

News from Bottisham Medical Practice Patients' Group

News about the shortage of GPs and staffing in some practices emphasises how fortunate we are with our practice here. Nevertheless our doctors still welcome any suggestions to make things better for their patients, which is where our Patient Group comes in, illustrated by the recent automation of the entrance doors as we had requested.

Appointments: All the in-advance GP appointments and the minor illness appointments for Nurse Practitioner Welch are now available on line. The Practice has to meet a set target for these. Patients can register to use this service. You will still be able to book on the day and other appointments through reception.

Extended Hours: The new early morning appointments on Mondays and Tuesdays have been fully booked. These are only bookable on line in advance and the phone line will not be open until 8.30am. There are now a further 50 appointments per week.

Dispensary: The dispensary is also opening early to cover these two days.

Tombola and Red Bucket: Despite the inclement weather our stall at the Bottisham Village Fete together with the Red Bucket raised a further £121.30 towards our funds saving to buy extra equipment for the surgery. Our thanks to all who contributed.

Missed Appointments: There are still too many missed appointments, which could have been given to another patient needing one. This also costs the NHS money so please cancel with reception if you are not going to attend. You can arrange with reception to have a text reminder sent to you if this would help.

Repeat Prescriptions: Please allow 2 full working days between ordering and collection. This also applies when you request repeat prescriptions on line, although currently the computer does not recognise non-working days when giving you your collection date, so please be aware of this.

Osteoporosis: The Royal Osteoporosis Society has launched a new set of online exercise videos and guides. The guide includes information on how exercise helps with osteoporosis and bone health, answers common questions, and provides exercises to promote bone and muscle strength.

Walks for Health: The next walks with our accredited walk leader Steve Gilson start at 11.00 am from the surgery car park on 13 and 25 September, 4 October, 8 and 20 November 2019. Do join Steve for a walk he would be delighted to see you. Walks from Anglesey Abbey continue on Thursdays at 10am from the reception area.



A recipe from Nigella

Mussels with White wine

By a stroke of luck I have been able to persuade the famous cookery author, Nigella, to contribute some recipes for the Jackdaw Chatter. In this issue Nigella gives us a take on mussels in white wine.



Ingredients

Onions, vegetable stock, white wine, shallots, celery, lemon juice, horseradish sauce, chilli, cumin, coriander, bay leaves, cherry tomatoes.

Method

To make the sauce

Fry an onion in some butter and add the chopped celery and cherry tomatoes.

As the mixture develops add the lemon juice, horseradish sauce, chillis, cumin, coriander and bay leaves.

To steam the mussels

In a large saucepan fry a couple of shallots. Once they are mellow add the vegetable stock, some white wine and the mussels. Steam for around 20 minutes in total but add the sauce to the mixture after ten minutes to infuse all the wonderful flavours.

Serve in bowls.

Church News

Food Bank

Please remember Jean is still delivering contributions to Newmarket Open Door Food Bank. Please give generously. Collection points are: Prad at the Post Office, Quy Village Hall (the box is available in the kitchen when the Hall is being used) and the front porch of No 6 Orchard Street, which is always unlocked.



A new service pattern has been arranged now that Gina has gone as it is now impossible for Sue to take services in every church each Sunday. With the new rota there will be a service in the Village Hall on each first Sunday, a Holy Communion in the church on the third Sunday, and a Morning prayer on the fourth Sunday. All the services will start at 9:30am.

Church roof repairs

The lead has now all been replaced with stainless steel guttering and flashings. Unfortunately some damage has been found in the roof of the North Aisle and roofing felt will need to be removed in one section to replace rotten timbers. Also some stone work was damaged by the lead thieves and this will need to be repaired. The contract for these repairs has now been let, and work is expected to commence in a month.

Funeral of Kath Chapman

On a lovely sunny day many villagers turned out at the church to say goodbye to Kath Chapman. Kath would have loved the service. Brian, Shirley and Tracey had arranged it, and would have been so happy saying thank you to all those who attended. Afterwards all were invited to celebrate Kath's life at Quy Mill hotel. Kath lived in the village,

mainly at Herrings Close, since she married Bill about 60 years ago. She has always been an avid member of Quy congregation and also of the PCC for many years. Very quietly she always did her part at any village celebration where she was normally to be seen making teas and washing up. Kath loved the village and all that nature had to offer here. Until a few years ago she would walk for miles around the byways, sometimes taking Shirley's dog with her. A year or two ago Kath got poorly and had to go into Queens Court, where she once again settled happily until she died peacefully there in July aged 93.

Service of Remembrance for Jim Watts

Jim died this August after living in the village for 92 years. There are tributes to Jim's life elsewhere in this issue of the Jackdaw, but so many villagers turned out on Tuesday August 20th to celebrate his very productive life in village politics and art. The service contained some lovely rousing hymns which Jim had chosen himself, and in his former days, would have really enjoyed singing in his strong bass voice. Once again we all retired to Quy Mill Hotel where many of Jim's paintings and photographs were on show. His three girls had made the celebration of his life very enjoyable.

Quy Harvest Festival

This will be held at 5:00pm on Sunday September 22nd. It will be followed by a ploughman's harvest supper all for free. However you might be asked if you would like to make a donation towards the roof repair works, but this will be entirely voluntary. Why not come along and join us in singing some joyful Harvest hymns, say a thank you for all our crops and vegetables and enjoy a chat, a meal and a drink afterwards.

Businesses urged to enhance their green credentials with FREE energy efficiency reviews

Small and medium sized businesses in the wider Cambridgeshire area are being offered free, independent professional advice, delivered by some of the best energy efficiency consultants in the country, to help them enhance their green credentials this Autumn.

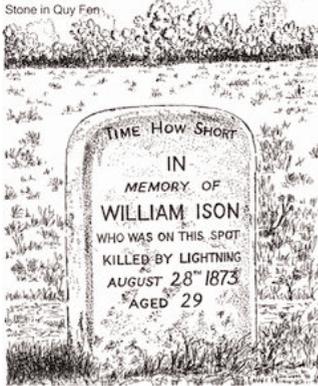
The free energy efficiency reviews are made possible thanks to funding from the European Regional Development Fund (ERDF), and will help businesses to identify the cost and carbon savings that can be made through becoming more energy efficient, giving their businesses a competitive advantage whilst being eco-friendly too. Since its inception in 2017, the Business Energy Efficiency (BEE) programme, delivered by Peterborough Environment City Trust (PECT), has supported over 200 businesses in the wider Cambridgeshire area identifying over £1.2million of potential cost savings, and 6,290 tonnes of carbon savings. That's the equivalent of 1145 flights from London to Sydney.

With carbon reporting requirements potentially on the horizon for every business, BEE is urging organisations to act now and take advantage of the free energy efficiency reviews, allowing businesses to prioritise where energy efficiency measures will have the biggest impact, in order to make well informed business decisions.

Antony Gough, Project Manager at BEE, explained; "Our fully-funded reviews are undertaken by highly experienced professionals. They will look at the energy usage within your company, and identify the cost and carbon savings available from switching to alternative technologies such as LED lighting, heating and insulation, or solar PV. If you wish to undertake any of the recommendations, the team at BEE can help you to identify any suitable funding sources available to you."

There are general eligibility criteria that need to be met to qualify for support from BEECP, but typically 95% of organisations contacting the programme are likely to be eligible.

Businesses can sign up for free expert advice, delivered by some of the best energy efficiency consultants in the country, at <https://www.beecp.org/sign-up> or call the BEE team on 01733 882549.



Church Services

Services in our Church or Benefice.
Minister for all services is Reverend Sue Giles.

Date	Time	Type of service	Location
Sept 15th	09:30	Benefice communion	Quy
	11:00	Family service	Swaff Prior
Sept 22nd	09:30	Children's church	Lode
	5:00pm	Harvest Festival and supper	Quy
Sept 29th	09:30	Benefice communion	Swaff Bulb
	11:00	Morning Prayer	Bottisham
	6:30pm	Evensong	Swaff Prior
Oct 6th	09:30	Morning Prayer	Quy V. Hall
	11:00	Benefice communion	Bottisham
Oct 13th	09:30	Benefice communion	Swaff Bulb
	11:00	Family Communion	Lode
Oct 20th	09:30	Benefice communion	Quy
	11:00	Family service	Swaff Prior
Oct 27th	09:30	Morning Prayer	Quy
	11:00	Benefice communion	Swaff Prior
Nov 1st	09:30	Morning Prayer	Quy V. Hall
	11:00	Benefice communion	Bottisham
Nov 10th	10:45	Remembrance Service	Quy
	10:45	Remembrance Service	All churches
Nov 17th	09:30	Benefice communion	Quy
	11:00	Family service	Swaff Prior
Nov 24th	09:30	Morning Prayer	Quy
	11:00	Benefice communion	Swaff Prior