

ST. GEORGE'S MEDICAL PRACTICE PATIENTS' FORUM NEWSLETTER

JUNE 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

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FEATURING...

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AWARENESS MONTH

Did you know... June is Pride Month! Keep reading to find out more.

Places to meet in Rushcliffe!

You may be new to Rushcliffe and want to explore your new area, or perhaps you simply want to get out and about more. This article will give you an insight to some of the best local gems. Rushcliffe and the surrounding area is packed with a variety of conservation areas, sports facilities, museums, gardens, and more which contribute to its rich culture.



Rushcliffe Country Park is an open park located just south of Ruddington. With 210 acres of wildlife, parks, skateparks, disabled-friendly play equipment, table tennis tables and cycle tracks, Rushcliffe Country Park offers a plethora of fun activities and is the perfect spot for all. It also has a dog friendly area. The park offers a weekly Parkrun; a hugely popular free organisation which you can register for in advance, held at 9am every Saturday. Also on offer is a permanent orienteering course that is free to use. All these options are a great way to explore nature and perhaps discover new routes to complete with friends and family.

If you're looking to relax and experience the ultimate salon/spa experience, the **Joshua Tree Spa**, located on Wilford Lane in West Bridgford, offers hair treatments, spa treatments such as customised facials, massages, nail treatments, touch therapy, beauty, and aesthetics. Pamper yourself with indulgent spa packages! This could be a perfect relax and rejuvenation day with your pals!

Create! **Art School** was launched in 2017 for anyone who wishes to expand their creativity, build their confidence in art, or simply relax and enjoy art workshops. Located on North Road in West Bridgford, Create! Art School offers classes for anyone; you don't need any prior experience. Classes are taught by Helen who launched the art company together with a team of experienced art tutors.

Of course, the **Trent Bridge Cricket Ground** must be mentioned. Considered to be one of the best cricket grounds in the world, Trent Bridge was built in 1830. It is perfectly located on several regular bus routes and is easily reached from Nottingham City train station. Inside the grounds you have an amazing view of the beautiful pitch. Indulge yourself in some sports on a family day out!



World Blood Donor Day!

June 14th, 2024, is World Blood Donor Day!

This day is part of the global public health campaign created by the World Health Organization in order to raise awareness in different areas of blood donation.

One of the topics widely discussed during this day is the lack of blood supplies in several countries and the importance of healthy people donating blood.

Donating blood helps with medical treatments, emergencies, research, and saves millions of lives.

World Blood Donor Day is also a way to show gratitude to blood donors across the world!

You can give blood at thousands of donation venues across England. There are multiple permanent donor centres across Nottingham, as well as some pop-up community venues.

For more information on how to give blood, visit <https://my.blood.co.uk/your-account/where-to-donate>



Ice cream shops around Nottingham!

As summer draws closer, our taste for ice cream grows stronger and stronger. There are plenty of dessert parlours in Nottingham, so head out, enjoy the sun, and try these local dessert parlours on a hot day! Don't forget your suncream!

Kaspa's Desserts:

[52-60 Maid Marian Way, Nottingham NG1 6BJ](#)

Open seven days a week, Kaspa's offers sundaes, waffles, crepes, doughnuts, s'mores, cakes, and if you're feeling really peckish, Kaspa's giant platter consisting of 15 scoops of ice cream plus waffles, whipped cream, syrups and sprinkles has your name on it! Their desserts are described as 'decadent and delicious'.

Yumi Ice Cream Parlour:

[116 Radford Road Hyson Green, Nottingham NG7 5FW](#)

Established in 2008 by student Mohammed Abbas on his placement year in Nottingham, Yumi Ice Cream Parlour specialises in delicious ice cream and desserts as well as locally roasted coffees and paninis. The parlour is a sustainability champion, reducing water usage, food waste, and carbon footprint - all the more reason to indulge!

Rassam's Creamery:

[Station Road, Beeston, Nottingham NG9 2WJ](#)

Rassam, a young entrepreneur who started off as a local grocer has become as successful businessman with his award-winning parlour. The business has supported a number of different charities, especially within Yemen, Rassam's home country. The dessert shop has 24 colourful and delicious tubs of ice cream, ranging from vanilla, the nation's favourite, to pistachio, mango, or raspberry ripple.

Dolcino:

[7 Beastmarket Hill, Nottingham NG1 6FB](#)

Dolcino is a traditional Italian gelato parlour which also offer coffees, toasties, crepes, burgers and pizzas. Their prices are excellent, with amazing reviews such as 'simply delicious' and 'had a fun, relaxed feel to it.'

DOCTOR DOCTOR JOKE OF THE MONTH!

Patient: Doctor! Doctor! I have lettuce stuck in my throat...

Doctor: It appears that this is just the tip of the iceberg.



AWARENESS MONTH

JUNE

Pride Month

Every year during the month of June we celebrate everyone who identifies as part of the LGBTQ+ community. LGBTQ+ stands for:

- L – Lesbian
- G - Gay
- B – Bisexual
- T – Transgender
- Q – Queer
- + – Any other sexuality you might identify as!

The celebration is meant to commemorate and highlight the impact that the LGBTQ+ community has had on local, national, and international history.

The History of Pride:

The celebration originated during the violent Stonewall uprising in New York, June 1969, where people flooded the streets in order to protest against discrimination by the police. The first Pride march took place the following year, and three years later, in 1972, London joined in the celebrations as well. Subsequently, Pride month has become more significant, boasting colourful parades and educational events for the LGBTQ+ community and their allies, enabling them to come together to spread love and acceptance. In remembrance of the souls lost to AIDS and hate crimes towards the community, memorials are also held.

Get involved:

There are many celebrations throughout the month, such as Pride Parades, picnics, parties, workshops, and concerts. Most events are advertised online; you can visit <https://nottspride.co.uk> for information on events in Nottingham.

You can also get involved by:

- Becoming a Pride sponsor
- Fundraising
- Volunteering at Nottingham Pride

Support for the LGBTQ+ community:

Nowadays, the LGBTQ+ community is widely accepted however, types of discrimination, isolation, and rejection can affect mental health so if you or someone you know is struggling, you can visit these mental health charities for help:

- Mind, <https://www.mind.org.uk>
- LGBT Foundation, <https://lgbt.foundation>
- NHS, <https://www.nhs.uk/mental-health/advice-for-life-situations-and-events/mental-health-support-if-you-are-gay-lesbian-bisexual-lgbtq/>
- Barnado's, <https://www.barnardos.org.uk/get-support/support-for-young-people/lgbt>

WHAT ARE WE?

The purpose of this newsletter is to encourage patients 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