



St. George's Patient Forum Newsletter

Connecting Patients, Empowering Lives

June 2025

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Rushcliffe Social Prescribing Service – Social Prescribing Community Hub: A sustainable Future for Wellbeing

Supporting Wellbeing in Rushcliffe – Discover the Social Prescribing Community Hub

At the heart of Rushcliffe's commitment to health and community connection is the **Social Prescribing Community Hub**—a safe, welcoming space offering practical support and a wide range of wellbeing-focused activities. Whether you're seeking new ways to manage stress, improve your health, or meet others in a relaxed environment, the Hub provides accessible opportunities for all.

Run by the Rushcliffe Social Prescribing team, the Hub offers both **free and low-cost sessions**, striking a balance between inclusivity and sustainability. Paid sessions help support skilled local practitioners, while many free activities remain fully funded through local partnerships. Each week, the Hub hosts a variety of sessions, from *Breathwork* and *Qi Sound* to creative arts, movement classes, and wellbeing workshops. These are tailored to support both mental and physical health, helping residents feel more connected and in control of their wellbeing journey.

You don't need to book a session to get involved right away. The **weekly Hub Drop-In**, held every **Monday from 10am–12pm (term time only)**, is open to anyone registered with a Rushcliffe GP. It's the perfect place to meet the team, ask questions, and find out more about local support and upcoming sessions in a friendly, informal setting.

If you're looking for personalised, community-based support to improve your wellbeing, the Hub is here to help.

Spaces are limited, so booking is essential.

To view all upcoming events and secure your place, visit:

📍 www.eventbrite.com/o/rushcliffe-social-prescribing-service-108969547441

To be added to our mailing list for future updates, please email:

✉ nnicb-nn.rushcliffesocialprescribing@nhs.net

Follow us on Facebook: www.facebook.com/RushcliffeSP

Thank you Meg Kozian (Social Prescribing Link Worker)

Featured Podcast

From a series entitled: The Body and Beyond, episode 4 – ‘Caring for Carers’

We are indebted to NTU Student Podcast Project for St George’s Patients’ Forum

Sarah, Lauren, Maddie & Phoebe worked on a project set by the Forum to produce a podcast looking at general health matters....they say:

“We know how daunting it can be to visit a doctor every time you want some advice on your health, so we’ve created this podcast just to give you a better insight into overall general health!”

***Please note that all medical advice should be corroborated by a medical professional; although the information given in these podcasts has been backed up by research, a medical professional is a more reputable source”.*

The fourth in the series is, “Caring for Carers” – by Lauren

<https://open.spotify.com/episode/6Ou4ANtXX3IBUAUGDyiVdS?si=5i-ZCLVZQOKdZhChdJmpuw>

Welcome back to the Body and Beyond. Join Lauren today as she dives into the challenges and triumphs of caregiving in ‘Caring for Carers’. This podcast is dedicated to those who dedicate their lives to others, exploring the management of carer burnout, how to give time to yourself and self-care whilst looking after others – because to care for others, you must first care for yourself.

Medical Insights

Men’s Health

Every year, the week running up to Father’s Day is Men’s Health Week – this year being held on 10-16 June.

Men’s Health Week was first established in the United States in 1994. An annual event launched to address the disparities in men’s health by raising awareness and advocating for improved wellbeing, this important date has now spread globally, and is organised in the UK by the Men’s Health Forum. The Men’s Health Forum charity, alongside many others, aim to emphasise the significance of men’s wellbeing and engage fathers, brothers, sons, and male friends to ‘get talking’ about their health.

Following King Charles’ diagnosis, this year’s Men’s Health Week theme is ‘Let’s talk prostates’. Approximately 52,000 men are diagnosed with prostate cancer each year in the UK and it will affect 1 in 8 men over the course of their lifetime – with statistics even higher in men of black ethnicity, shooting up to 1 in 6.

Understanding Men’s Health -what’s the current picture?

There are a vast number of health issues that impact men and those assigned male at birth in addition to the more commonly known prostate enlargement and prostate cancer. These lesser-known health conditions, and how they disproportionately impact men, may contribute to the disparity between men and women’s health. [According to the Office of National Statistics](#), during 2020/22 the average life expectancy for males was 78.6 years, compared to 82.6 years for females, while the Men’s Health Forum reports that in 2020, 1 in 5 male deaths were before the age of 65. [They also report that](#) men:

- Make up **76%** of premature deaths from heart disease
- Are **43%** more likely to die from cancer than women
- Represented **63%** of premature deaths from COVID-19

- Are **26%** more likely to have type 2 diabetes than women, and make up **68.5%** of diabetic amputations
- Represent **66%** of alcohol-related deaths

The Men's Health Forum also found that a lack of awareness of preventable health problems among men could be a cause for concern, with men of a working age being on average **32%** less likely to visit the doctor than their peers. 76% of premature deaths from heart disease are men, as are the majority of premature deaths from Type 2 diabetes.

[The European Institute for Gender Equality reports](#) that there is a link between health behaviours and health status. Health behaviours, such as diet and physical activity, and health risks, such as smoking and alcohol intake, influence our overall health status. It's been suggested that both societal norms and gender attitudes can influence male health behaviour and health risks specifically in a number of ways, such as how male participation in risky behaviours is often seen as more socially acceptable. Unfortunately, attitudes still often remain that health-seeking behaviour is 'feminine', leaving many men less likely to seek healthcare or with harmful perceptions of masculinity limiting self-care. These social concerns have all been suggested as contributing to the ongoing gender disparity in leading a healthy lifestyle and wellbeing.

Furthermore, [some studies have reported that](#) men have less knowledge of their overall health than women, and that women are more likely to attend outpatient appointments in comparison to men. In fact, [research has found](#) that women are more likely to attend NHS health screenings than men, risking a lack of engagement in healthcare which can result in undetected health risks such as high blood pressure, cholesterol and poor blood glucose regulation, heart disease, and Type 2 diabetes.

It's even been suggested that this may be due to harmful perceptions of masculinity, creating feelings of embarrassment and stigma when accessing healthcare. This leads, ultimately, to lower levels of health literacy among men, including poorer symptom recognition, and a misunderstanding of both health risks and screening options.

Meet the forum member

Robert (Bob) Oldroyd

I was first a St George's patient in 1983, at the premises in Tudor Square, with Dr Conway. After a period living in Ruddington I moved to Compton Acres and re-registered with St George's. I have never regretted it.

I joined the Forum as a result of attending the 2023 Annual meeting. My particular interest is in the promotion of Men's Health. Men are not very good at 'going to the doctor's' when we know there is something wrong, but many conditions, even serious ones, can be cured if caught early. In my own family, we have experienced the results of both early and late diagnosis, with positive and, sadly, negative outcomes.

In the St George's Waiting Room there is a Men's Health notice board, with information about men's diseases like prostate, testicular and penile cancers. Please help yourself to the free leaflets.



My background is in academic libraries, but following prostate cancer, diagnosed and treated more than 20 years ago, I have been involved in research into the disease, as a patient representative on clinical trial teams, and as an assessor of project proposals. Diagnosis and treatment methods have changed beyond recognition in that time, becoming far more accurate and effective.

Staying well is staying fit – exercise, balanced diet, and watching one's weight. But if we men sense there is something not quite right – **ring the surgery without delay!**

Useful websites

www.prostatecanceruk.org
<https://testicularcancersociety.org>
www.cancerresearchuk.org

Please see above for further information on Men's Health – *Thank you Bob Oldroyd*

Healthy Eating Week (9-13 June) – one aspect, ‘Food Combining’

FOOD COMBINING

You may have heard or read advice about how to combine different foods to alleviate digestive problems, by **being careful about what foods you combine in one meal**. The NHS provides advice about what to eat every day (the Eatwell Guide) however there are certain easy steps you can take. Just think how you feel after your Christmas dinner, when all the food groups are eaten in one sitting, and how long it takes for you to feel normal again!

For example, fruit, whilst very good for you, can cause digestive problems if eaten with a meal or as a dessert. Fruit is a simple sugar that digests very quickly. Protein on the other hand can take up to 4 hours to digest, so eating fruit after or with protein can result in fermentation, leaving you gassy and bloated. (Tomatoes are a fruit by the way!)

Another simple example is that protein needs an acid environment to digest properly, whilst carbohydrates like bread, root vegetables & potatoes use alkaline enzymes to digest. Eating them together produces both acid & alkaline solutions, and if you remember your chemistry lessons, they neutralise each other, causing digestive difficulties. Your body should be able to digest food quickly, as undigested food in the gut can cause the release of toxins causing flatulence, growth of unfriendly bacteria in your gut, and even the development of food intolerances.

Non starchy green vegetables are the good guys, in that they combine well with both proteins and carbohydrates. So, to sum up some simple rules, if you do suffer from digestive problems, try:

- Eating fruit on its own
- Combining starchy foods with green leafy vegetables
- Combining proteins with green leafy vegetables
- Not to eat starchy foods and proteins together
- Eating smaller meals with good combinations as above

Some good combinations include:-

Fish + broccoli + green beans

Chicken + kale or broccoli + cauliflower

Steak or lamb chops + peppers, onions and cabbage

Jacket potatoes with salad

Spices, and herbs and citrus fruits are neutral and can be eaten freely. Water can dilute your digestive fluids, which can slow down digestion. It's best to have sips of room temperature water with your meals, and drink the majority of your daily water intake away from meals.

This is a much simplified summary – digestion is a complex process. More information as ever can be found online, however if your digestive problems do not respond to following some simple rules, your GP will be happy to advise.

Thank you, Chrissie Wells for this ‘tasty’ article (sorry)

Self-Care Walk. Accessible walks in West Bridgford and Lady Bay

🌿 Walk Notts: Accessible Wellbeing Walks in West Bridgford and Lady Bay

The *Ramblers Wellbeing Walks Rushcliffe* initiative offers a welcoming and inclusive way to enjoy the outdoors. Every Tuesday at 11:00 AM, walkers gather at the Poppy & Pint Pub in Lady Bay, West Bridgford, to embark on a circular route around The Hook, along the River Trent to Holme Pierrepont Watersports Centre, and back through Lady Bay. The walk typically lasts up to 90 minutes, with shorter options available to accommodate various fitness

♿ What to Expect

- Easy Terrain: The routes are over easy ground, ensuring accessibility for all participants.

- **Steady Pace:** Walks are taken at a steady pace to suit everyone, making it ideal for those looking to get more active.
- **Social Atmosphere:** After the walk, many choose to stay at the Poppy & Pint café for coffee and a chat, fostering a sense of community.

📍 Location Details

- **Start Point:** Poppy & Pint Pub, Lady Bay, West Bridgford
- **Meeting Spot:** Car park near the tennis courts
- **Postcode:** NG2 5DX

✓ Additional Information

- **Refreshments:** Available at the pub/café
- **Facilities:** Toilets available
- **Accessibility:** Accessible by public transport and car parking available
- **Dogs:** Registered assistance dogs only
- **Terrain:** No stiles; may be muddy. Further information can be found [here](#)

Thank you to Claire Bicknell for these Accessible Wellbeing Walks

Ask the Doctor – your questions answered

Given the time of year, people worry more about moles.

We often recommend taking a photo (with a ruler next to the mole in question) on your phone to have as a record so you can compare any change in the future. People naturally worry about melanoma – here's some information to help.

The "ABCDE" of melanoma is used to help individuals and healthcare professionals identify potential signs of melanoma. It stands for Asymmetry, Border irregularity, Colour variations, Diameter, and Evolution.

Here's a breakdown of each letter:

- **A - Asymmetry:**

A melanoma is often asymmetrical, meaning one half of the mole does not match the other.

- **B - Border:**

Melanomas often have uneven or irregular borders, such as ragged or notched edges.

- **C - Colour:**

Melanomas may have multiple shades of brown or black, but can also include white, grey, blue, or red.

- **D - Diameter:**

Melanomas are often larger than 6 mm (about the size of a pencil eraser) in diameter.

- **E - Evolution:**

Melanomas typically show signs of change in size, shape, colour, or elevation over time

If you have a mole you are worried about because it is changing you can go to our website and send us, online, some well - lit close up photos, mentioning the size of it and where it is.

Thank you to Dr Matthew Jelpke for this information

Community Pharmacy Research

Healthwatch Nottinghamshire hosted a free online event on Wednesday 21st May for the public and professionals to hear the results of Healthwatch's research into patient views about Community Pharmacy - it enabled people to ask questions and raise concerns.

Most of the respondents were actually from Rushcliffe so the research is very relevant to our area!
Please see the link below for a summary of the main findings

<https://hwnn.co.uk/report/2025-02-13/community-pharmacy-hot-topic>

Thank you Helen Miller for his information.

And of course Claire's very own Doctor, Doctor joke:

**Doctor, doctor, I keep falling down the same water hole.
*You clearly can't see that well.***

Coming up in July:

- Our next episode of our Podcast – 'Peaceful Practices'
- 1-31 Talk to us Month, 1-31 Sarcoma Awareness month, 24 July International Self-Care Day, 28 July World Hepatitis Day.

All views expressed in the Newsletter are personal and correct to the best of our knowledge. If you are worried or concerned about any of the issues raised, please see a medical professional. Hyperlinks and QR codes provided are linked to professional websites and societies who offer advice and help. It is of course up to you to decide whether to use them.

Editor: Phil Unsworth