



Theale Medical Centre

Newsletter

DECEMBER 2019 ISSUE

6th December – ELF DAY

Unleash your inner elf on Friday 6th December and dress up to help beat dementia!!

What is Elf Day?

Elf Day is an easy way to raise money for people affected by dementia by spreading some festive cheer.

Every penny you fundraise for Alzheimer's Society is making sure we can be there for people affected by dementia. Thousands of people depend on us to provide the support they need to live well, and to keep fighting for a fairer society in the UK.



ELVES LIKE MINCE PIES!

Head Elf's favourite mince pie

Ingredients

Makes 12

125g unsalted butter, cut into cubes and chilled

50g icing sugar

1 egg, beaten

fine grated zest of 1/2 orange

250g plain flour

200g mincemeat

1 tbsp milk

1 tsp caster sugar

Method

- 1 Preheat the oven to 200°C, 180°C fan, Gas mark 6.
- 2 Place the butter and icing sugar into a food processor and process until the mixture resembles breadcrumbs.
- 3 Add the orange rind and egg and process again until combined.
- 4 Finally, add the flour and pulse until pastry comes together into a ball. Wrap and chill in the fridge for 30 minutes.
- 5 Roll out the pastry on a lightly floured work surface, to the thickness of a £1 coin. Cut out 12 circles and place these into a 12 hole bun tin.
- 6 Divide the mincemeat between the pastry cases then cut out slightly smaller circles for the tops, pressing them down to seal. Cut small stars or other fun shapes to use any remaining pastry.
- 7 Brush the tops with the milk, add the stars then brush those with milk too.
- 8 Sprinkle the caster sugar over the mince pies before baking for 12-15 minutes, until golden.





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Job Vacancies

THEALE MEDICAL CENTRE

**Temporary part-time Clerical Assistant
Required to work in our dispensary**

11 hours per week to cover maternity
leave.

Receptionist experience required but not
essential as training will be given.

Please email covering letter and CV to
rccg.tmc@nhs.net

Would you like to?

- Improve your general health and wellbeing
- Reduce feelings of isolation
- Discover local self-help groups, clubs and befriending agencies
- Volunteer your own time and experiences
- Find bereavement support
- Access social groups and parenting classes
- Explore support for housing, employment, benefits, debt & legal advice
- Become more active
- Get involved in your local community



If so, make an appointment with our social prescriber to help you achieve these goals

Our social prescribing service is available to anyone, who would like help to improve their health and wellbeing. Talk to your healthcare professional today about a referral. Alternatively, call Lucy Hill on 07933 944 556



Patient Participation Group

The PPG is always keen to welcome new members. This is your opportunity to help shape and improve the services we offer at Theale Medical Centre.

Andy Button is the Chair with Simon Collard as the Vice Chair. If you are interested or would like to find out more information please contact them at: ppg.tmc@nhs.net

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