

ST. GEORGE'S MEDICAL PRACTICE PATIENT FORUM NEWSLETTER

HELLO... AND WELCOME!

Welcome to the newsletter of the Patients' Forum (formerly known as Patients' Participation Group) for St. George's Medical Practice.

A Patient Participation Group (PPG) is a group of volunteer patients, carers and GP practice staff who meet regularly to discuss and support the running of their GP practice.

PPGs look at the services the practice offers, patient experience and how improvements can be made for the benefit of patients and the practice. Each PPG is different, but they all have the aim of making sure that the GP practice puts the patient, and improving health, at the heart of everything it does.

JOINING THE PATIENT PARTICIPATION GROUP

A PPG is open to every patient on the GP practice list. People of all genders, ages, ethnicities, and those with health conditions and disabilities are encouraged to join. There are no membership requirements except that patients must be registered with the practice. PPG members should as far as possible, be representative of the practice population.

If you are interested in becoming a member of St George's PPG, please contact Claire Bicknell or Malcolm Ginever for further information. Email – claire@catena-network.co.uk

Inside The Issue

NEWS

Welcome to the first issue of the Patient Participation Group Newsletter as well as vaccination information.

FEATURING...

Q&A with Dr Matt Jelpke, his famous lentil chili recipe, visit to Paradise Allotments, and recipe for Risotto Primavera!

AWARENESS MONTH

Did you know... October is Breast Cancer Awareness Month. Keep reading to find out more.

MEET DR MATT JELPKE!

Dr Jelpke is the senior partner at St. George's, and we were lucky enough to be able to spend some time with him and ask some questions!

1. Did you always want to be a doctor from an early age?

"No, I thought about it more when I was about 16 or 17. I was good at science but wanted variety and working with people, so medicine seemed a good fit."



2. What is the best thing about being a GP?

“The variety – all ages and stages and the window into people’s lives and what folk have to deal with is a real privilege. These days GPs are the only generalists in medicine and figuring out diagnoses and hopefully helping people get better or manage their conditions can be very rewarding.”

3. What do you think is exciting in medicine at the moment? [e.g., new treatments, discoveries, use of AI in surgery, etc?]

“That’s a tricky one. Artificial Intelligence probably is the most exciting thing on the near horizon as I think it does have the potential to really help us manage workload – the ability to automate routine functions in healthcare will be more and more essential as workload grows but the NHS has a reducing workforce.”

4. What is your key health tip?

“Walk everywhere!”

5. If you were on TV’s Master Chef, what would your signature dish be?

“Lentil Chilli is what I am famous for in my family. Very healthy and very tasty! Happy to share the recipe.”

Dr Jelpke’s Lentil Chilli!

This recipe is good for group or batch cooking, serves 10-12 people.

Ingredients:

- 2 tbsp oil
- 2 large onions
- 3 cloves of garlic
- 2 bell peppers – any colour
- 2 tsp each of coriander powder, cumin powder, mild chili powder (or 2 finely chopped fresh chilies)
- 300 g uncooked green lentils
- 2 tsp balsamic vinegar
- 3 tins chopped tomatoes
- 3 tins kidney beans
- 4 tbsp tomato puree
- ¾ pint water
- 1 tsp sugar
- Salt and pepper
- 2 vegetable stock cubes

Method:

- In a pot, fry your finely chopped onions, garlic, and peppers for 5 minutes or until soft.
- Add the species and fry for another minute.
- Add the lentils, chopped tomatoes, water, tomato puree, sugar, and balsamic vinegar to the pot.
- Let boil rapidly for 10 minutes, then simmer for an hour – you may need to add more water while it simmers.
- Add the stock cubes, kidney beans, and season with salt and pepper as desired.
- Enjoy!

Hope you get to try this!



RUSHCLIFFE SOCIAL PRESCRIBING TEAM – ISSUE 1

Claire's visit to the Paradise Allotments in Ruddington

The PPG recently received an invitation from the Rushcliffe Social Prescribing Team to visit their Plot at the Paradise Allotments in Ruddington, in celebration of Allotment Open Day in August. Claire Bicknell eagerly accepted and went along to meet members of the Social Prescribing team and some of the volunteers.

“The crops that were growing at the allotment were very impressive” Claire said, “they all looked like they could win prizes at a local show!”

There is a team that varies in size from 4 to 12 that work at the allotment once a week during the Spring/Summer, however these allotments can be visited throughout the year.

A number of the volunteers were at the open day, and had cooked a delicious risotto, (over a camping stove) using some of the produce. It was so good, Claire requested the recipe, written by Jackie Skinner. Keep reading if you'd like to see how she did it!

If you have an interest in gardening and would like to find out more about volunteering at the allotments, please contact representatives from the Social Prescribing team Laura Steed laura.steed4@nhs.net or Sophie Taylor sophie.taylor62@nhs.net

ADDITIONAL INFORMATION

Rushcliffe Primary Care network

<https://www.rushcliffehealth.org/rushcliffe-social-prescribing>

Rushcliffe Social Prescribing Facebook page

https://www.facebook.com/RushcliffeSP/?show_switched_toast=0&show_invite_to_follow=0&show_switched_tooltip=0&show_podcast_settings=0&show_community_review_changes=0&show_community_rollback=0&show_follower_visibility_disclosure=0



RISOTTO PRIMAVERA

Recipe from Jacki Skinner at Paradise Allotments



Serves 2 people

Ingredients:

- 1 garlic clove, crushed with a pinch of salt
- 1 small onion, peeled and finely chopped
- 1 carrot washed and diced
- Small handful of tender beans, washed and sliced
- Handful of podded peas, or, if very young, washed and sliced in the pod
- 1 small courgette, washed and diced
- Sweetcorn, husk and silk removed and corn kernels stripped off
- 1 tbsp olive oil
- Small knob of butter
- 150g Arborio rice
- 425ml vegetable stock, boiling water mixed with a stock cube
- Salt and freshly ground black pepper, to taste
- Dried mixed herbs
- Approximately 1 level tsp Parmesan cheese/freshly grated or approximately 25g mature cheddar

Method:

- Prepare all the fresh vegetables and keep them separate on a large plate.
- Put the olive oil, butter, garlic, and onion in a large frying pan and cook gently until softened but not browned.
- Stir in the rice and coat with the olive oil and butter.
- Add all the vegetables and mix gently into the rice. Add the boiling stock and stir everything together.
- Bring to a boil, then reduce heat to a gentle simmer. Cover with a lid or foil. Cook for 15 minutes, exactly, no peeking!
- Remove lid, check that the rice is tender, and all the stock is absorbed. If it is not, then continue to simmer without a lid.
- When the rice is tender and the stock absorbed, season to taste.
- Serve with grated cheese, garnished with freshly chopped herbs.

****Primavera** means “spring in Italian; the risotto uses all the first new vegetables**

DOCTOR DOCTOR JOKE OF THE MONTH!

Doctor! Doctor! My toes are on the wrong feet.
Dr: “Looks like a classic case of mix-ama-toes-sis”

VACCINE SEASON!

As we are approaching the colder seasons it is important that you get the correct vaccinations.

While having the flu is, at most, an unpleasant experience for most, it can be dangerous and life threatening for some, particularly those with certain health conditions. Though it is possible to get your vaccine later, the best possible time is in the autumn or early winter before the flu starts spreading.

With the new variant of Covid-19 going around England, it is important that you are properly vaccinated. The vaccine is the best way for you to protect yourself against serious illness and hospitalisation from Covid-19 and the boosters gives your immune system some extra strength to keep you healthy!

SEASONAL INFLUENZA VACCINATION

This year the practice will be offering influenza vaccines to all over 65s and those under 65 considered to be at increased risk of the flu.

This would be ones suffering from chronic heart disease, renal disease, liver disease, chronic respiratory diseases, diabetes or immunosuppression. For children aged 2 -3 years, the practice offers the flu nasal spray.

There are no drop-in sessions, all vaccinations will need to be by appointment only. If you are eligible and have not yet received your vaccination, please call the surgery to book an appointment.

If you do not wish to receive the vaccination this year, please contact the surgery to let them know.

COVID BOOSTER VACCINATION

The practice have been running clinics for Covid vaccination, however there are no more clinics at the practice now.

If you have not yet had the vaccination and wish to book an appointment, you can do so via the national booking systems.

Free of charge from mobiles and landlines and with support in 200 languages, you can reach the National Booking Line by calling: 119

Or schedule an appointment on the [National Booking Service Online Link](#)

AWARENESS MONTH OCTOBER

Breast Cancer

Breast cancer awareness month is held every October to raise awareness about one of the most common cancers, with one in every seven people developing breast cancer at some point in their lives. The campaign's goal is to promote early detection as well as to support and generate funds for cancer research and treatment.

HOW TO DETECT BREAST CANCER ON YOURSELF

Remember to check your breasts on a frequent basis to become acquainted with how they feel so that you can report any changes to your healthcare practitioner.

Look for the following signs:

- Lumps, breast, or nipple discomfort
- Skin texture changes
- Nipple discharge or inversion
- Lymph node alterations
- Dimpling
- Redness
- Swelling

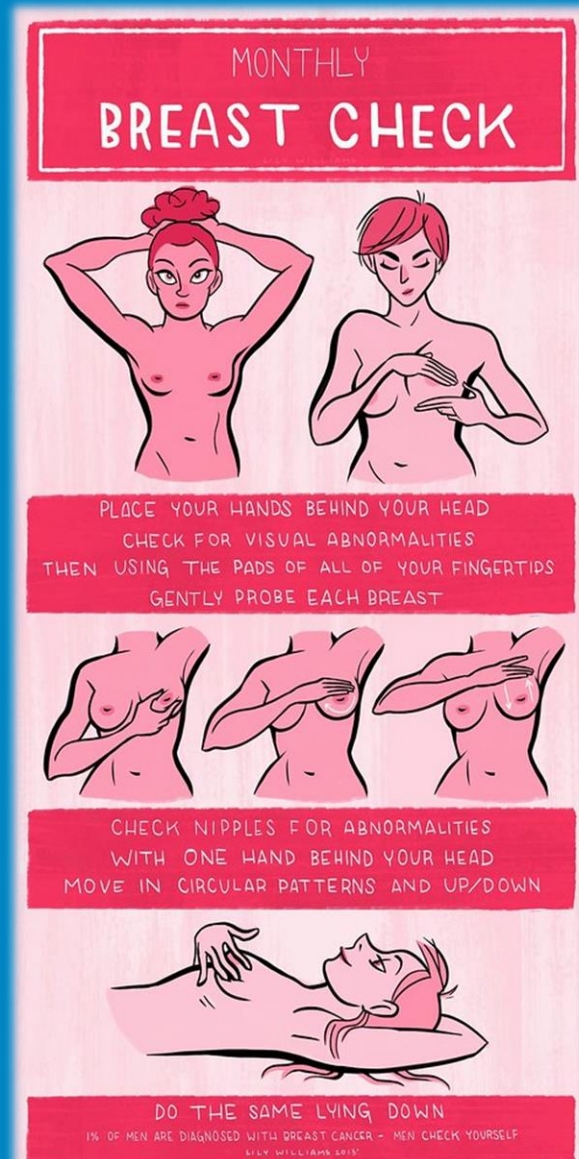
!If you believe any of these apply to you, get medical attention immediately and remember not to self-diagnose!

HOW TO ACTIVELY PARTICIPATE IN BREAST CANCER AWARENESS MONTH

Donate or raise money: You can make donations to cancer research charities like the Cancer Research UK and Breast Cancer Research Foundation, or you can support fundraisers. Alternatively, you may organise your own fund-raising events, such as bake sales, quiz evenings, fashion shows, or anything else you can think of.

Wear pink: Show your support by wearing pink apparel or ribbons and join the millions of individuals who are doing so. Share your clothing, facts, and experiences on the internet to raise awareness. using appropriate hashtags.

#BreastCancerAwarenessMonth #BreastCancerAwareness #EarlyDetection
#BreastCancerSupport #MammogramsSaveLives #PinkRibbon



WHAT ARE WE?

The purpose of this newsletter is to encourage members of St. George's Medical Practice to engage with and join the surgery's Patient Participation Group! Our goal is to create and update a monthly newsletter sharing relevant and helpful information from the practice.

WHO ARE WE?

This is a collaborative project between St George's Patient Participation Group and a group of students at Nottingham Trent University. Deputy Chair of the PPG Claire Bicknell is working closely with NTU's Dr Jenni Ramone and her students Lydia Sewell, Felicia Bergfast, Ryan Palmer, Ilinca Moraru, Max Magistri, Alex Klocek, and Ellie Morrin.

SOMETHING YOU WANT TO SEE?

If there is anything you would like to see in next month's edition – let us know!

We aim to bring the practice together and create a newsletter enjoyable to everyone!

WANT TO GET INVOLVED?

If you are interested in becoming a member of St George's Patient Participation Group, please contact Claire Bicknell or Malcom Ginever for further information.

Email – claire@catena-network.co.uk