

ST. GEORGE'S PATIENTS' FORUM

NEWSLETTER

AUGUST 2024

HELLO... AND WELCOME!

Welcome to the newsletter of the St. George's Patients' Forum Newsletter.

The 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 Surgery's Patients' 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

Autumn Anxiety, what it is and how to beat it!

FEATURING...

The best things about Afternoon Tea, and a recipe for Homemade Apple Tea!

AWARENESS MONTH

Did you know... August includes Afternoon Tea Week! Keep reading to find out more.

Afternoon Tea!

The idea of afternoon tea came about in the 1840s and since then has become a main staple of British culture. From its inception it has been a way to take a break from the hectic day to socialise and have fun. It gives someone the opportunity to spend some quiet time to reflect on their thoughts and problems in a way that is calming and constructive. It is also a way to unplug from the world and its worries so that we can recharge.



One activity that could be taken up during tea hour is journaling. Journaling is a fantastic tool (and soothing activity) because it helps someone organise their life by enabling them to record their accomplishments and aspirations while also monitoring their personal growth and development.

Afternoon tea may also serve as a great way for individuals to catch up with friends and family and to socialise. Sometimes all someone needs is just to be around people who they can talk to and have fun with, which can go a long way towards helping them deal with any problems they might be facing. A regularly scheduled tea hour helps people get out of the house and into a calm social setting where they can connect with other people.

Getting busy and productive is another great thing to do during afternoon tea. People can bring their work with them and complete it whilst drinking tea and enjoying a delicious cake. It relieves strain and creates a more enjoyable work environment by offering a transition from the typical office setting to one that is more laid back, which ultimately can help in getting more done because they are relaxed.

So next time you or someone you know are feeling lonely or stressed, it may be a good idea to ask them to join you for an afternoon tea, where you can simply just chat and enjoy each other's company in a different setting.

Here are some places I recommend going to in Ruddington for afternoon tea:

The **Old Bakehouse Tearoom**: 58 Church Street, Ruddington NG11 6HD. This is a British Café with a 4.5-star rating. The reviews describe the atmosphere as calm and the staff as extremely friendly, as well as the food being great with a range of vegetarian options available on the menu.

Debbie Bryan Ruddington Village: 15 High St, Ruddington, Nottingham NG11 6DT. Open Thursday-Saturday 10am-4pm. This place provides a tearoom, a gallery, and a garden. They offer fun activities such as candle making, Christmas cracker making and an activity called, 'Craft of the Month' where visitors can participate in various creative projects. This allows them to let loose and do something fun with the company of other people, therefore serving as a great way to socialise with others whilst completing an enjoyable activity.

Jaspers Café: 24b High St, Ruddington, Nottingham NG11 6EA. Open Monday-Sunday. 4.6-stars. This place offers free parking, free WI-FI and a great menu with gluten free options. The reviews state that it has a lovely atmosphere along with friendly staff.

Homemade Apple Tea for Autumn

This recipe makes a large, single serving of apple tea. Perfect during the chilly mornings of the autumn months so you can start to plan ahead!

Ingredients:

- 250ml water
- 2 cinnamon sticks
- 4 whole cloves
- 2 teabags of black tea
- 250ml apple cider (you can substitute the cider for apple juice)
- Apple slices
- Sweetener to taste

Method:

- Place water, cinnamon sticks, and whole cloves in a medium saucepan and heat until boiling.
- Turn off the heat. Remove the string and label from the teabags and drop them in the hot water.
- Cover the pan with a lid and allow the tea to seep for a few minutes.
- Remove the teabags and stir in the apple cider.
- In a large mug, drop two slices of fresh apple into the bottom. Place a strainer over the mug and pour the tea through it.
- Sweeten to taste.
- Enjoy!

In place of whole cinnamon sticks, you can use 1tsp ground cinnamon.

In place of whole cloves, you can use 1 ¼tsp ground cloves.

You can also use green tea or herbal tea instead of black tea.

To make larger batches, simply double, triple, quadruple, etc. the ingredients to accommodate your crowd!

Credit:<https://www.mostlyhomemademom.com/autumn-spiced-apple-tea/>

Autumn Anxiety – things to do to keep yourself busy!

If you are not the biggest fan of summer, you are happy to be done with it and move on to autumn already. But, if you are a summer lover, you are probably feeling some slight panic about it moving towards its end. In both cases, there is likely some guilt forming over the lack of things done during the summertime. Autumn is filled with new things, new schedules, new jobs, new schools, new assessments. It is no wonder why some of us have difficulties moving on from the summer.

Autumn Anxiety is not a diagnosable condition such as seasonal affective disorder (SAD) or clinical depression with seasonal onset. However, it includes an annual increase in anxiety that have been reported to be the worst during the last week of August all through the first few weeks of September. Welsh therapist, Ginny Scully, named this phenomenon after seeing many of her clients with feelings of nervousness during this time. Here are some tips on how to overcome your autumn anxiety:

How to beat Autumn Anxiety:

- **Go outside!**
 - This type of anxiety usually make you want to go into hibernation and lock yourself indoors. Spending time outside in nature combats this desire, restores your mood and energy levels.
- **Visit an observatory!**
 - Plan a trip to your nearest observatory to get a closer look at the magic of the sky and to keep your mind of the changes in weather.
- **Go to a festival!**
 - There are plenty of festivals on all over the UK during August and they are a great way to keep your mind of the end of summer and create fun memories!
- **Enjoy an afternoon by the beach!**
 - Depending on where you live, go to the nearest beautiful source of water, and bring. Your favourite reads, drinks and snacks and spend an afternoon soaking up the last bits of summer. If you do not live near a source of water, you can go to a close by park or nature reserve!
- **Pick up a new hobby!**
 - This is a great way to keep your mind of off things by doing something you enjoy. Maybe you could pick up crocheting and make yourself something nice or join a sport club to make some wonderful new friends. Hopefully, this will not just be an end of summer thing, but something you continue to enjoy for years to come.
- **Throw an ‘End of Summer’ party!**
 - Why not celebrate the joy of summer and all memories made with a little party! It is a great opportunity to catch up with friends and family you might have not seen

DOCTOR DOCTOR JOKE OF THE MONTH!

Patient: Doctor! Doctor! I just swallowed a roll of film!
Doctor: Lie down in the bed here and let's see how this develops.

AWARENESS MONTH

AUGUST

Afternoon Tea Week

Afternoon tea week takes place from the 12th of August to the 18th in order to celebrate the British tradition. It serves as a great way to bring families together or to meet new people and make connections. To celebrate, all you have to do is simply take some time to enjoy a tea during the week, whether you make an event out of it and host your own tea party or simply go to a restaurant, is completely your own choice. Afternoon Tea Week is all about coming together and thinking of others.

A statement for Afternoon Tea is scones, therefore we would like to share our favourite scone recipe with you so that if you decide to throw your own tea party this week, you have the perfect recipe for scones!

Blueberry Scones!

Makes 18 Scones.

Prep time 25 minutes.

Oven time 15 minutes.

Ingredients:

- 250ml whole milk
- 1 tbsp lemon juice
- 500g plain flour, plus extra for dusting
- 4 tsp baking powder
- 40g caster sugar
- 120g unsalted butter, chilled and cubed
- 1 medium free-range egg, beaten
- 150g fresh blueberries



Method:

- Mix the milk and lemon juice in a bowl and set aside at room temperature for 15 minutes. You will see a few curds appear as the lemon will make the milk separate – don't worry, that is what we want! Heat the oven to 200°C/180°C fan/gas 6.
- Put the flour, baking powder, sugar, and butter in a food processor with a pinch of salt and mix until it resembles large breadcrumbs. Then, tip the mixture into a large mixing bowl.
- Mix in the beaten egg into the soured mil, the stir in half of it into the flour and butter mixture using a table knife. Gradually add more soured milk mixture until the flour mix clumps into a dough (you will only need about three quarters of the milk mix but keep it to hand.). Stir in the blueberries.
- Separate the dough into 18 parts and form into flat circles, around 3cm thick, and put onto 2 baking sheets lined with non-stick baking paper.
- Brush the top of the scones with the leftover soured milk and egg mixture, then bake for 15 minutes or until golden and risen. Leave to cool slightly and serve with whatever toppings you fancy.
- Enjoy!

A Review of the Medilink Transport Service by SGPF Member Paula Sharratt

The [Medilink Service](#) is part of Nottingham's community transport network, [CT4N](#) established as [Nottingham Voluntary Transport in 1979](#), [Nottingham Community Transport in 1988](#) becoming [CT4N in 2016](#). [CT4N Medilink 1 + 2](#) are bus services connecting Queen's Medical Centre and Nottingham City Hospital.

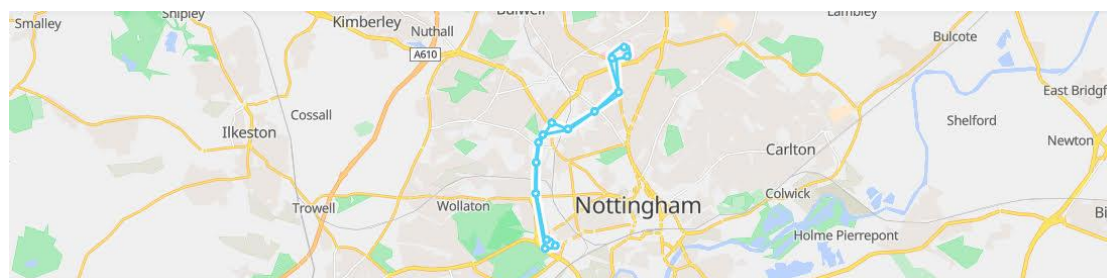
[Robert Oldroyd, Men's Health Campaigner and St George's PPG member](#) used the Medilink bus from Queen's Drive Park and Ride and had a useful chat with the driver.

Timings 'There are two shuttle buses: **Medilink 1** Typically takes 38 minutes **Medilink 2**: Takes 20 minutes, traffic permitting. If you need to go from Queen's Drive P&R to City Hospital, the advice seems to be – change buses at the Treatment Centre. It all looks a bit messy to me, but someone will understand it! "

Robert realised also that: "at some stage, the ring road will probably be closed (during the day) to repair the QMC roundabout bridge, so presumably the bus between QMC and City Hospital will be re-routed. Most of the work is to be carried out at night though, but will last until summer 2025" I contacted Medilink, as through working on a passenger transport survey during Covid I know how hard they work to listen and adapt the service to passenger needs and we'll have an update for September.

Medilink 1 starts at the QMC forecourt (first bus at 5.00am, the route going then to the NHS Treatment Centre, then back to QMC forecourt, on to Wilkinson Street and on to the City Hospital South entrance). The first journey of the day takes around thirty minutes.

The bus runs every twelve minutes until 6pm then every twenty, to twenty five minutes until the last bus at 20.36



Above: **Medilink 1**

<https://www.ct4n.co.uk/timetables/523175fa-f3cc-4d4a-8da7-7b3e26386da9>

Medilink 2 Starts at Queens Drive Park and Ride first bus 5.00 am going to the QMC forecourt. They run every twenty minutes until 6.30 then every twelve minutes throughout the day until 7pm, every twenty minutes until eight o'clock, then every half an hour until the last bus at 9.30

Below: **Medilink 2**



<https://www.ct4n.co.uk/timetables/2e99d040-85cc-4802-903c-1cc1ef3c4659>

Let us know your Medilink and CT4N experiences, how can travel and transport around health services improve

Linkbus network: Locallink, Medilink

Overview

CT4N Charitable Trust (formerly Nottingham Community Transport) – is a small charity based in Nottingham that provides a range of transport solutions to reduce social isolation and promote community cohesion across Nottingham and Nottinghamshire. We've been providing services for over 43 years. Our range of services include operating the Easylink service on behalf of Nottingham City Council and also providing a Group Travel service for community and voluntary groups.

The Linkbus network

Linkbus maintains routes through areas of the city that would otherwise not be served. Our Linkbus network is operated by CT4N.

You can get a copy of the Time Table for each service below by clicking on link to visit the website and downloading the latest PDF.

The network consists of:

Medilink

Medilink 1 - Queens Medical Centre to City Hospital | CT4N

Medilink 2 - Queens Drive Park & Ride to Queens Medical Centre

L14 - Nottingham to Bulwell | CT4N

Easylink - Easylink - CT4N

[Click here for Information on Fares and tickets - CT4N](#)

Medilink Information

NUH staff are permitted to travel FREE on the Medilink service, all other NHS staff boarding the bus must pay the appropriate fare. NUH Staff are reminded that if they fail to show their staff pass, they will have to pay the appropriate fare.

Other Services

Plus Bus - If you're visiting Nottingham and arriving by train, CT4N accept PLUSBUS, providing a convenient way to help you get around Nottingham by paying for your bus travel at the same time as your train ticket. - Visit Plus Bus - CT4N

For further information about the trust and other services it provides/offers,

Please visit Charity (ct4n.co.uk)

CT4N Live @CT4NLive) / X (twitter.com)

CT4N Live @CT4NLive Facebook

CT4N Charity @CT4NCharity Facebook

*For multi operator travel on the Robin Hood Network, then click the link to visit the Robin Hood network Website.

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