mix again (If you prefer a chunkier texture, mash the beans with a fork or potato masher, chop the onions by hand and then mix with the other ingredients)
2. Shape the mixture into 4 patties and chill until you're ready to cook.
3. Barbecue or grill for 5-7 minutes each side.
4. Serve in the rolls, with sliced onion and tomato, and lettuce leaves.
(Serve with corn on the cob for a complete meal)