



St. George's Patient Forum Newsletter

Connecting Patients, Empowering Lives

July 2025

Health awareness days/weeks/month: Key dates for July		Inside this issue
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24 July International Self-Care Day	30 July World Hepatitis Day	

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

Celebrating Connection and Wellbeing at the Rushcliffe Social Prescribing Community Hub

Over the past few months, the **Rushcliffe Social Prescribing Community Hub** has welcomed hundreds of local residents to a fantastic range of wellbeing events—each designed to promote connection, creativity, and confidence in everyday life.

From the peaceful brushstrokes of our *Watercolours Workshop* to the deeply calming *Restore Calm* session led by massage therapist and meditation trainer Ushapa Forstecue, each event has offered people in Rushcliffe the chance to learn, relax, and meet others in a welcoming space. Ushapa's session introduced self-massage and mindfulness techniques backed by research into their psychological and physical benefits.

We've also cooked up something special with *Cook & Connect*—a hands-on experience where participants prepare, share, and enjoy a meal together while learning practical cooking skills in a friendly and social setting.

Looking ahead, we're excited to offer more engaging sessions, including *Legal & Financial Planning for The Future*, an informative talk by Rothera Bray Solicitors. This session will cover essential topics such as **Lasting Power of Attorney**, **wills**, and **care funding**, helping residents feel empowered to plan ahead.

All sessions are open to **Rushcliffe residents registered with a Rushcliffe GP**, and most run during **term time only**.

Whether you're looking to learn, relax, or simply connect, the Hub is here to support your wellbeing journey.

To view all upcoming events and book your free or low-cost 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 5 – ‘Peaceful Practices’

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 fifth in the series is, “Peaceful Practices” – by Sarah

<https://open.spotify.com/episode/6ch7RFuZxDXyUcqaQH5Enh>

In this episode of The Body and Beyond, we explore how mindfulness practices like walking, yoga, and simple daily habits can transform your wellbeing. Discover how to reduce stress, boost focus, and feel more present in just a few minutes a day. Tune in to learn practical tips you can start using today!

Medical Insights – Sarcoma Awareness Month

Sarcoma Awareness Month

The following information is taken from ‘SarcomaUK – the bone and soft tissue cancer charity

<https://sarcoma.org.uk/>

Sarcoma is a type of cancer that can appear anywhere in the body.

Every day, 15 people are diagnosed with sarcoma in the UK. That’s about 5,300 people a year.

There are two main types of sarcoma:

- [soft tissue sarcoma](#)
- [bone sarcoma](#) (also known as primary bone cancer)

We’ve got more information below about sarcoma. But if you’d like to talk to someone, our friendly sarcoma specialists on our [Support Line](#) are here to help.

What are the symptoms?

The most common symptom of sarcoma is a **lump that is growing or changing**.

Other symptoms can include:

- Swelling, tenderness or pain in the bone that can be worse at night
- Stomach pain
- Feeling sick
- Loss of appetite or feeling full after a small amount of food

- Blood in your poo or vomit

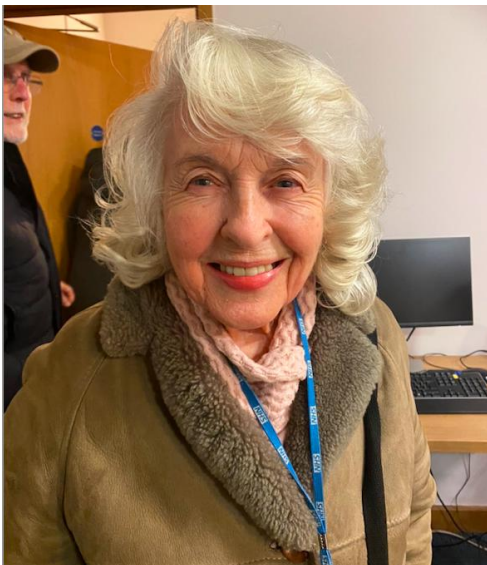
I have a lump

- If you have a lump, it's important to be aware of any changes that occur, so you can keep your GP informed.
- We have [information on how to track your lump here](#).
- As a young person with sarcoma, the type of treatment you receive will depend on your individual situation.
- Your doctors will take into account the type of sarcoma you have, your age, and where you are based.
- All children and young people under the age of 19 should be treated at a [Principal Treatment Centre](#).
- People between the ages of 19-24 should be offered the choice between a Principal Treatment Centre and a hospital that has been approved to offer cancer care to young adults within its adult cancer care services. These are called Paediatric Oncology Shared Care Unit, but are often referred to as [shared care centres or POSCUs](#).
- You will be assigned a team of specialists, also known as your [multidisciplinary team](#), who will look after you. Your care will usually be managed by a consultant oncologist, who will be in charge of your treatment. They will discuss your case with you and with each other, as well as talking you through your options so you are included in deciding what treatment is best for you.
- If you are an adult the type of treatment you receive will depend on the [stage and grade](#) of your cancer and the type of sarcoma you have.
- Your [multidisciplinary team \(MDT\)](#) will discuss your case, and talk you through your options so you are included in deciding what treatment is best for you.

Meet the forum member

Meet The Forum Member: Pat Harris

Pat: mum, gran, great gran, grew up in West Bridgford, lived in Chapeltown, Sheffield and returned to Nottingham fifty years ago. She left school at fifteen going to secretarial college but always wanted a medical career. Over that period Pat has cared for her husband, later partner, parents and mother-in-law as well as the tragic loss of her middle son who committed suicide: these experiences have naturally led to her work with mental health and wellbeing and work with Rushcliffe Carers. If anyone wants to talk with Pat on any of these topics she's happy to chat and signpost you.



Pat joined St George's eighteen months ago and has been a member for a year: she feels we need to make new friends, have new conversations: she's always been interested in learning and health, particularly through nutrition, yoga, daily exercise. Pat insights: she couldn't cook when she first got married, she's a talented woodworker having made an Ercol style light wood coffee table through night classes to save money, a good breakfast includes porridge, a drink of apple cider vinegar and honey and she rarely drinks tea or coffee.

Thanks to Pat Harris (and Paula Sharratt for organising the Forum articles)

New in the Waiting Room-Children's Jungle display

Jungle Display by West Bridgford Junior School

When you are next in the Waiting Room at St George's Medical centre please take a moment to look around the corner to see a wonderful display by the children of West Bridgford Junior School (Years 3 and 5). It is a jungle mural with an assortment of animals and birds on display.

If you have brought children, ask them questions about the display. For example, how many Toucans can you see? What colours are they? Are there more giraffes than Monkeys? Add together the Giraffes and Monkeys – are there less than the number of Toucans?

It may even be your child who has worked on the display!

Thanks to Laura Dix and Craig Martin (Classteachers) and the Children from Years 3 and 5.



Self-Care Walk. Nature Reserves for All

NATURE RESERVES FOR ALL

Being in nature is good for us – nearly everyone agrees with that!

The reasons are not always obvious, however being active outside definitely improves your mood, with a sense of connection which boosts self-esteem & happiness. Physically, heart rate slows, unless you are walking briskly, & both states are good. Blood pressure lowers & muscle tension eases. You get the benefits of relaxation & even social interaction which is good for mental health.

In West Bridgford we are lucky, in that although we are in a built up area, there is reasonable easy access to several beautiful and unique Nature Reserves. You can wander in them, taking in the diversity of flora and fauna, or you can take the bigger step of volunteering to help maintain the spaces for others, for example litter picking so that they are clean and nature friendly. These are some examples, and more information can be found at [natureinrushcliffe.pdf](#) There is a downloadable booklet. Also most reserves have their own websites.

GRANTHAM CANAL (SK611369)

This disused canal runs from the River Trent near Lady Bay Bridge through to Grantham. Most of the canal towpath has been restored and can be walked or cycled along. Many parts are important for a range of wildlife. The sections near Morrisons are pretty and accessible. There is parking along its length in various places and it is wheelchair friendly for some of the route.

GRESHAM MARSH (SK574373)

This is an area of pasture and marshland owned by the Environment Agency off Wilford Lane. Parking may be available at Gresham Sports Pavilion or on Gresham Park Road, next to Emmanuel School.

HOLME PIERREPONT COUNTRY PARK (SK609387)

This is a large country park, dominated by a water sports lake, but surrounded by areas of woodland, small pools and grassland and is great for walking. It is part of the National Water Sports Centre. Refreshments sometimes available, good parking and some disabled facilities.

RUSHCLIFFE COUNTRY PARK, Ruddington (SK574 322)

This contains areas of woodland, grassland and wildflowers, plus a small lake, visitor centre, toilets and children's play area and other activities. Refreshments sometimes available. It is owned by Rushcliffe Borough Council and has a well organised volunteer Friends' Group. Good parking and disability friendly. Rushcliffe Move and Mingle provide accompanied walks.

SHARPHILL WOOD, Edwalton (SK586349)

A mature mixed deciduous woodland with diverse plant and wildlife interest. The site can be accessed from public footpaths from Landmere Lane, Peveril Drive and Old Lane, adjacent to Wilford Cemetery. Owned by Rushcliffe Borough Council. Well organised Friends' Group. Difficult access due to hilly site, mud and tree roots. No vehicle access.

SKYLARKS NATURE RESERVE, Holme Pierrepont (SK619390)

A complex of former gravel pits that has been transformed into an attractive reserve with much to see year round. A wetland site with a good range of plants, birds and other wetland species. Owned by Notts Wildlife Trust and managed by a small Friends' Group.

THE HOOK / TRENT FIELD, Lady Bay (SK593386)

Meadow and recreational area alongside River Trent. Owned by Rushcliffe Borough Council. There is a keen Friends' Group and a range of regular activities & opportunities to volunteer. There is parking and disability friendly access.

THE GREEN LINE, West Bridgford (SK587364)

An attractive stretch of urban disused railway, running from Boundary Road in the south (difficult to access down a steep slope) to Melton Road in the north, vegetated by scrub and grassland. Owned by Rushcliffe Borough Council with an active Friends' Group.

WILFORD CLAYPIT Site of Special Scientific Interest (SK568356)

Disused clay-pit which has developed into important base-rich grassland, scrub and marsh communities. Managed by Notts Wildlife Trust.

WILWELL FARM CUTTING Site of Special Scientific Interest (SK568352)

A site between Ruddington and Wilford incorporating woodland, scrub and some of the best neutral grassland and marsh remaining in Nottinghamshire. Managed by Notts Wildlife Trust.

Happy exploring!

Thank you to Chrissie Wells for this 'Nature Reserves for All' article

Ask the Doctor – your questions answered

Q: - Am I eligible for Mounjaro for weight loss

A: - The criteria for this is currently very strict – only 6 patients of our list size of 15000 patients fit the criteria and they will be contacted in due course to see if they want to take up this offer.

For information – the criteria for NHS funded Mounjaro this year is: -

if a patient has four or more of the following weight related health problems, as well as BMI of 40 and over:

- type 2 diabetes
- high blood pressure
- heart disease
- obstructive sleep apnoea
- abnormal blood fats or dyslipidaemia

Thank you to Dr Matthew Jelpke for this information

Prescription Charges and Pharmacy Support

Prescription charges:

Those not eligible for free prescriptions find the costs mounting if they have a need for ongoing medication, or several issues. **Groups exempt from prescription charges include:**

Children under 16 and those in full-time education aged 16 to 18, people aged 60 and over, pregnant women and those who have had a baby in the last 12 months, people with specified medical conditions like diabetes or cancer and who have valid exemption certificates, those receiving qualifying benefits including Universal Credit (with criteria), NHS inpatients.

At the moment prescription costs are frozen at £9.90 each. However, some people may not be aware that you can get a three month or annual Prescription Prepayment Certificates (PPC's - also currently frozen) for £32.05 for 3 months, and £114.50 for 12 months, so these could work out cheaper than paying individually. Annual charges can also be made in instalments meaning those requiring regular medicines will be able to get them for just over £2 a week. A 3- or 12-month PPC covers all your prescriptions for that period, no matter how many you need. This means if you're going to buy 4 or more prescriptions in 3 months, or 12 or more prescriptions in 12 months, it may be cheaper to buy a PPC. This is the link: -

[Get a prescription prepayment certificate: Get a prescription prepayment certificate - GOV.UK](#)

You can also apply at a local pharmacy that is registered to sell online. Phone 0300 330 1341 for more details if you cannot use online services.

At least one local pharmacy promotes this concession, and there is a handy explanatory leaflet, however the perception is that there are still people who are not aware of these benefits. Interestingly, PPCs also cover certain HRT medicines for a set price of £19.80 (the same price as 2 prescribed items) and they are valid for 12 months.

For example, if you get 4 items in a 3-month period and 3 of the items are HRT medicines covered by the HRT PPC, it is cheaper to buy an HRT PPC for £19.80 and pay the prescription charge of £9.90 for the other item. This costs £29.70 in total so is cheaper than buying a 3 month PPC for £32.05. Your pharmacist can advise if you are confused about which is cheaper.

Pharmacists can also direct you to cheaper versions of over-the-counter or even prescribed medications, that are as effective (they may all have the same PL number but vary in price. The PL number is just the unique licence number given to a particular drug made by a particular medicine).

At St. George's, you will find they have a poster about prescription charges, which also covers Pre-payment Certificates and there is a link to the government information on prescription charges on St. George's website within the prescriptions page <https://www.nhs.uk/nhs-services/prescriptions/nhs-prescription-charges/> Staff can help if you are struggling.

Don't forget to clear out unused medicines regularly and take them for recycling to your local pharmacist. Boots also take old blister packs.

Pharmacy Support:

Pharmacists can support patients with seven common illnesses without needing a GP appointment. It involves pharmacists providing advice and NHS-funded treatment where appropriate, for seven common conditions:

1. Sinusitis (age 12 and above)
2. Sore throat (aged 5 years and above)
3. Ear infection in children (1 to 17 years)
4. Infected insect bite (aged 1 year and above)
5. Impetigo (aged 1 year and above)
6. Shingles (aged 18 years and above)
7. Urinary tract infection in women (16 to 64 Years)

This is a free service funded by NHS England



Interview with pharmacist.m4a

Thank you to Chrissie Wells and Paula Sharratt for this information.

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

Doctor, Doctor I feel like biscuits!
What, you mean those square ones?
Yes!
The ones you put butter on?
Yes!
Oh, You're Crackers!

Coming up in August:

- Our next episode of our Podcast – 'Nicotine Nation'
- 1-31 Happiness Happens Month; 1-7 World Breastfeeding Week; 4-10 National Allotments Week; 18 Never Give Up 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