

The Cambridge Practice

PATIENT NEWSLETTER

July is
SARCOMA
AWARENESS
MONTH



July is Sarcoma awareness month.

Sarcomas are uncommon cancers that can affect any part of your body. A key symptom of sarcoma is a lump that gets bigger quickly. There are many different types of sarcoma. All subtypes of sarcoma can be grouped into soft tissue sarcomas and bone sarcomas.

Being diagnosed with bone or soft tissue can be a stressful time. Join Sarcoma UK, bone cancer research trust and GIST cancer UK for a series of chats about treatment, support and finance available to patients as well as their loved ones.

Details can be seen below,

<https://sarcoma.org.uk/sarcoma-awareness-month/newly-diagnosed-with-sarcoma-support-is-here/>

PATIENT PARTICIPATION GROUP

A Patient Participation Group (PPG) is a group of patients, carers and GP practice staff who meet to discuss practice issues and patient experience to help improve the service. Our aim for the PPG is to involve participants in shaping the practice to ensure we deliver health care services effectively in a safe and a caring environment that is responsive to patients needs in a well led manner.

If you wish to join our PPG group, please send an email to thecambridge.practice@nhs.net marked for the attention of Charlotte Freeman, Business Executive Assistant.



Patient suggestions which impacted Practice Improvements

You said:

"You need more doctors - Everyone is doing their best and is nice, but it takes too long"

We did:

We have recruited 3 GPs into our practice over the last month and welcome Dr Purnell, Dr Solomon and Dr Singh.



Practice Key Messages:

This month we welcomed Dr Purnell, Dr Singh, and Dr Solomon onto our GP Practice Team. We also welcomed 3 members of staff onto our Patient Services Team who will work closely with our patients and service users who call and present at the Practice. We hope you can join us in welcoming our new staff onto the Practice Team.

We are continuing to increase the amount of Practice communication which is sent out via text message and would like to remind all patients the importance of making sure your contact details are correct on our system. If you need to check or update your contact details, please contact the Practice on 01252 344868 or thecambridge.practice@nhs.net.

Practice Statistics - June 2023

Please see some of the Practice statistics below for the month of June 2023.

Total number of HCA health reviews completed in the month of June	622
Total number of face-to-face appointments completed in the month of June	5,717
Total number of telephone appointments completed in the month of June	1,943
Total number of Econsult appointments completed in the month of June	755
Total number of home visit triage appointments completed in the month of June	93
Total number of calls answered in the month of June	11,772
Total number of abandoned calls (where patients have hung up or a technical fault has caused them to be cut off) in the month of June	7,186
Average wait time on calls in the month of June	00:06:12
Total number of DNA 's (patients who did not attend or cancel their appointment) in the month of June	452
Total number of prescription requests in the month of June	4,658
Total number of same day urgent prescription requests submitted to the Practice for the month of June	164

The Cambridge Practice recommends the below healthy recipe.

Method

Step 1

Heat oven to 200C, 180C fan, gas 6. Steam the potatoes for the mash for 20 mins until tender, adding the cauliflower to the steamer after 10 mins. Heat the oil for the filling in a non-stick pan, add the ginger and chilli and stir around the pan until starting to soften. Stir in the dried spices then add the leeks and peppers and cook, stirring frequently, until they are softening.

Step 2

Tip in the tomatoes and tomato purée with the cauliflower and 150ml water, and the bouillon. Cover and simmer for 10 mins.

Step 3

Stir the peanut butter with 100ml water to loosen the consistency, then stir into stew and cook 5 mins more. Spoon equally into 25cm by 18cm pie dishes.

Step 4

For the mash, tip the beans into a bowl, add the coriander and chilli powder and mash well. Add the potatoes and roughly mash into the beans so it still has a little texture. Pile on top of the filling in the pie dishes and carefully spread over the filling to enclose it.

Step 5

Bake one for 35 mins and chill the other for another day. It will keep for 3 days. Reheat the remaining pie as above, adding an extra 15 mins as you're cooking it from cold.

Spicy Peanut Pies

Prep – 15 minutes – Cook – 1 hour.



Ingredients

For the mash

500g potatoes, peeled and chopped
2 x 400g cans cannellini beans, drained
3 tbsp chopped fresh coriander
1 tbsp chilli powder

For the filling

320g cauliflower, cut into small florets
2 tsp rapeseed oil
2 tbsp finely chopped ginger
1 red chilli, seeded unless you like it very spicy
2 tbsp cumin seeds
2 tbsp ground coriander
1 tsp chilli powder
400g leeks, thickly sliced
1 red pepper, deseeded and diced
1 green pepper, deseeded and diced
400g can chopped tomatoes
2 tbsp tomato puree
2 tsp vegetable bouillon
85g chunky peanut-butter (with no sugar or palm oil)

478 kcal
16g fat
3g saturates
55g carbs
15g sugar
15g fibre
21g protein
1.1g salt.