

ST. GEORGE'S MEDICAL PRACTICE PATIENTS' FORUM NEWSLETTER

JULY 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 look 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

SPF protection! The benefits of sunscreen and why it is necessary.

FEATURING...

Ways to keep cool during the summer and two refreshing drinks to cool down.

AWARENESS MONTH

Did you know...
July is a plastic free month!
Keep reading to find out more.

Ways to Keep Cool During the Summer!

As June moves to July, the days are now becoming brighter, longer and the temperatures are beginning to rise. With this change, we find ourselves more and more outside enjoying the weather that the chilly months of winter keep from us. It is a time to relax and take off our jackets and jumpers to bask in the sunshine. It also important, however, to make sure that we are keeping ourselves cool. With this in mind, we have organised 4 tips to help you make your keeping cool this summer!



1.) Hydrate, Hydrate, Hydrate!

The importance of having a water bottle at close reach can't be overstated. In summertime, we constantly find ourselves sweating because of the heat which causes us to regularly lose body fluids through our sweat. During these months, we need to remind ourselves to drink water regularly; a useful way of doing could be by setting a reminder on our phone or a timer on our watch to alert us that we need to drink.

2.) Seeking Shade!

Ideally during these months, we should avoid staying in the sun from 11am to 4pm when the sun is at its hottest. During this time, we should stay in the shade and not spend too much time in the sun. We should also think about using a hat too because it shields us from the sun's rays which stops us from getting too hot. Any hat will do, whether it be a baseball hat or a Panama, however, we recommend getting a hat with a wide brim to block out as much of the sun as possible.

3.) Shorts & Trousers!

We can also keep cool by paying attention about what clothing we're wearing. It doesn't necessarily mean being limited to just shorts and t-shirts. It is not important what type of garment it is; however, it is important that it is made from a light, breathable material like cotton or linen.

4.) Sleep!

During the summertime it also becomes harder to sleep because of the days being longer and the nights hotter and many find it difficult to keep cool, which stops them from sleeping. One way we can our sleeping area cool is by using a light and breathable duvet, on top of this, wearing pyjamas that are loose-fitting and breathable can also help us keep cool. We can also help keep the room temperature cool by keeping the windows and doors open to make sure that cold air being circulated throughout the room so it does not get too hot. Switching to lighter curtains could also help with this as unlike heavier curtains, which help retain the heat, lighter curtains are more permeable and allow air to be circulated.

Cooling Non-Alcoholic Drinks for the Summer!

Credit: <https://www.bbcgoodfood.com/recipes/watermelon-lemonade>

Watermelon Lemonade

Perfect for a kid's party or just as a refreshing summer drink for both kids and adults!

Serves 8

Ingredients:

- 1 large or 2 small watermelons
- 250ml lemon juice (from a bottle or squeeze on your own)
- 100g golden caster sugar
- 1L bottle soda water
- 1 lime, cut into slices
- Small handful of mint
- Crushed ice

Method:

- Cut up the watermelon, fishing out any pips along the way.
- Mash the flesh through a sieve into a large bowl. Put the flesh in a blender (or use a tall jug and hand blender) with the lemon juice and sugar, whizz to a purée, then stir in the soda.
- Put ice into a jug and fill it with the lemonade mixture. Serve with the lime slices and mint.
- Enjoy your refreshing watermelon lemonade!

Iced Latte

Credit: <https://www.bbcgoodfood.com/recipes/iced-latte>

For all of you coffee lovers, this is the perfect drink for a hot weather caffeine kick!

Ingredients:

- 2 espresso shots (60ml)
- 2 tsp sugar, honey, or maple syrup (to taste)
- Ice
- 100ml whole milk

Method:

- Mix the hot espresso with the sugar until it dissolves.
- Fill a glass with ice and stir in the sweetened coffee.
- Pour over the milk and stir until combined.
- Cool off with your refreshing latte!

SPF Protection!

In July, if you are spending extended time outside in the sun you should be wearing sun cream. Sun cream protects against two types of radiation: UVB and UVA; both can cause sunburn and potentially skin cancer. The best way to limit our exposure to sun is by wearing a hat and sunglasses with sun cream. Everybody is at risk from the sun's radiation and, while it is true that those of a fairer complexion are most at risk of receiving sunburn, it is also true that whoever you are, you can be affected by the sun; therefore, everyone should wear sun cream.

The effectiveness of a sun cream in protecting against UVB and UVA radiation can be measured in two ways. The sun protection factor, or SPF, measures how effective the sun cream is against blocking UVB radiation. It is recommended that you use sun cream with a SPF rating of 30 and above, however, if you are of fairer complexion, it is strongly recommended that you wear a SPF rating of 50+, which offers the highest level of protection. A sun cream's ability to block out UVA radiation is indicated by how many stars it has and any sun cream you do use should have a 4-star rating at least.

Knowing what sun cream you should use is only half the story, it is also vital to know when and how to apply sun cream. Ideally, sun cream should be applied 30 minutes before going out and again, right before you go out. It should be reapplied frequently, at least every two hours. Also, make sure you are using a decent amount of sun cream when reapplying, in other words: do not skimp on it. Not using enough means you are not giving yourself the best protection.

For more information you can visit the NHS's webpage on sun safety at:

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

or Boots' webpage on 'What SPF do I need?' at:

<https://www.boots.com/sun-and-holiday-inspiration/suncare-advice/what-spf-do-i-need>

UV PROTECTION CHART				
Low (0-2)	Medium (3-5)	High (6-7)	Very High (7-10)	Extremely High (11+)
Sunscreen	Sunscreen	Sunscreen	Sunscreen	Sunscreen
Sunglasses	Sunglasses	Sunglasses	Sunglasses	Sunglasses
	Hat	Hat	Hat	Hat
		Shade	Shade	Shade
				Indoors from 10am – 4pm

DOCTOR DOCTOR JOKE OF THE MONTH!

Patient: Doctor! Doctor! Help me now! I'm getting shorter and shorter!
 Doctor: Just wait there and be a little patient.

AWARENESS MONTH

JULY

Plastic Free July

Plastic Free July is a global movement dedicated to reducing the amount of plastics in the ocean and on the streets as well as how to prevent plastic pollution. On average, a normal household will throw away 66 individual pieces of plastic packaging a week, which adds up to around 3500 pieces a year. By participating in Plastic Free July, you can be part of reducing these numbers.

Problems caused by plastic:

- Health impacts
 - o There are many toxic chemicals and microplastics in plastic food packaging which has been reported to be found in the food as well. Ingesting these too much of these toxic chemicals and microplastic might lead to poisonous effects.
- Effects of ocean and wildlife
 - o Around 8 million tonnes of plastic waste end up in our oceans each year, leading to the death of millions of animals. It is estimated that by the year 2050, there will be more plastic in our oceans than fish.

Get involved:

Check out the Plastic Free July foundation here <https://www.plasticfreejuly.org> for more information and to sign up to the challenge to help reduce plastic in our households.

Here are some of the things they suggest you can do to participate:

- Bring your own reusable coffee mug to your local café!
- Avoid single use plastic. Clean your old ones and buy refills!
- Avoid buying packaged produce, such as fruits and veggies. Get the plastic free options.
- Bring your own shopping bags from home to avoid buying new ones!
- Stop using plastic straws and invest in some reusable ones!
- Reuse plastic bottles or buy a reusable one!
- Make sure you are recycling your plastic!



PLASTIC FREE
JULY

Sharphill Wood



You may have noticed some leaflets when you visit St. George's practice; Nottinghamshire Health Walks. One of these (Route 4) is a distance of 4.7 miles and it takes in Sharphill Wood. Those who have never walked through the Wood will find this a very rewarding experience and you don't even need to cover the whole of the walk described.

Of course, the purpose of encouraging people to walk more, is to promote wellbeing – better mobility, improved circulation, lower blood sugar and improved mood to name just a few of the benefits. However, walking in nature, especially a wood hugely increases these benefits. According to the Woodland Trust “Embracing nature's embrace: woods and trees do more than just clean [the] air. Growing scientific evidence is revealing that reconnecting us to nature bolsters our physical and mental wellbeing.”

Sharphill Wood is not ancient woodland and has a relatively short history. However, it abounds with flora and fauna, including birds that appear on the red and amber endangered lists. Just visit in the spring and listen to the many different bird songs and calls including the green and spotted woodpeckers. There is a wealth of species of fungi, and some beautiful trees including Pedunculate oak, wych elm, beech and sycamore. In spring there are bluebells at the northern end, whilst in the south there are the rare early purple orchids.

Louis L'Amour said that “A forest is a living thing like a human body...each part dependent on all the other parts.” If you use all your senses whilst walking through Sharphill you can see, hear and smell all sorts of different species that make it a richly biodiverse wood. Friends of Sharphill Wood organise regular work parties and occasional walks for those who want to learn more about nature and contribute to the protection of this fragile and beautiful resource. Have a look at our website and Facebook page for some stunning photos, how to access it, a Nature Trail, a wealth of information and to see whether you would like to get involved. And do pick up those leaflets!

www.sharphillwood.org

Chrissie Wells
Chair, Friends of Sharphill Wood

St George's Patients' Forum – AGM 19th June 2024

St George's Patients' Forum held its Annual General Meeting on 19th June at the Rushcliffe Arena.

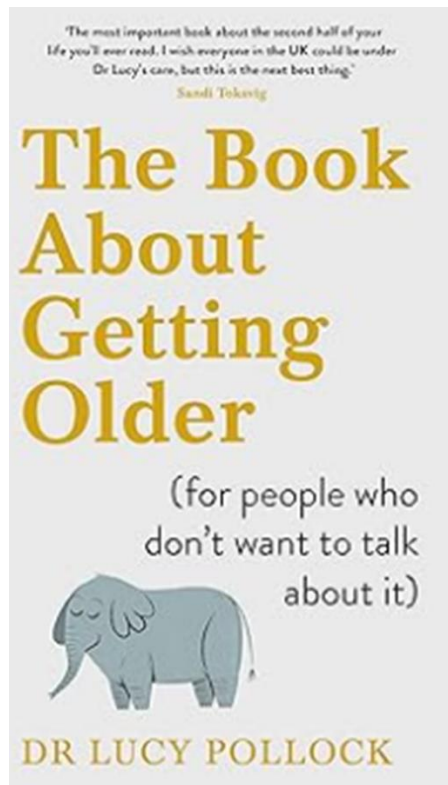
The event was attended by just over 60 of the Surgery's patients, with Practice Manager Carol Wilson, Dr Alex Brodie and Dr Matt Jelpke. Chairman, Malcolm Ginever opened the meeting and welcomed attendees, and outlined the format of the evening.

Vice-Chair, Claire Bicknell reported on the Forum's achievements and activities from the previous 12 months. Chrissie Wells was then welcomed as the Forum's Secretary.

Following a brief refreshment break, Paul Mills, Public Health Manager from Nottinghamshire County Council gave an informative and entertaining presentation, challenging the audience's perceptions on the health demographic in the Borough of Rushcliffe.

The final presentation was made by Dr Jelpke outlining updates at the Surgery with regard to services and new members of the team. He then reported on areas of patient feedback and other areas where patients can access healthcare resources. He finished by detailing some take home messages, utilising the NHS App or Practice Website for requesting prescriptions, accessing the online query on the App or Website for simple things and ended by reiterating his mantra "Walk Everywhere" and a recommendation of "The Book About Getting Older" by Dr Lucy Pollock!

A copy of Dr Jelpke's slide presentation can be obtained by contacting claire@catena-network.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