

ST. GEORGE'S MEDICAL PRACTICE PATIENT NEWSLETTER

APRIL 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. Each group 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

Inside The Issue

NEWS

All you need to know about maternity care!

FEATURING...

Fun facts about Easter and a recipe for Easter Egg Brownies!

AWARENESS MONTH

Did you know... April includes World autism Day. Keep reading to find out more.

Easter Egg Brownies!

Serves 9-10

Ingredients:

- 185g unsalted butter, cut into small chunks extra for greasing
- 185g best dark chocolate, broken into pieces
- 3 large eggs
- 275g golden caster sugar
- 85g plain flour
- 40g cocoa powder
- 5 fondant filled eggs
- 150g mini chocolate eggs
- You will also need a few fluffy chenille Easter chicks to decorate (optional)



Photo credit:
<https://www.bbcgoodfood.com/recipes/easter-egg-brownies>

Method:

- Put the butter and chocolate in a medium-sized heatproof bowl and set over a pan of simmering water, stirring occasionally until melted. Leave the melted chocolate mixture to cool to room temperature.
- Heat oven to 180C°/160C° fan/gas 4. Grease a 20cm square tin with butter and line with 2 strips of folded baking paper or foil, one running top to bottom, the other left to right, then line the base with a piece of baking paper. The strips will help you lift it out later.
- Break the eggs into a large bowl and add the caster sugar. With an electric mixer on medium speed, whisk for around 5-8 minutes or until thick and creamy and doubled in size.
- Pour the cooled chocolate mixture over the egg mixture, then gently fold together.
- Sieve the flour and cocoa powder into the wet ingredients, then continue to fold the mixture gently with a spatula until everything is fully combined, try not to over-mix.
- Pour the mixture into the tin and carefully level it with a spatula. Put in the middle of the oven for 20 minutes.
- Meanwhile, cut the fondant eggs in half and set aside, then place the mini chocolate eggs into a pestle and mortar. Crush a few of the mini eggs but also leave some whole.
- After 20 minutes, take the brownie out of the oven and press in the fondant eggs, cut side up. Scatter over half of the mini eggs too then but back in the oven for 5 minutes.
- Once baked, top with the remaining mini eggs, leave to cool completely, then place in the fridge for about 1hr to firm. Lift it out of the tin using the strips of baking paper, cut into squares, and serve. Decorate with little easter chicks if you like.
- Enjoy!

DOCTOR DOCTOR JOKE OF THE MONTH

Patient: Doctor! Doctor! I am feeling funny today. What do you recommend I do?
Doctor: Maybe give stand-up comedy a shot.

ALL YOU NEED TO KNOW ABOUT MATERNITY CARE!

Everyone is entitled to free maternity care provided by the NHS. The service is midwife led and patients self-refer into midwifery services (tel 0115 952 9422, based at West Bridgford Health Centre). A midwife's main role is to support you through your pregnancy by providing you with regular health check-ups to ensure that there are no problems with you or your baby. They also provide you with emotional support and offer answers to any questions which you might be curious about, such as taking care of a newborn, what to pack in your labour bag, breastfeeding, and postpartum recovery. They will carry out physical examinations such as blood and urine tests to ensure there are no signs of hepatitis B, syphilis, or HIV.

Throughout your pregnancy, you will be offered 2 ultrasound scans at 11-14 weeks and 18-21 weeks of your pregnancy, along with screening tests to assess the possibility of your baby having conditions such as Down Syndrome, Edward's Syndrome, or Patau Syndrome. You get up to 10 appointments if it is during your first pregnancy, although if you have had children previously, you will be offered up to 7. You will also be able to hear your baby's heartbeat for the first time as well as finding out the way in which it is positioned and whether there is a chance you might need a C-section during labour. If you are suffering from any special health needs, your doctor or midwife will share a responsibility for your care during your pregnancy.

You are entitled to up to 52 weeks of maternity leave from your job, regardless of how long you've been employed there, and receive up to 39 weeks pay. Your employer must also ensure that you are paid for any days you need to miss to go for your pregnancy check-up appointments.



Here are some things to consider doing during your maternity leave:

- Given that you now have a human to care for, being pregnant or having a baby can make you feel very alone or isolated from other people. You might also find that you don't have any time for yourself afterward. Postnatal classes are a great way to address this because you can surround yourself with other parents, whether this is their first child or not. They help you connect with others and are educational, which lessens feelings of loneliness.
- You can take your baby to swimming lessons or play groups.
- Finding a hobby helps you keep a healthy balance in your everyday life, you are doing something you enjoy which takes your mind off things for a while.
- This is also a great opportunity for socialising with friends and family and letting them get to know your baby, it might also bring your mood levels up as you are surrounded by all your loved ones.



AWARENESS MONTH

APRIL

World Autism Awareness Day

On 2nd of April 2024 we are celebrating and sharing awareness for people diagnosed with any form of autism spectrum disorder (ASD). ASD is a developmental disability caused by chemical differences within the brain. The diagnosis is spread widely on a large spectrum which makes it important to understand and recognise how it affects people differently.

Signs and symptoms:

High functioning autism may present itself like:

- The inability to maintain eye-contact
- Trouble with social cues
- Anxiety in social settings
- Restrictive habits
- Understanding certain verbal communications

People with more severe autism may struggle with:

- The inability to use spoken language
- Sensory dysfunction, extreme sensitivity and overstimulation regarding the four senses, such as loud sounds, large crowds, different textures.
- Repetitive behaviours such as shaking and rocking. This is called stimming and is used by people on the spectrum to calm themselves
- Other physical symptoms/diagnosis such as excessive sleepiness and epilepsy
- Low IQ

It is important to recognise the signs and act respectfully and compassionately towards those who may find it harder to do certain things.

Diagnosis:

For adults, there is only a diagnosis service if a person is very significantly affected by how they are. Referrals for high functioning diagnosis queries are rejected. It is important to be aware that the waiting list for diagnostic assessment is over 2 years.

For children, referral is generally done via school, following the concerning behaviours pathway, unless there is evidence of developmental regression, in which case there is a NHS community paediatric referral

The following link may be useful:-

[Concerning behaviours multi-agency pathway | Nottinghamshire County Council](#)

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