

# ST. GEORGE'S MEDICAL PRACTICE PATIENT NEWSLETTER

MARCH 2024

## HELLO... AND WELCOME!

Welcome to the newsletter of the Patients' Forum for St. George's Medical Practice.

This Patients' Forum is a group of volunteer patients, carers and GP practice staff who meet regularly to discuss and support the running of their GP practice.

The Forum looks at the services the practice offers, patient experience and how improvements can be made for the benefit of patients and the practice. Every practice has such a group and each 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 PATIENTS' FORUM

Our Patients' Forum 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. Group members should as far as possible, be representative of the practice population.

If you are interested in becoming a member of St George's Patients' Forum, please contact Claire Bicknell or Malcolm Ginever for further information. Email – [claire@catena-network.co.uk](mailto:claire@catena-network.co.uk)

## *Inside The Issue*

### NEWS

An introduction to Sign Language!

### FEATURING...

What to do with your mother this Mother's Day and a recipe for Lemon and Elderflower cake!

### AWARENESS MONTH

Did you know... March includes sign language week! Keep reading to find out more.

## Mother's Day!

This year, Mother's Day falls on Sunday the 10<sup>th</sup> of March! The day is meant to honour the contributions our mothers do, to acknowledge the effort of maternal bonds and emphasize the roles of mothers in our society. If you haven't planned anything yet, make sure to spoil your mum on this day to show your appreciation! Here are a few tips of what you can do:



The most important and easy way to make your mum's day, is to spend the day with her!

If you are ready to spend some money on your mum, you can't go wrong with the classic Mother's Day activities like a manicure, brunch, or a spa day. Maybe even treat her to a special meal! For example, you can take her to Browns Brasserie and Bar, which is a cosy and comfortable restaurant with special Mother's Day events. It is located within easy reach of Nottingham Castle, theatre, museum, and shops, so why not make a full day out of it, and take her out for some sightseeing and shopping as well?

If you are not willing or not able to spend lots of money on your mum, there are still plenty of things you can do to show your immense appreciation; prepare her breakfast in bed, make a homemade gift, bake her a cake! (follow this Mother's Day cake recipe → → )

Also, if you and your mum just want to spend some time at home during this day, there are still plenty of things you can do together! You could binge-watch a favourite or a new TV show together with all her favourite snacks, or make her lunch, the possibilities are endless!

## Lemon & Elderflower Celebration Cake!

Credit: <https://www.bbcgoodfood.com/recipes/elderflower-lemon-celebration-cake>

Serves 15-18

This is a delicious cake that takes a bit more effort to make but will definitely impress your mum. To really impress your mum this Mother's Day, decorate with edible flowers and a sweet message!

### Ingredients:

- Oil, for greasing
- 6 medium eggs
- 100g natural yoghurt
- 50ml milk
- 450g butter, softened
- 450g golden caster sugar
- 450g self-raising flour
- Finely grated zest of 1 lemon, plus juice
- 3tbsp elderflower cordial



### For the icing:

- 250g butter, softened
- 300g full fat cream cheese
- 700g icing sugar
- Finely grated zest of 1 lemon
- Fresh flowers for decoration

### Method:

- Heat oven to 160C°/140C° fan/gas 3. Grease and line three 20cm cake tins with baking parchment.
- Whisk together the eggs, yoghurt, and milk. In a separate bowl, beat the butter and sugar together, using an electric hand whisk. When you have a light and fluffy mixture, add the flour, lemon zest, and the egg mixture. Mix until smooth.
- Divide the cake mixture between the three tins, bake for 40 mins.
- Mix the lemon juice and elderflower cordial. When the cakes are cooked, poke all over the surface with a cocktail stick then spoon the lemon and elderflower syrup over the cakes. Leave to cool in the tins.
- Once the cakes are completely cool, to make the icing beat the butter until smooth with an electric hand whisk. Add half the icing sugar, use a spatula to mash the mixture together, then whisk again. Add the remaining icing sugar, cream cheese and lemon zest, mash again, then whisk until smooth.
- Stack the cakes with plenty of icing between each layer. Pile most of the remaining icing on top, then use a palette knife to spread it across the top and down the sides. Use the final bit of icing to cover any patches where the cake is poking through. Decorate however you want and serve!

# An Introduction to Sign Language!

Sign language is a form of communication used by those who are deaf or have a hearing impairment. It works like any other language, but instead of using words it utilizes a multitude of facial communication, hand gestures and body movement to get across meaning. It is an organic language with its own grammar, structure and syntax like German or Italian. There is not a single sign language that exists, like spoken languages, there exist many different sign languages.

In Britain the most common type of sign language used is British Sign Language (BSL), which has many regional dialects. BSL has its own alphabet, and every letter has a specific sign. Fingerspelling is where these signs are used to spell out the names of things like names or places. However, it does not function like a spoken language where letters create words. Instead, each sign will represent a thing, an action, or an adjective.

If you'd like to learn how to communicate using sign language, we recommend that you locate a qualified BSL instructor to teach you. Sign languages programs are often available in schools and universities. You can also locate BSL teachers using Signature which is the leading award body for BSL with an online directory to locate BSL teachers.

If you'd like to learn some basic BSL signs scan the QR code below or copy and paste the link.

<https://www.youtube.com/watch?v=Iz3h3B5jBz8>



## DOCTOR DOCTOR JOKE OF THE MONTH!

Patient: Doctor! Doctor! I am unable to stop playing scrabble.  
Doctor: My word!

# AWARENESS MONTH

## MARCH

*Sign Language Week*

Sign language week occurs from the 13<sup>th</sup> to the 19<sup>th</sup> of March and is meant to serve as a campaign to encourage people to learn sign language and to spread awareness about the needs that deaf people in our society have. Just like every other language, there are many different sign languages, but here in the UK we mainly use British Sign Language – BSL.

### Get involved:

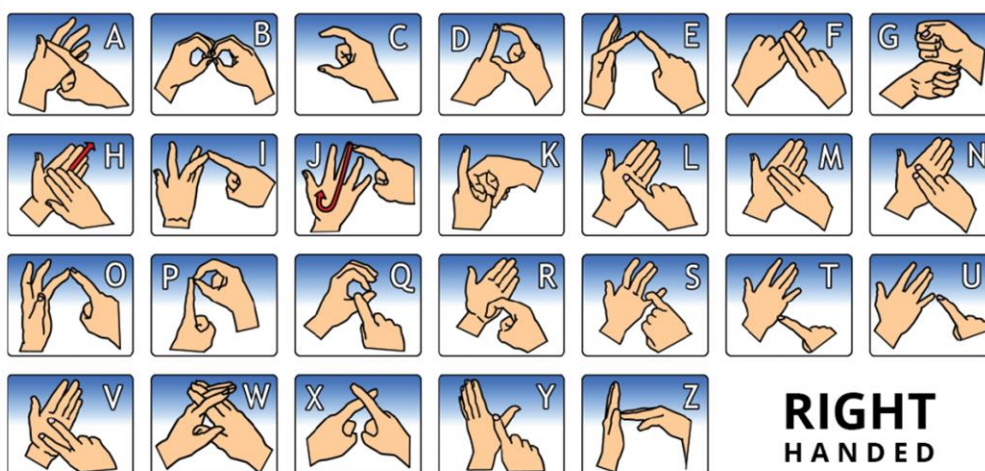
There are many free services around the internet that can help you learn British Sign Language, such as:

- **Youtube**
  - o Has many free videos you can watch to get started.
- **School of Sign Language**
  - o Provide multiple videos and documents to help you learn. Visit their website here: <https://schoolofsignlanguage.com/learn-online/learn-online-free-only/>
- **National Deaf children's Society**
  - o They offer online courses and resources in order to support deaf children and their families. Visit their website here: <https://www.ndcs.org.uk>

In order to make the world a more accessible and inclusive place for those within the deaf community, you can listen to their stories and hear about how they first learned sign language. Here are some influencers you can check out:

- JazzyWhipps (Youtube) <https://www.youtube.com/@JazzyWhipps>
- @MsDeafQueen (Instagram)
- @ChrissyMarshall\_ (TikTok)

### BRITISH SIGN LANGUAGE - FINGERSPELLING



[british-sign.co.uk](http://british-sign.co.uk)

LEARN BRITISH SIGN LANGUAGE ONLINE  
AT [WWW.BRITISH-SIGN.CO.UK](http://WWW.BRITISH-SIGN.CO.UK)

## **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 Patients' Forum! 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 Patients' Forum and a group of students at Nottingham Trent University. Deputy Chair of the Patients' Forum Claire Bicknell is working closely with NTU's Dr Jenni Ramone and her BA English 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 Patients' Forum, please contact Claire Bicknell or Malcom Ginever for further information.

Email – [claire@catena-network.co.uk](mailto:claire@catena-network.co.uk)