

ST. GEORGE'S MEDICAL PRACTICE PATIENTS' FORUM NEWSLETTER

MAY 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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Wilford Claypits.

AWARENESS MONTH

Did you know...
May is National Walking
Month! Keep reading to find
out more.

Walking Paths in Rushcliffe!

In honour of May being the national walking month, two of our writers, Alex Klocek and Max Magistri, have walked around two serene nature reserves in Rushcliffe. To inspire you to go out for a walk, they have both written a short retelling of their experiences.....



The Greenline

By Alex Klocek

There are many ways that walking can improve your health and well-being. It is recommended that we walk at least 3 times a week and up to 30 minutes. Walking is healthy for the heart and helps your body burn calories, effectively serving as free exercise! Walking in nature and looking at beautiful scenery can help lower stress levels and it is also just a good excuse to leave the house! The best part is that although you can choose to do it alone, you can also walk with a friend. Being able to walk in nature and just chat about things helps combat loneliness. Taking a nice refreshing walk surrounded by nature can clear your mind and allow you to think over some situations which might be stressing you out, in a tranquil environment.

Today, I went on a walk on The Green Line Local Wildlife Site, NG2 6EL, in West Bridgford. This walk allowed me to take a step back from the things that have been stressing me out throughout the past week. The breath of fresh air and the view of nature calmed my nerves and cleared my mind, which gave me the opportunity to work through what was stressing me out. Having this time-out to just self-reflect helped me a lot and put me in a much better mood.

The path consisted of a straightforward line, which meant that it was very easy for me to follow without getting lost or getting too tired. It included a spot which allowed me to look at the road below you, where I stopped and observed a beautiful sunset. There were benches around to sit down in and take a rest in case I got tired, along with informative signs around talking about the various species you could encounter along the way. Throughout my walk I encountered various dog walkers who were happy to let me to pet their beloved companions, and I shared various friendly conversations with them, which put a smile on my face.

Upon entering the walking path, I noticed an information sheet about the upcoming events at the Green Line. They are often looking for volunteers to help clear the meadows to make it a better environment for wildlife, the tools are usually provided, but you would need to bring your own gloves. These meadow clearings are a great opportunity to socialise while also helping the environment!

For more information visit their website on <http://www.greenlineconservation.com> or scan the QR code.



The Wilford Claypits

By Max Magistri

The Wilford Claypits is a peaceful, calm walk nestled within Rushcliffe that can be under 20 minutes. I decided to take some time out of my day and go for a walk there. There are a few entrances into the nature reserve, however, I strongly recommend using the entrance by The Apple Tree pub car park because, compared to the other entrances, it is by the far the most accessible way to get into the reserve.

I decided to do a full loop of the reserve and see everything, which only took about 15 minutes. The standout feature of the reserve is it's claypits which run alongside as you walk around the reserve, and I especially loved seeing the big claypit with a jetty running of it. I walked right to end of the jetty and stood there and looked in the water for some moments, watching the leaves silently pirouetting in the water; I felt completely at peace.

I would strongly recommend visiting this. I also saw few grey squirrels there and in summer you can see dragonflies and damselflies criss-crossing over the water. Along with the claypits there also a few open spaces where one can sit down and have or coffee or a picnic. The Apple Tree Pub is directly next to it, so I also went there! I found the atmosphere to be very relaxed and I recommend going there if you feel peckish after you're walk.

All in all, it is a lovely walk. If you want to have a good idea of how it's like before you go walking there, have a look at the pictures I took.

For more information, visit <https://www.nottinghamshirewildlife.org/nature-reserves/wilford-claypit> or scan the QR code.



DOCTOR DOCTOR JOKE OF THE MONTH!

Patient: Doctor! Doctor! I broke my arm in two places again!
Doctor: Well, you should stop going to those places then.

AWARENESS MONTH

MAY

National Walking Month

During the month of May, national walking month encourages people to get up and get moving! This month is designed to promoting walking and the physical and mental health benefits it includes, while also creating the opportunity to raise money for a cause close to your heart. You can for example organise sponsored walking events at schools, neighbourhoods, or communities during this month in order to raise money.

Health benefits:

- Prevents certain health conditions
- Improves mental health
- Can help you loose weight
- Reduces the risk of a stroke
- Lowers you blood pressure
- Reduces the risk of fractures
- Tones and makes your legs stronger
- Improves energy levels
- Boosts your immune system

How to participate:

- Use the #Try20 and walk 20 minutes each day!
- Try walking to school with the walk to school week during the 15-19th of May.
- Go on walks with your friends or just with your headphones and listen to some music or an audiobook! This could be with a purpose, such as going to the shops or just for fun, such as walking around a heritage sight like the castle or down the Trent canal.
- Just get up and get moving!



Crops to plant in May!

Spring is finally approaching, and the weather is starting to get warmer. Many gardeners are therefore keen to get planting, however in England the weather is still fluctuating between the lovely spring climate and the cold winter climate. Therefore, we need to be extra careful with what it is we plant in May.

What You Can Plant Outside!

In the veg plot: May is a good time to plant Broad bean, Runner beans, Garlic, Onions, Peas, Carrots, Leeks, salad corps, and strawberries!

In the Garden: All hardy perennials & evergreens will flourish in the month of May. These are all plants you can buy from your local garden centre or online.



What To Avoid Planting!

Due to the risk of colder weather during May, some plants would be best of being planted in a greenhouse or planted a month or two later.

These would be the more tender vegetables such as squashes, cucumber, melon, chillies, courgettes, sweet pepper, etc.

If You Have a Greenhouse!

May is the perfect time to start growing your tomatoes. Tomato Plants are sold in your local garden centres from February, however, do not plant them until the conditions are warm. If you plant your tomatoed under glass, it will make them fruit earlier and be less prone to blight.

There are many choices of tomatoes, when picking, please keep in mind that the bush type tomatoes, which are bushier and suitable for hanging baskets, are generally easier to grow compared with Upright, or Cordon tomatoes since they need more attention.



DEMENTIA AND CARERS

THURSDAY
16TH MAY
10:00-2:00
2024

MARKETPLACE

FREE

RUSHCLIFFE ARENA, WEST
BRIDGFORD NG2 7HY

Come and find out what support is available locally to improve the lives of carers and people living with dementia.

- ✓ A Dementia Friends Information session will be on offer during the event.

Scan here to sign up!





DEMENTIA AND CARERS MARKETPLACE

Stall Holders to include:

FREE

- Alzheimer's Society
- Rushcliffe Community Voluntary Service
- Local Memory Cafes
- Carer Advice and Support
- Local Community Groups
- Social Prescribers
- Age UK Notts
- Legal advice
- Benefits advice
- Local Police Team
- Health and Wellbeing information
- Talking Therapies
- Equipment to maintain independence
- Refreshments

... and more!



With thanks to Trevor Clover
www.caring-roadshows.co.uk

For more information contact gwynneth.owen@nhs.net / [07309852899](tel:07309852899)
Organised by Rushcliffe Dementia Action Network (RDAN)

EAT YOUR WAY TO BEAUTY

By St George's Patients' Forum member, Chrissie Wells

You'll be amazed at how much money you can save from not buying beauty products that you don't really need! Some are really expensive these days and they do have a shelf life which once opened can be as little as a year. So, storing and using economically can be a waste of time.

Why not try foods that give you healthier shinier hair, for example. Leafy green vegetables such as rocket or spinach contain vitamins A, B5 and C, beta carotene, iron and folate. Blood flow to your scalp can be increased, and growth encouraged.

Folate is a great ingredient to include in your diet, especially if you are pregnant or have a blood disorder such as Sickle Cell Disease. In these cases a dietary supplement is recommended. Folic acid is the synthetic version of the vitamin folate, also known as vitamin B9 which helps the body make healthy red blood cells and encourages nail growth. Dietary folate is found in certain foods such as spinach, kale, asparagus, brussels sprouts, cabbage and broccoli. Folate is also found in pulses such as peas, lentils and beans, including chickpeas. You can also eat yeast and beef extracts, including Marmite and Bovril and oranges and orange juice. Wholegrain foods and wheat bran, poultry, pork, shellfish and liver are also rich in folate, so however picky someone is, there is a wide variety of choice, as long as the diet is balanced.

Instead of using mascara and eyeliner for brighter eyes that are striking, why not try carrots! Yes, the old wives' tale has some truth due to the beta carotene contained in carrots which helps eyes adjust better to light and darkness, reducing eye strain. Onions also contain polyphenols which help your eyes repair damaged micro blood vessels.

Healthy clear skin is something that everybody craves. This is where Omega-3 comes in. This is contained in oil rich fish foods – mackerel, salmon and herring, so your skin is kept moisturised, and the antioxidants are essential for skin health. These omega fatty acids also help support your immune system. Avocados give you natural fats and vitamin E for skin health.

Helping nature by buying makeup and toiletries does make you feel good, however your diet has to be the starting point for natural glowing beauty that comes from good health.

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